



South Carolina Chapter

2019 SCEAPA Conference Schedule

SHARE THE EAP SPARK

April 8, 2019

City of Greer Training Center

2019 SCEAPA Conference –Schedule at a Glance

Monday April 8, 2019

8:30am-9:15am	Registration and Breakfast
9:15am-9:30am	Welcome and Announcements
9:30am-11am	Presentation I – Jeni Bowers Palmer (1.5 hours)
11am-11:15am	Break
11:15am-12:45pm	Presentation II – Jacqui Filbeck (1.5 hours)
12:45pm-2pm	Lunch and Chapter Business Meeting
1:35pm-2pm	Business Meeting
2pm-3:30pm	Presentation III – Michelle Evans (1.5 hours)
3:30pm-4:30pm	Presentation IV – Neil Sondov (1 hour)
4:30pm-4:45pm	Wrap Up: Evaluations and Grand Prize

Total CEU's: 5.5

Monday, April 8, 2019

8:30-9:15 Registration and Breakfast

9:15-9:30 Welcome

Christina K. Isenhower, LISW-CP, CEAP

SCEAPA President and Director of Risk Management Services, First Sun EAP

9:30-11:00 Presentation I – *Cave Man Stress Management: Exploring Anthropology and Evolutionary Neuroscience for Stress Management Tools*

Jeni Bowers Palmer, M.Ed., LPC, CEAP

Director of Employee Assistance, Medical University of South Carolina

Employee Assistance Programs regularly receive requests for presentations on the management of chronic stress. When we study early man and indigenous cultures, it reveals a surprising lack of anxiety and chronic stress. There has been relatively no change to the human brain in the last two hundred thousand years. Compared to the age of the brain, modern society is incredibly new. It is only in the last 500 years or so that our society has shifted from an Immediate Return Environment to a predominantly Delayed Return Environment. In the last 100 years we have seen the rise of electricity, the car, the airplane, the television, the personal computer, the Internet, and fast food. Nearly everything that makes up your daily life has been created in a very small window of time. As a result, our modern lives seem to be filled with constant stress.

This presentation will include a discussion on the differences between Immediate Return Environment and Delayed Return Environment. Attendees will learn innovative strategies on how to use the differences between indigenous cultures and modern cultures to help clients manage their stress and anxiety.

11:00-11:15 Break

11:15-12:45 Presentation II – *Domestic Violence: A Workplace Issue*

Jacqui Filbeck, LISW-CP, EAS-C

Program Director, Family Violence Intervention Program at Origin SC

Domestic violence and sexual assault walk in the doors of every workplace daily in the US. One in every four women and one in every 10 men will experience domestic violence in their lifetime, according to the CDC. The DOL reports that victims of domestic violence lose nearly 8 million days of paid work per year in the US, resulting in a \$1.8 billion loss in productivity for employers. According to the Society for Human Resource Management (SHRM), 65% of companies have no formal workplace domestic violence prevention policies.

This presentation will provide an overview of the obligations employers have toward employees who are victims of domestic violence, under federal and state laws as well as

family medical leave laws. This session will cover the ten key elements for domestic violence workplace policies.

12:45-2:00 Lunch and Chapter Business Meeting

1:35-2:00 SCEAPA Chapter Meeting: Awards Presentation and Business Meeting

Christina K. Isenhower, LISW-CP, CEAP

SCEAPA President and Director of Risk Management Services, First Sun EAP

2:00-3:30 Presentation III – *Finding Fuel in an Empty Tank: Mental Toughness in the Workplace*

Michelle Evans, MA, NBCC, LPC/S (SC and NC)

Behavioral Health Specialist (SC National Guard – Contractor)

New Beginnings Counseling and Supervision

In today's workplace, we are tasked with many roles and responsibilities that can result in workplace stress. Often times, we roll with the punches of workplace stress with limited skills to cope and overcome. This scenario can leave us feeling like our tank is on "E" empty. So how do we find fuel in an empty tank? The answer can be found within the definition of "mental toughness." Mental toughness has been researched over many years and has become the answer for many individuals. Developing "mental toughness" has proven to potentially help us tackle this. Mental toughness by brief definition is: having the ability to cope under pressure with self-belief and focus. Mental toughness will strengthen your ways of processing goals while enhancing positive self-talk and assisting you in building and refining resiliency. Hopefully, mental toughness skills training will be viewed as effective and adopted among more companies as a way to support employees and increase overall worker performance and wellbeing.

In this presentation, attendees will learn the definition and factors of mental toughness. They will learn how to bolster mental toughness in the workplace.

