

JANUARY 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/>



January is Mental Wellness Month

- Mental Wellness Month is a perfect time to focus on self-care and emotional well-being. As we start a new year, it's important to prioritize our mental health by creating healthy routines, setting boundaries, and finding balance in our daily lives.

Get Organized Month

- January is also Get Organized Month, a reminder that decluttering and creating order in your physical space can help reduce stress and provide a sense of control. Start small—organize your desk, clean out your inbox, or create a to-do list. Small steps can lead to big changes!

National Slavery and Human Trafficking Prevention Month

- This month is dedicated to raising awareness about human trafficking and supporting survivors. Trauma from trafficking can have a profound impact on mental health, and it's important to highlight resources and advocate for those affected.

Festival of Sleep Day (January 3)

- Let's face it—most of us don't get enough sleep! Festival of Sleep Day is a fun way to remind ourselves to prioritize rest and recovery. A good night's sleep is essential for mental clarity, emotional regulation, and overall health.

National Human Trafficking Awareness Day (January 11)

- This day emphasizes the importance of education and advocacy around human trafficking. It's a call to action to support survivors, spread awareness, and recognize the need for accessible mental health resources for those impacted.

Healthy Weight Week (Third Week of January)

- Healthy Weight Week encourages a balanced approach to health and well-being. This is a time to shift the focus from dieting to nourishing your body and mind, embracing self-acceptance, and moving in ways that feel good.

National Hugging Day (January 21)

- Sometimes, a simple hug can make all the difference. National Hugging Day reminds us of the power of human connection. Physical touch, like hugging, releases oxytocin, a hormone that reduces stress and promotes feelings of happiness and connection.



NATIONAL FUN AT WORK DAY (JANUARY 28)

National Fun at Work Day, celebrated on the last Friday of January, is all about bringing joy, laughter, and connection into the workplace. It's an opportunity to boost morale, relieve stress, and build camaraderie among team members, creating a more positive and productive environment. This day is special because it encourages employees to take a break from their routine and reminds everyone that work can be both meaningful and enjoyable. Companies can celebrate by organizing team-building games, themed dress-up days, potlucks, or wellness activities like group yoga or mindfulness sessions. Even small gestures, like surprise treats or hosting a quick trivia game, can make a big difference in fostering a happier and more engaged workplace culture.




In loving memory of



Christy Peterson

Our beloved Smart Center Coordinator





For more than 10 years, Christy oversaw the growth and development of the SMART Center, as well as filled the role of Associate Director for the Center for the Advancement of Youth Development. In this capacity, she was responsible for creating, organizing, and maintaining datasets, conducting statistical analyses, and assisting with the development of study designs for evaluation components of projects. Christy was loved by everyone for her kind and outgoing nature. She was truly exceptional at her job, effortlessly excelling in her role as SMART Center Coordinator.

Her colleagues would like for you to know that....



“Christy was a remarkable combination of hard work, compassion, and a positive force in the community. As a role model in the social work field, she provided invaluable insight and inspiration for those looking to follow in her footsteps.” – **Damonique Miller**.

“She was a pleasure to be around and always there to comfort, support, as well as motivate when needed! She will truly be missed.”
– **Arreon Fulz**.

“The world is very quiet without you around.” – Lemony Snicket, as shared by **Debbie Trimble**.

“Christy embodied everything I aspire to be in my career. She carried out her work with remarkable grace, and I am deeply grateful for the opportunity to learn, laugh, and grow alongside her. Christy was a beautiful soul, always brightening the room with her presence. Even in the midst of her own struggles, she took the time to check on others and offer support. Her warmth and kindness touched everyone around her, and she will be truly missed in our community and at the center. Her legacy of love, strength, and compassion will forever remain with us.” – **Tierany Peterson**.”

