



# iIMPACT Newsletter

November, 2021

## WHAT IS IIMPACT

**INSTITUTE FOR INTERDISCIPLINARY  
MEMPHIS PARTNERSHIPS TO ADVANCE  
COMMUNITY TRANSFORMATION (IIMPACT)**

### **Mission Statement**

To provide University engagement with the Memphis and Shelby County community toward improved and equitable health and education outcomes for children and families and to increase the capacity of the systems that support them.

### **Goals**

iIMPACT is an integrated hub for academic-community partnerships that advance healthy childhood and family development

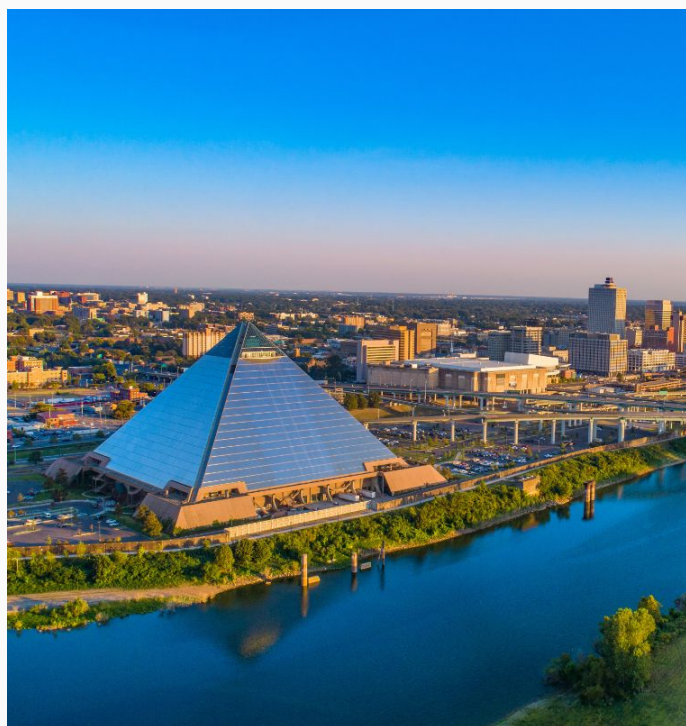
iIMPACT focuses on benefiting Memphis and Shelby County children and families while creating replicable models for other urban communities and/or using applicable, proven models developed elsewhere.

iIMPACT actively engages with key community stakeholders, inclusive of families and neighborhood leaders, to collectively address systemic barriers to quality services and effective care.

## IN THIS ISSUE, WE'RE COVERING:

**PREGNANT MOMS  
EMPOWERMENT PROGRAM**

**SMART RESEARCH,  
TRAINING AND TREATMENT  
CENTER**



# PREGNANT MOMS EMPOWERMENT GROUP (PMEP)

## DEPARTMENT OF PSYCHOLOGY

PMEP is a free group intervention for pregnant women who have experienced intimate partner violence (IPV). Participants consist of women who have been pregnant in the past year and who have experienced IPV as well as service providers who work with individuals who have experienced IPV.

The 5 week intervention program is geared towards helping these women to meet the developmental needs such as improving birth outcomes, parenting success, addressing mental health concerns associated with IPV and promoting resilience to reduce rates of re-victimization. Participants are assessed 4 times throughout the course of the program as well as development assessments of the children of participants. The goal of the study is to determine the efficacy of PMEP in promoting infant development and testing models for the treatment of women and infants impacted by IPV.

## Intimate Partner Violence in Memphis

1 in 4 women and 1 in 9  
men in Shelby County  
report experiencing IPV  
(WREG)

Domestic Violence  
makes up over half the  
violent crimes reported  
to Memphis Police  
Department (MPD)

MPD receives over 40  
domestic violence calls  
every day

(Memphis Says No More)



See Page 5 for more information regarding program participation

# PREGNANT MOMS EMPOWERMENT GROUP (PMEP)



PMEP has provided services to women in Memphis for the past two years. Program participants have reported lower rates of IPV, reduced mental health symptoms such as lower reports of depression and PTSD symptoms, and revictimization. Through the implementation of psychoeducation and experiential activities directed at building healthy coping skills and positive parenting, the program expects to see improved infant outcomes at 3-months to 1 year postpartum.

The PMEP team, directed by Dr. Kathryn Howell, consists of 10 graduate and undergraduate students that provide services to women in Memphis through group intervention and community outreach and events. Recently, the PMEP team co-hosted a drive-thru community baby shower entitled "Be and Be Better". At the event and in observance of domestic violence awareness month, the program served over 150 families in the South Memphis area by providing them with baby care items, books, and information about services.



