



South Carolina Chapter

# 2022 SCEAPA Conference Schedule

City of Greer Training Center  
301 E. Poinsett Street  
Greer SC 29651

March 18, 2022

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Crest View Recovery Center

# South Carolina Employee Assistance Professionals Association

## 2022 SCEAPA Conference –Schedule at a Glance

### Friday, March 18

8:30am-9:15am	Registration and Breakfast
9:15am-9:30am	Welcome and Announcements
9:30am-10:30am	<b>Keynote: Kristin Rantala, EAPA (1 hour)</b>
10:30-10:45am	Break

### Track I – Workplace Interventions

10:45am-12:15pm	<b>Presentation I – Nancy Grunnet (1.5 hours)</b>
12:15pm-1:15pm	Lunch and Chapter Business Meeting
1:15pm-2:45pm	<b>Presentation II – Jessica Sharp (1.5 hours)</b>
2:45pm-3pm	Break
3pm-4:30pm	<b>Presentation II Continued – Jessica Sharp (1.5 hours)</b>
4:30pm-4:45pm	Wrap Up: Evaluations and Grand Prize

### Track II – Clinical Interventions

10:45am-12:15pm	<b>Presentation I – Calvin Armerding</b>
12:15pm-1:15pm	Lunch and Chapter Business Meeting
1:15pm-2:45pm	<b>Presentation I Continued</b>
2:45pm-3pm	Break
3pm-4:30pm	<b>Presentation I Continued</b>
4:30pm-4:45pm	Wrap Up: Evaluations and Grand Prize

**Total CEU's: 5.5**

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**Friday, March 18**

**8:30-9:15 Registration and Breakfast**

**9:15-9:30 Welcome**

*Kaitlin Blanco-Silva, LMSW, LAC, CEAP  
CEO of Palmetto EAP & SCEAPA President*

**9:30-10:30 Keynote – The State of EAPA**

*Kristin Rantala  
EAPA Board President  
National VP, Sales and Client Management at UnitedHealthcare Global*

This presentation will provide updates on work happening with the Employee Assistance Professionals Association. The presentation will include a discussion on ideas around rebranding, as well as an overview of the new CEAP process. The presenter will specifically discuss the mentoring component of the CEAP process. The presentation will also include updates from the Connect, Educate, Advocate and Certify task forces at EAPA.

**10:30-10:45 Break (Sponsored by Three Rivers Behavioral Health) – During this break, we will separate into the two tracks: Workplace Interventions or Clinical Interventions.**

## **WORKPLACE INTERVENTIONS TRACK**

**10:45-12:15 Presentation I – Map Your Leadership Landscape!**

*Nancy Grunnet, MS, RODP  
First Sun EAP  
VP of Corporate Consulting*

Take a comprehensive online Myers-Briggs assessment online prior to the conference. Bring a copy of your results and we'll explore who you are as a leader and how you can apply your preferences to the three main activities leaders engage in every day. We'll also explore how leaders can use the Myers-Briggs as a tool for a variety of team strategies including supporting remote workers post pandemic.

**\*\*If you chose to participate in this track at registration, you will be sent a link to engage in the Myers-Briggs assessment at no additional cost. You will benefit from applying your own personal results as you participate in Nancy's presentation**

**12:15-1:15 Lunch and Chapter Business Meeting (Gather back all together). Lunch sponsored by Rebound Behavioral Health.**

**12:50-1:15 SCEAPA Chapter Meeting: Awards Presentation and Business Meeting**

*Kaitlin Blanco-Silva, LMSW, LAC, CEAP  
CEO of Palmetto EAP & SCEAPA President*

**1:15-2:45 Presentation II – All About Belonging**

*Jessica Sharp, MPA  
Founder & CEO, Sharp Consulting  
PsyD Candidate, William James College*

One of our most basic needs is the need to belong - to be accepted into a group that values and accepts. This need, though, is difficult to achieve. Belonging has implications on employee well-being and engagement. When employees feel excluded or like they don't belong, the work environment and outcomes are impacted.

In this training session, participants will learn more about the importance of belonging and the impacts of exclusion. Additionally, participants will understand how each of us can work to create cultures of belonging within our organizations.

