

JULY 2025

# The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



## THE SMART CENTER

BY DEBBIE TRIMBLE

The University of Memphis School of Social Work SMART Center Research, Training, and Treatment Center aims to provide evidence-based interventions for school-based behavioral health programming in underserved areas, provide training on best practice in tele-behavioral health, develop opportunities to research the use of technology in practice direct 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 Saturdays 10:00am-3:00pm.

## MEDIA FOR THE SMARTCENTER

Website:

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

### CONTACT:

901-678-1636

[smartcenter@memphis.edu](mailto:smartcenter@memphis.edu)

Instagram:

@uofm\_smartcenter



## THE WARM LINE

CONTACT: 901-678-1636

The SMART Center continues to host 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 from 9:00am-4:00pm CST.

## PODCAST AND MEDIA

### SMART CONNECTIONS

The SMART Connections podcast has many helpful podcast episodes to listen to for a wide range of topics. If you are struggling with parenting tips, anxiety, depression, or just want some resources for different aspects of your life, then we have an episode for you. The SMART Connections podcast is run by the University of Memphis SMART Center warm line and MSW staff.

Listen to our podcasts on our website and receive more information at <https://www.memphis.edu/smartcenter/> and <https://anchor.fm/susan-elswick>



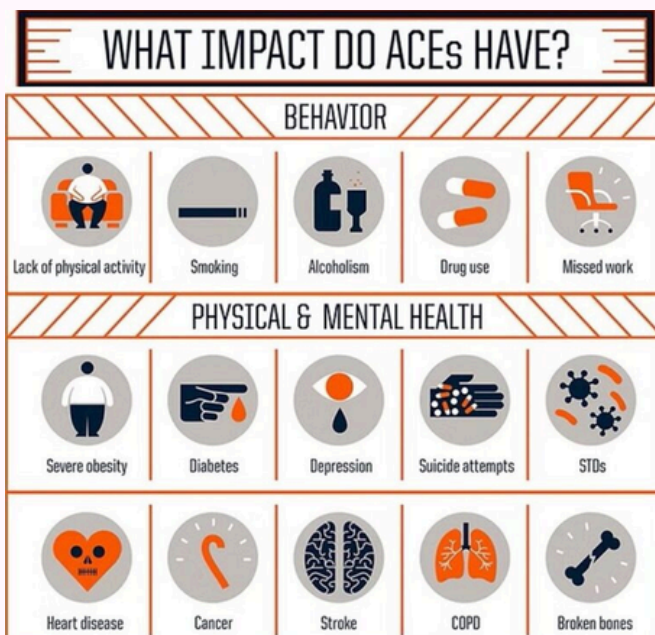
## Mental Health Fact

### What are ACEs?

ACEs were first introduced in a 1995 study by Dr. Vincent Felitti and Dr. Robert Anda. The research showed how childhood trauma can impact both individuals and communities in lasting ways.

#### **ACEs include things like:**

- Physical, sexual, or verbal abuse
- Physical or emotional neglect
- Witnessing abuse in the home
- Losing a parent or guardian
- Having a family member struggling with mental health issues, substance use, or incarceration



## IMPORTANT MENTAL HEALTH DATES FOR JULY

- Disability Pride Month
- Minority Mental Health Month
- International Self-Care Day (24th)
- World Day Against Trafficking Persons (30th)



## UPCOMING EVENTS IN SHELBY COUNTY IN JULY

**Community Health Fair 2025: Saturday, July 12<sup>th</sup> from 10am-1pm at 50 North Mendenhall Rd. 38117**  
RSVP at [Eventbrite.com](https://www.eventbrite.com)

**Sana Yoga + Pilates + Mud Island: Wednesday, July 16<sup>th</sup> from 5:45pm-6:30pm at 830 Island Drive 38103**  
RSVP at [Eventbrite.com](https://www.eventbrite.com)

**Wellpoint Back-to-School/End of Summer Celebration Bash: Saturday, July 26<sup>th</sup> from 10am-2pm at T R White Sportsplex 304 North Hays Ave. 38301**  
RSVP at [Eventbrite.com](https://www.eventbrite.com)

**Goat Yoga in the Park: Saturday, July 26<sup>th</sup> from 10:30am-11:30am at Health Sciences Park on Madison Ave & South Dunlap Street 38103**  
RSVP at [Eventbrite.com](https://www.eventbrite.com)





# What's *Happening* at the SMART Center?

## We're Growing!

We're excited to share that the SMART Center is expanding!

We are announcing the addition of our new **Play Therapy Education, Training, and Research Center**—a space dedicated to advancing play therapy through high-quality services, professional training, and ongoing research.

If you know a family who may benefit from play therapy services, we would love to connect with them. Please feel free to reach out to us at the SMART Center for more information or to make a referral.



We're pleased to share that the SMART Center is now accepting clients for **Parent-Child Interaction Therapy (PCIT)**. PCIT is an evidence-based treatment for young children with behavioral challenges that strengthens the parent-child relationship through live coaching and skill-building. Our trained clinicians work closely with caregivers to support positive interactions, improve communication, and reduce disruptive behaviors. If you know a family who may benefit from PCIT, we encourage you to contact us to learn more or make a referral.