The PMEP is actively enrolling for a new intervention group beginning in the coming weeks. Women who are between 10 - 30 weeks pregnant who have experienced IPV are eligible to participate. If interested in the program, please contact PMEP at (901) 257-9848 or [pmepmemphis@gmail.com](mailto:pmepmemphis@gmail.com)



## Importance of the SMART Center

21% of parent in TN report that their child has experienced mental health issues including, but not limited to behavioral/conduct concerns, anxiety, ADD/ADHD, autism, depression, and developmental delay.

Despite this high prevalence of mental health issues, only 9.4% reported having received mental health care or counseling

(TN AWARE Initiative, 2015)

# SMART RESEARCH, TRAINING, AND TREATMENT CENTER

## School Mental Health Access to Resources through Teletherapy (SMART) Research, Training and Treatment Center

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 practice, and provide direct services to the states most vulnerable populations.

The mission of the SMART Research, Training, and Treatment Center is to develop scholarly research in the field, provide competency-based professional training and consultation to the community, provide training in higher education to support the workforce development of this growing field, provide effective, evidence-based therapeutic interventions, and advance the responsible use of technology in school-based and mental health practice. The mission of the program is to provide easily accessible and affordable support services for tele-behavioral health in the region.



# CONTACT INFORMATION

## PMEP

If interested in participating in the Pregnant Moms Empowerment Group (PMEP), please contact The Family Safety Center at (901) 257-9848 or [pmepmemphis@gmail.com](mailto:pmepmemphis@gmail.com)

### Participation includes

- 5-week virtual support group sessions
- 4 interviews over the course of 1.5 years
- Brief daily surveys
- Up to \$160 and other infant care items

## SMART CENTER

If interested in SMART Center please visit <https://www.memphis.edu/smartcenter/> or reach out via email at [SMARTCenter@memphis.edu](mailto:SMARTCenter@memphis.edu)

### SMART Center Resources include:

- Behavioral and mental health services for individual families and clients as well as school districts
- 24 hour WARM Line Services to provide individuals with linkages to community resources
- (901) 678-1636



Visit <https://www.memphis.edu/iimpact/> for more program details

# iIMPACT Projects

**Institute for Interdisciplinary Memphis Partnerships to Advance Community Transformation (iIMPACT)**

## **University of Memphis Behavior, Research, & Language Alliance- (UMBRella)**

Dr. Laura Casey & Dr. James Meindl  
College of Education and School of Communication  
Sciences and Disorders Initiative  
Thouraya Al Nasser – Program Coordinator  
*tnasser@memphis.edu*  
*umbrella@memphis.edu*

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### **The Literacy Landscape Project**

College of Education  
Dr. Carolyn Kaldon  
*cransfrd@memphis.edu*

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### **The BRAiN Center**

Counseling Educational Psychology and Research (CEPR)  
Dr Kiersten Hawes –BRAIN Center Program Coordinator  
*kahawes@memphis.edu*  
*thebraincentermemphis@gmail.com*

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### **Men Healing Men**

College of Social Work  
Dr. Gregory Washington  
*gwshngt1@memphis.edu*

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### **LIFE Project: Lifelong Initiative for Family Empowerment (Life)**

College of Social Work  
Dr. Gregory Washington  
*gwshngt1@memphis.edu*

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### **Trauma Healing Club**

College of Social Work  
Dr. Susan Elswick  
*selswick@memphis.edu*  
Dr. Gregory Washington  
*gwshngt1@memphis.edu*

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### **Pregnant Moms' Empowerment Program (PMEP)**

Department of Psychology  
*pmepmemphis@gmail.com*  
(901) 257-9848

## **School Mental Health Access to Resources through Teletherapy (SMART) Research, Training and Treatment Center**

Christy Peterson – Program Coordinator  
901.678.1636  
*SMARTCenter@memphis.edu*

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### **Coordinated Effort to Enhance Development (CEED)**

College of Professional and Liberal Studies  
Sonja Randall – CEED Program Coordinator  
*office: 678.3589, cell: 901.331.8910*  
*sonja.randall@memphis.edu*

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### **Language Environment Analysis (LENA)**

College of Professional and Liberal Studies  
Sonja Randall – LENA Program Coordinator  
*office: 678.3589, cell: 901.331.8910*  
*sonja.randall@memphis.edu*

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### **Medical Legal Partnership (MLP)**

Dr. Katy Ramsey, MLP  
Cecil C. Humphreys School of Law  
*kramsey1@memphis.edu*

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### **Institute for Health Law & Policy Lab (iHELP)**

Dr. Katy Ramsey, MLP  
Cecil C. Humphreys School of Law  
(901) 678-2421  
*kramsey1@memphis.edu*

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### **PM Ready / PM Ready Extension**

Matt Davidson – Director of Behavior Services  
*M.Davidson@memphis.edu*  
662.934.3442  
Charmaine Segó Project Memphis Director of PM:  
Ready  
*cssego@memphis.edu*  
901.678.2190

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