

MARCH 2025

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

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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/>



Important March Dates Nationwide and In The Mid-South



World Wildlife Day:

March 3rd

International Women's Day:

March 8th

St. Patrick's Day: March 17th

International Day of Happiness:

March 20th

World Down Syndrome Day:

March 21st



"Providing Quality Care, Everywhere You Are."

Women's Day: A Legacy of Strength



Throughout history, women have always embodied strength, resilience, and determination. From fighting for civil rights to leading the feminist movement, from serving courageously in World War II to the trailblazing efforts of the Six Triple Eight, women have continuously shaped history.

*And now,
you!*

Women's Day is a celebration of the power, progress, and perseverance of women everywhere—past, present, and future.





HOW TO BE FRIENDS WITH SOMEONE WITH AUTISM

Be Patient

- Take time to understand their communication style.
- Allow them to express themselves at their own pace.

Communicate Clearly

- Use simple, direct language.
- Avoid sarcasm or figurative language, as it might be confusing.

Respect Their Sensory Needs

- Understand that they may be sensitive to loud noises, bright lights, or certain textures.
- Ask if they need a break if they're feeling overwhelmed.

Avoid Pushing for Eye Contact

- While eye contact can be important in some social settings, many people with autism find it uncomfortable or distracting.
- Don't insist on it if it's not natural for them.

Establish Consistency

- Routine can be comforting, so try to respect schedules or planned activities.
- Consistency can also help build trust and a deeper connection.

Be Non-Judgmental

- Avoid labeling or making assumptions about their behavior.
- Understand that their reactions may differ from yours, and that's okay.