

FEBRUARY 2025

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

BY TIERANY PETERSON

The University of Memphis School of Social Work SMART Research, Training, and Treatment Center aims to provide evidence-based interventions for school based mental health programming, increase access for school-based behavioral health programming in underserved areas, provide training on best practices in tele-behavioral health, develop opportunities to research the use of technology in practiirect services to the states most vulnerable populations.

HOURS OF OPERATION

We are a 100% tele-behavioral health clinic. We provide remote services to children, youth, and their families/ caregivers, as well as adults in the Mid-South area and across Tennessee. Our current operation hours are Monday-Friday 9:00am-7:00pm and some Saturday's 10:00am-3:00pm.



SMART Center

MEDIA FOR THE SMART CENTER

Website:

<https://www.memphis.edu/smartcenter/>

Instagram:

@uofm_thesmartcenter

Twitter:

@uofmsmartcenter

CONTACT

901.678.1636

smartcenter@memphis.edu



THE WARM LINE

CONTACT: 901.678.1636

The SMART Center also hosts a "warm line" for the community that provides support, psychoeducation, and linkage to community services FREE of charge. The "warm line" is not intended for crisis support, but to assist families with identifying resources in the community. The "warm line" is in service Monday-Friday 9:00am-4:00pm CST.



PODCASTS AND MEDIA

SMART CONNECTIONS

The SMART Center SMART Connections Podcast has partnered with the University of Tennessee-Knoxville and the Tennessee Department of Mental Health and Substance Abuse Services to present the Pathways to Behavioral Health Careers Project. This project will include different videos and podcasts interviewing different people in behavioral health careers across the state of Tennessee. These interviews are designed to show middle and high school students different career paths in behavioral and mental health, and give them an idea about how they might also go into that career or start on that educational journey.

You can check out any of these podcast episodes on our website at www.memphis.edu/smartcenter or at our podcast website on Anchor.com.

For any other media and podcasts that the SMART Center has done with the Talk the Path Podcast, please visit our website.



SMART CENTER SPOTLIGHTS

KEEPING YOU UPDATED

The University of Memphis SMART Center, in conjunction with the University of Tennessee-Knoxville and the Tennessee Department of Mental Health and Substance Abuse Services, is presenting the Pathways to Behavioral Health Careers Project. The goals of the Pathways Project are to provide education and information on the various career opportunities in the field of behavioral health through presentations, increase interest in students in the field of behavioral health, provide opportunities for guidance with information regarding college/university programming that result in degrees for professions in the field of behavioral health, and connect students with students in behavioral health programs and professionals in the field for further research. This podcast will feature students and professionals in the field to give a clear picture of the daily duties of these roles and how they help support their communities.



WHAT'S HAPPENING AT THE SMART CENTER?

Tele-Suite Locations

The SMART Center employees have been working diligently in the community to create spaces for secure, confidential therapy sessions. These sessions are taking place in several spaces within the community. These telesuites are already making a difference in the outreach that the organization can do, but it is also providing one-on-one therapy session with trained clinicians from the SMART Center.

So, what are the benefits of a tele-suite?

- The tele-suites will allow members of the community greater access to mental health services that they might otherwise be separated or withdrawn from.
- These tele-suites allow clients to feel secure in knowing their confidentiality is safe, and they will also be secure in the knowledge that they are able to receive the services they want without any social repercussions.
- By using tele-suites, the SMART Center will also be able to impact more people. Due to the limitations that surround typical service delivery, this tele-behavioral model of service delivery allows for greater reach and wider spread outreach.
- Clients are able to receive the mental health services they need and deserve to have access to without many of the traditional struggles that befall people trying to receive these services.

The SMART Center has recently installed all 10 telesuite locations throughout the city of Memphis, and they are ready to help the SMART Center reach more people and allow for a greater service delivery than before. These Telesuites are located at the South Memphis Alliance, the Youth and Family Resource Center, the Refugee Empowerment Program, Bridges, Choices, Boys and Girls Club, Frayser Community Schools, Booker T. Washington High School, Manassas High School, and Cordova Middle School.

New Resources and Content From Partners

South Central Telehealth Resource Center:

- Region Legislative/Regulatory updates
<https://learntelehealth.org/2023/07/billing-telehealth-updates-for-the-south-central-region-q2-2023/>
- Region Billing Update Guide <https://learntelehealth.org/2023/07/billing-telehealth-updates-for-the-south-central-region-q2-2023/>

Association of American Medical Colleges

- Digital Health Equity Report
<https://learntelehealth.org/2023/09/aamc-report-features-uams-leadership/>

NCTRC's Digital Navigation Toolkit

- <https://telehealthresourcecenter.org/resources/toolkits/digital-health-navigation-toolkit/>

CELEBRATING
**BLACK
HISTORY
MONTH**
FEBRUARY

In observance of Black History Month, you are cordially invited to join in commemorating the profound legacy of African Americans throughout history. This month serves as a poignant reminder of the significant contributions and enduring resilience of the African American community. As individuals reflect upon the journey of their ancestors, they are reminded of the values represented by the colors of the Pan-African flag: red, yellow, and green. These colors symbolize the sacrifices made, the richness of their cultural heritage, and the hope for a prosperous future. Through embracing their shared identity, individuals honor the struggles and triumphs that have shaped their collective narrative. Let everyone come together to pay homage to those who have paved the way and reaffirm their commitment to advancing equity, inclusion, and social justice for all African Americans. Together, let the community commemorate Black History Month with reverence and determination.

