

MAY 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

#### Music Can Benefit Your Health

Did you know that music can benefit your health?

According to Johns Hopkins University, there are 4 different ways that music can benefit your overall health.

1. Music improves your mental health by relieving some symptoms of depression and elevating your mood.
2. Music boosts your workouts. When you listen to energetic music while exercising, it increases your physical performance and endurance.
3. Music stimulates your memory. Research shows that music activates nearly every region of your brain.
4. Music creates community connection. When you listen to live music with other people, you are developing a sense of community with other people in attendance.

Check out our Bibliotherapy Manual (under community resources tab) on the SMART Center website for more information.



# IMPORTANT MENTAL HEALTH DATES FOR MAY

National Mental Health Awareness Month

Women's Health Month

Maternal Mental Health Awareness Week (5th-11th)

National Children's Mental Health Awareness Day (7th)

International Day of Women's Health (28th)



## UPCOMING EVENTS IN MAY

Shelby County Mental Health Court Inaugural Fundraising Gala: This event is scheduled for Friday, May 2, 2025, at 7:00 PM.

2nd Annual Mane Mindscape: Your Mental Health Festival: This festival will take place on Saturday, May 3, 2025, at 12:00 PM.

2025 Psychiatric-Advocacy Collaborative Teams Summit (PACTS): This summit, focused on youth mental health, will be held on Friday, May 16, 2025, from 8:00 AM to 3:30 PM at Crosstown Concourse Theater.

Mental Health Workshop at the Kroc Center: A workshop combining yoga and therapeutic dialogue will be held on Thursday, May 15, 2025, from 6:00 PM to 7:00 PM.

Orange Mound Mental Health Fair: This fair is scheduled for Saturday, May 24, 2025, from 10:00 AM to 2:00 PM at the Orange Mound Library.

DreamFest 14: Healing Edition: This event, focused on mental health, will be held on May 18, 2025, at the Overton Park Shell.

WomenTalk | Mental Health & Mission: Community Voices: This event is scheduled for Wednesday, May 21, 2025, at 6:00 PM.

Sundresses & Sandals: A Women's Mental Health & Wellness Conference: This conference will be held on Saturday, May 31, 2025, at 9:00 AM.

# 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