3:30-4:30 Presentation IV – *TA DA Like You Mean It! Self-Care and Gratitude for EAP Service Providers*

Neil Sondov, M.Ed, LPC, CEAP

Director, The Sondov Group: Training and Consultation

Senior Therapist, Compass of Carolina

With the ever-increasing demands on service providers' time and resources, self-care and boundaries become less of a priority. With more stress we can only offer less. This program encourages participants to develop and practice a self-care regimen for themselves and corporate/individual clients through gratitude awareness and involved detachment.

In this presentation, attendees will learn the importance of self-care using strategies like gratitude awareness and involved detachment. The presentation will include discussions on how to utilize these strategies with EAP clients.

4:30-4:45 **Wrap Up: Evaluations and Grand Prize**

About Our Presenters

Jeni Bowers Palmer, M.Ed, LPC, CEAP

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Ms. Palmer has been with MUSC for 19 years and is currently the Director of Employee Assistance and a Clinical Assistant Professor with the Department of Psychiatry and Behavioral Sciences. She received a BA in Economics from Newberry College and a M.Ed. in Clinical Counseling from the Citadel. She has been a practicing clinical counselor since 1994 and has been doing EAP specific work since 2002. She has worked in a variety of clinical settings specializing in addictions, codependency, co-occurring disorders, eating disorders, relationship issues, stress management, wellness and mental health.

In addition to her clinical work, she serves on several committees devoted to workplace violence prevention, employee wellness, employee satisfaction, crisis management and team improvement. Her current interests include helping organizations create positive environments that encourage productivity and helping clients with their occupational and personal development.

An advocate for the utilization of employee assistance in the workplace, she is a Certified Employee Assistance Professional and has been an Executive Board member of the South Carolina Chapter of the Employee Assistance Professional Association since 2008. Her most recent role was serving as the Immediate Past President.

Jacqui Filbeck, LISW-CP, EAS-C

jfilbeck@OriginSC.org

Jacqui Filbeck moved to Charleston, SC in 2005 while serving in the United States Air Force. Jacqui was honorably discharged for services, following a 10 year career, which spanned Arkansas, Korea, Charleston, and a deployment or two. She received her Bachelor of Social Work degree from Limestone College and her Master of Social Work degree from the University of Southern California. During undergrad and graduate school, Jacqui was able to study issues relating to veterans, geriatrics, and families children, within her mental health concentration. Passionate about teen pregnancy and young mothers, Jacqui began her career as a social worker working at Florence Crittenton Programs of South Carolina. Jacqui transitioned to alcohol and other drugs after realizing regardless of a client's presenting issue, substance use is often a factor and barrier to treatment.

Jacqui currently serves as the Director for the Family Violence Intervention Program at Origin SC, formerly Family Services, Inc. In this exciting and new role, Jacqui supervises a small team of three and interns from time to time, provide services to both victims and batterers of domestic

violence. Additionally, Jacqui is a facilitator for Mental Health First Aid, Be Proud! Be Responsible!, and has presented on numerous topics, such as, Trauma Informed Care through creating cultures of a trauma informed workplace, Domestic Violence in the LGBTQQIA community, among others. Jacqui continues to provide direct service through individual sessions, facilitation of group sessions, and macro advocacy for the unheard voices.

Michelle Evans, MA, NBCC, LPC/S (SC and NC)
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Michelle Evans is a LPC/S who lives in Spartanburg, SC. Her private practice “New Beginnings Counseling and Supervision” has provided her with a broader scope within the profession since 2009. Michelle is employed full-time with the SC National Guard as a Behavioral Health Specialist, and has 10 years of experience working with Veterans and their families. Within the last year Michelle served as the first on-site EAP counselor for the Michelin Family Health Center located in Spartanburg, SC. Michelle has one daughter and has served on various committees and volunteered consistently within her community.

Neil Sondov, M.Ed, LPC, CEAP
neilsondov@gmail.com

Neal is a Senior Therapist with Compass of Carolina in Greenville, South Carolina and the founder of The Sondov Group: Training and Consultation. With twenty-five years of experience across the EAP field and as a therapist, he has come to appreciate the need for self-care when caring for others. Neil is a recognized speaker and consultant on domestic violence issues in the workplace and beyond. He served on Governor Nikki Haley's Domestic Violence Task Force, is a past member of the Board of Directors for the South Carolina Coalition Against Domestic Violence and Sexual Assault, and was recently qualified as the first ever expert in Domestic Violence dynamics for the 13th Judicial Circuit. His third-place finish on Jeopardy! in 2016 derailed his early retirement plans.