Sincerely,
The **SMART** Center



In 1897, Alice H. Parker invented a gas-powered central heating system, revolutionizing how homes were heated. Her innovation paved the way for modern heating systems and was especially impactful in colder climates. Her ingenuity is an inspiring example of Black women's contributions to STEM fields.



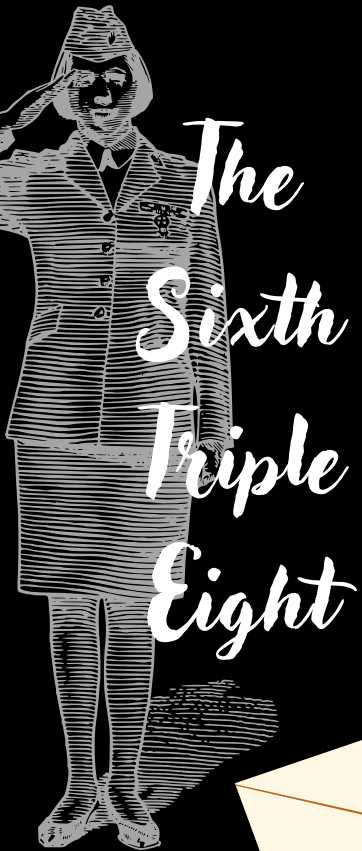
February celebrates Black History, offering a crucial opportunity to recognize and honor the contributions, struggles, and achievements of African Americans throughout history. It is a time to reflect on the resilience and courage of Black individuals who have shaped culture, politics, science, and every aspect of society despite facing systemic oppression and discrimination.



Tabitha Brown is celebrated for Black History because she is transforming the narrative around plant-based living within the African American community while honoring cultural traditions. As a beacon of joy and authenticity, she has made veganism more approachable, showing that healthy eating doesn't mean sacrificing flavor or heritage. Her success as a social media influencer, entrepreneur, and author breaks barriers in wellness spaces often lacking Black representation. Brown's impact goes beyond food—she uplifts the community by promoting self-love, health, and the power of being unapologetically authentic.



Sha'Carri Richardson embodies the essence of Black history through her fearless individuality and unmatched athletic talent. Known for her unapologetically long nails, vibrant hairstyles, and bold presence on the track, she challenges traditional norms in sports and celebrates self-expression. Her confidence and resilience represent the rich culture of being Black and proud—honoring the legacy of embracing authenticity despite societal pressures. Richardson's unapologetic stance is a powerful reminder that Black history is not only about the past but also about creating space for future generations to thrive without compromising their identity.



Black History is all about strength and resilience, and a powerful example of this is the story of the Sixth Triple Eight. The Sixth Triple Eight, formally known as the 6888th Central Postal Directory Battalion, was an all-Black female battalion that served during World War II. Composed primarily of African American women, the battalion was tasked with sorting and delivering mail to soldiers overseas, a job crucial to maintaining communication during the war. Despite facing racism and sexism, these women worked tirelessly, sometimes in harsh conditions, to ensure that mail was delivered promptly. The Sixth Triple Eight made an extraordinary impact by sorting over 17 million pieces of mail in just six months, showcasing their resilience and dedication to serving their country. Their story exemplifies the strength, perseverance, and contributions of Black women to both military history and American history as a whole.

Meet The SMART Center's Newest Spotlight A Black History Month Recognition 🏆



Katherine Lewis –

Katherine Lewis, LPC/MHSP (Temp), LADAC II, NCC, CAADC, ICAADC, is a dedicated therapist at the University of Memphis SMART Center. A Chicago native with deep Memphis roots, she is a proud first-generation college graduate and mother to Malcolm King Lewis, a University of Memphis student.

She holds a B.A. in Psychology, an M.S. in Human Service Administration, and an M.S. in Clinical Mental Health Counseling, specializing in addiction. Currently, she is pursuing her Doctorate in Counselor Education & Supervision at Lindsey Wilson College.

With 36 years of experience in clinical practice, leadership, and program development, Katherine has served in various roles, including Chief Clinical Officer, Clinical Supervisor, and Facility Director. At the SMART Center, she provides therapy to adults and children, facilitates Parenting Support Groups, and specializes in PCIT, CBIT, and Sandtray Therapy.

Passionate about mental health, substance use recovery, and family support, Katherine believes in the power of quality care and mentorship. She also co-teaches counseling courses, shaping the next generation of clinicians.

Her personal motto:

🗣️ "A people or a place should become better simply because you were there."

We are proud to honor Katherine Lewis for Black History Month and celebrate her dedication to the community!