**2:45-3:00 Break**

**3:00-4:30 Presentation II Continued – All About Belonging**

*Jessica Sharp, MPA  
Founder & CEO, Sharp Consulting  
PsyD Candidate, William James College*

One of our most basic needs is the need to belong - to be accepted into a group that values and accepts. This need, though, is difficult to achieve. Belonging has implications on employee well-being and engagement. When employees feel excluded or like they don't belong, the work environment and outcomes are impacted.

In this training session, participants will learn more about the importance of belonging and the impacts of exclusion. Additionally, participants will understand how each of us can work to create cultures of belonging within our organizations.

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

## CLINICAL INTERVENTIONS TRACK

**10:45-12:15 Presentation I – Adlerian Couple's Counseling: From Competition to Cooperation**

*Calvin Armerding, MA, LPC*

When marriages/partnerships become difficult, points of conflict can be understood as competitive striving against one another. The use of Adlerian lifestyle investigation in couples' therapy allows efficient and effective identification of competition between spouses or partners, which then enables a couple to move towards cooperation. This workshop will demonstrate lifestyle investigation strategies, how to identify competitive striving, and how to encourage cooperation. Demonstrations and case studies will be heavily utilized; participation will be encouraged, but voluntary.

**12:15-1:15 Lunch and Chapter Business Meeting (Gather back all together)**

**12:50-1:15 SCEAPA Chapter Meeting: Awards Presentation and Business Meeting**

*Kaitlin Blanco-Silva, LMSW, LAC, CEAP  
CEO of Palmetto EAP & SCEAPA President*

**1:15-2:45 Presentation I Continued**

**2:45-3:00 Break**

**3:00-4:30 Presentation I Continued**

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

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## About our Presenters



**Kristin Rantala**

Kristin Rantala has over 20 years of experience in the field of employee benefits, EAP and Wellbeing. Prior to joining UnitedHealthcare Global as the National Vice President of Sales and Client Management, she was with Optum International. As the Head of Global Account Management, she worked with multi-national teams to delight customers and drive growth by strengthening and expanding Optum's footprint with large, strategic multi-national employers and payers. Before moving into the international space, Kristin worked as a Director of Strategy and Analytics for Optum US. In that role, she was responsible for turning behavioral health and EAP data into customer-facing value stories. Kristin has a Master's Degree in Counseling and Psychological Services and has been a CEAP for over 15 years. In addition to her role at UHC Global, Kristin is the President of the Employee Assistance Professional Association (EAPA).

**Calvin Armerding**



After several years practicing in inpatient, intensive in-home, and outpatient community mental health settings, Calvin is now a Senior Associate at Travelers Rest Counseling Associates. He works primarily with young adults and couples, but also has experience in parent consultation and family work. While private practice takes up most of his time, he also has been privileged to teach, train, and supervise other counselors. Along with speaking at local, regional, and international training events, he recently published his first book, "The Cooperative Family" (2021). He also is currently developing an online self-help program based on Adlerian lifestyle investigation in order to address sub-clinical life issues and expedite therapeutic treatment.

## Nancy Grunnet



Nancy Grunnet, M.S., RODP has spent nearly 25 years training and consulting with leaders on how to handle tough employee matters. For the past 10 years, she has travelled throughout the state of South Carolina speaking to hundreds of business leaders on a variety of leadership topics. The Myer-Briggs is one of her favorite tools to use with both teams and leadership to strengthen communication, strategy, healthy culture and continued growth and development.

## Jessica Sharp



Jessica Sharp (she/her) is passionate about social justice and brain education. She is the Founder & CEO of Sharp Brain Consulting, a neuroscience based organizational development firm that exists to transform the public service sector. Jessica has a Masters of Public Affairs and is a Doctoral Candidate at William James College where she is obtaining a degree in Leadership Psychology with an emphasis in neuroscience. Working to create what the late great John Lewis called good, necessary trouble, Jessica is committed to promoting social justice, creating spaces for voices of those who have been historically and systematically marginalized. She does this through her involvement in several organizations including Fostering Great Ideas and 864Pride. Jessica can be found on Instagram at @sharpjes.