

SEPTEMBER 2025

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

BY TAYLOR HURST

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 8:00am-6:00pm.

MEDIA FOR THE SMARTCENTER

Website:

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

CONTACT:

901-678-1636

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>

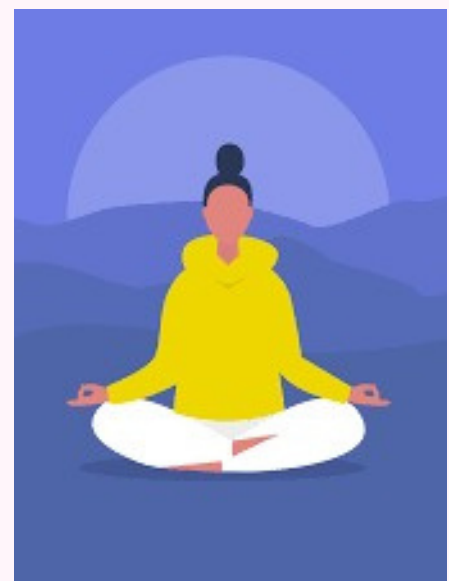


Mental Health Fact

What Is Mindfulness Meditation?

Boy

Mindfulness meditation is a simple yet powerful practice that helps people manage stress, anxiety, and overwhelming emotions by focusing on the present moment. Through breathing exercises, guided imagery, or quiet reflection, individuals learn to notice their thoughts and feelings without judgment. Over time, mindfulness can reduce stress, improve concentration, and even enhance emotional regulation. For those coping with trauma or daily life pressures, mindfulness offers a grounding technique that can be practiced almost anywhere — even for just a few minutes a day.



IMPORTANT MENTAL HEALTH DATES FOR SEPTEMBER

Suicide Prevention Awareness Month

National Recovery Month

National Suicide Prevention Week (6th-12th)

988 Day (8th)

World Suicide Prevention Day (10th)



UPCOMING AUGUST MENTAL HEALTH EVENTS IN MEMPHIS

Mental Health & Wellness Fair, Tuesday,
September 10th from 10 a.m.–2 p.m. at
Benjamin L. Hooks Central Library,
Memphis, TN, Free event

Suicide Prevention & Awareness Walk,
Saturday, September 14th from 9 a.m. at
Shelby Farms Park, Hosted by AFSP
Tennessee, RSVP at afsp.org/memphis

**Spiritual Care Network Lunch and Learn:
Relationships and Addiction**, Tuesday,
September 23rd at Hope Church Memphis,
Guest speaker Tommy Corman, Free event

**Exploring the Stages of Burnout &
Importance of a Self-Care Recovery Plan**,
Wednesday, September 25th from 10 a.m.–
12 p.m. at DoubleTree by Hilton, Iris Room,
5069 Sanderlin Avenue, Memphis, TN 38117,
Presented by UT College of Social Work, Free
event

What's *Happening* at the SMART Center?



🎉 Meet the Interns! 🎉

Brittany Clements is a graduate-level social work intern at the SMART Center and the Wellness Center (University Schools) at the University of Memphis. She earned her bachelor's degree in psychology from the University of Memphis and is pursuing her Master of Social Work while working toward School Social Worker licensure. Brittany has experience in both clinical and community-based settings, providing assessments, case management, resource coordination, and advocacy for children, families, and individuals experiencing housing instability. She is passionate about mental health, school social work, and promoting equitable access to services.

Let's cheer her on as she continues to make a difference! 🌟