

JUNE 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/>

Instagram:

@uofm\_thesmartcenter

Twitter:

@uofmsmartcenter

### CONTACT:

901-678-1636

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



## 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

### Mental Health Throughout Life

Taking care of our **MENTAL HEALTH** is important at every stage of life.

LEARN MORE AT [WWW.CDC.GOV/MENTAL-HEALTH](http://WWW.CDC.GOV/MENTAL-HEALTH)

EARLY + MIDDLE CHILDHOOD	ADOLESCENCE	YOUNG ADULTHOOD	MIDDLE ADULTHOOD	OLDER ADULTHOOD
Includes reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems.	A time of important developmental changes when many health behaviors and habits are established and carry over into adult years. Physical, emotional, and social challenges, including exposure to poverty or violence, can make adolescents vulnerable to mental health problems.	Positive mental health and well-being can help young adults through transitions, such as entering college or the workforce or starting a family.	Life stressors can relate to jobs, parenting, caregiving, and relationships.	May experience life changes that impact their mental health, such as retirement, coping with a serious illness, or losing a loved one.
				



# IMPORTANT MENTAL HEALTH DATES FOR JUNE

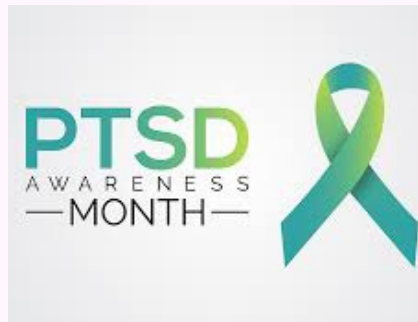
**Pride Month**

**PTSD Awareness Month**

**Men's Health Awareness Month**

**National Immigrant Heritage Month**

**Juneteenth (19th)**



## UPCOMING EVENTS IN JUNE

### **Men's Health Summit**

Men's Health Network (MHN), a national nonprofit dedicated to improving the health and well-being of men, boys, and their families, invites all Memphis-area residents to attend the 2025 Men's Health Summit on Saturday, June 7, 2025, from 10:00 AM to 2:00 PM at Oak Grove M.B. Church, located at 7289 Highway 64, Memphis, TN 38133.

### **ShelbyCares Community Health Fair:**

The ShelbyCares Community Health Fair will take place on Friday, June 13th, from 9:00 a.m. to 2:00 p.m., at ShelbyCares on 3rd, located at 3358 South 3rd Street, Memphis, TN 38109.

### **3rd Annual Mental Health Awareness Day on the Wolf River Greenway:**

This event, presented by the Wolf River Conservancy and Sylvamo, will take place in June 2025. It will include mental health experts and partners, offering guidance and resources for navigating mental health challenges. The event will also feature activities like kayaking, food trucks, and family fun on the river.

### **Bridging Leadership and Parenting**

Join us as leading child psychiatrists and experienced parents come together to share their insights and personal experiences. You can expect to:

1. Learn effective strategies to communicate with your child, promoting understanding and openness.
2. Acquire tools for helping your child manage emotions and bolster resilience.
3. Network with other parents who share both your challenges and your leadership approach, fostering a community of mutual support.
4. Uncover how your inherent skills in strategy and problem-solving can greatly aid your child during these challenging times.

signup at [eventbrite.com](https://eventbrite.com)

# WHAT'S HAPPENING AT THE SMART CENTER!

The University of Memphis SMART Center interns are hard at work this month. In our partnership with University of Tennessee Department of Mental Health and Substance Abuse Services, we will be posting new podcast interviews on the Talk the Path Podcast at <https://www.youtube.com/@PathwaysCareerProject/videos>

The following podcast interviews have been released for the Pathways Career Project:

- \*Interview with *Harmony Family Center Staff*, Foster Care and Adoption Services
- \*Interview with *Gracelynn Burg*, Social Work Student, Behavior Technician
- \*Interview with *Dr. Bob DuBois & Dr. Patrick McCarthy*, Industrial Psychology

