



BETTER BRIGHTER BALANCED

sc Thrive
**ANNUAL
TRAINING
2022**

CONTENTS

2	Welcome
3	Schedule at a Glance
4	Meeting Space Map
5	SC Thrive Regional Coordinators
6	Explore Greenville
8	Checklist
9	Session Descriptions
14	Keynote Speakers
15	Sponsors

Board of Directors

Tiffany W. Freeman
Board Chair

Lawrence Flynn
Board Vice Chair

Catherine Easley
Board Secretary

Quincy Halliday, IV
Board Treasurer

Mackenzie Haag
Board Member

Dr. Anthony J. Hill
Board Member

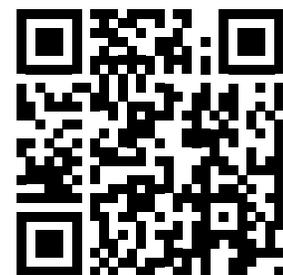
Virginia Ann Mullikin
Board Member

R. Cullen Pitts
Board Member

David Splittgerber
Board Member

We want to hear from you!

Scan the QR code to give us your feedback on the breakout sessions you attend.



BACK TOGETHER AGAIN



I am excited to be back in person and in gorgeous Greenville. This year's theme embodies what we work toward every day; **Better** solutions to address challenges, **Brighter** mindsets that look to the future with positivity, and **Balanced** leaders who can confidently serve their community's needs. Imagine Better, Brighter, Balanced communities, organizations, and leaders. In 2022, we want to help you be Better, Brighter and Balanced in all aspects of your life.

SC Thrive continues to transform how we operate to continuously improve our ability to provide innovative and efficient access to quality of life resources, lead South Carolinians to stability, and build healthy communities. Our partners have continued to meet our state's challenges and excel despite setbacks. We should be very proud of where we are today and excited about what's ahead.

As we strive to be Better, Brighter, and Balanced in our work, we hope that you will leave with the ideas and motivation to be:

- **Better** - Stretch past what you know; growth and change can be uncomfortable.
- **Brighter** - Take your ideas to the next level. Share ways to innovatively address opportunities and challenges in your communities.
- **Balanced** - Maintain a positive approach to life and the changes that may come. Make regular time for the things you enjoy, and lastly, find enjoyment in your passions by doing meaningful things that contribute to your overall well-being.

Thank you for joining us and for your continued support in leading those in South Carolina to stabilized, healthy communities.

Yours in service,

A handwritten signature in black ink that reads "Tricia C. Richardson".

Tricia Richardson
CEO, SC Thrive



SC Thrive helps South Carolinians navigate the complex systems of available benefits, leading those in need to stability while positively impacting quality of life in communities statewide.

SCHEDULE AT
A GLANCE

Thursday, September 29

8:00 AM	Registration & Continental Breakfast
9:30 AM	Opening Keynote
11:15 AM	Breakout Session 1
12:30 PM	Lunch
1:30 PM	Breakout Session 2
3:00 PM	Breakout Session 3
4:30 PM	Networking Reception

Friday, September 30

7:30 AM	Breakfast Buffet
9:00 AM	Breakout Session 4
10:30 AM	Breakout Session 5
12:00 PM	Lunch, Closing Keynote, Awards & Door Prizes



**With Molina,
you get more.**

Members get a free car seat for completing prenatal visits.

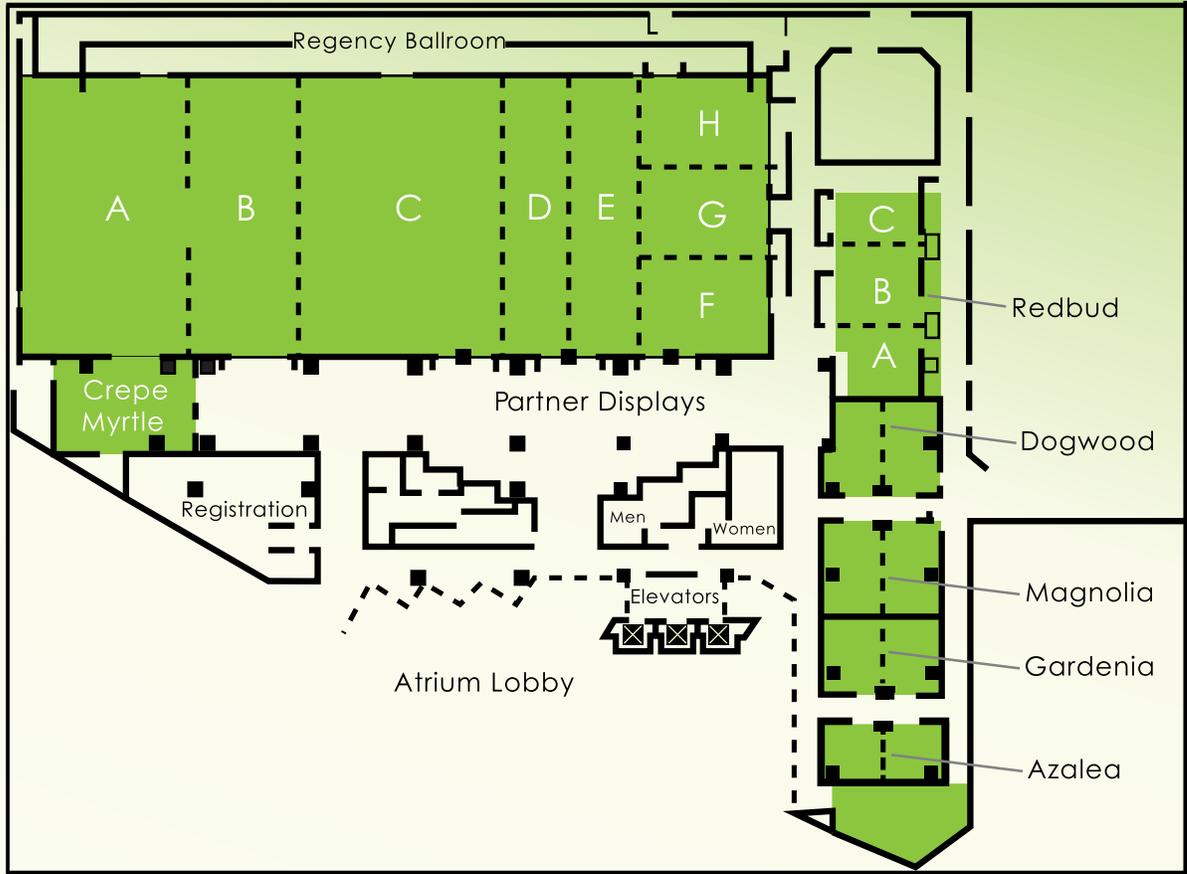
MolinaHealthcare.com



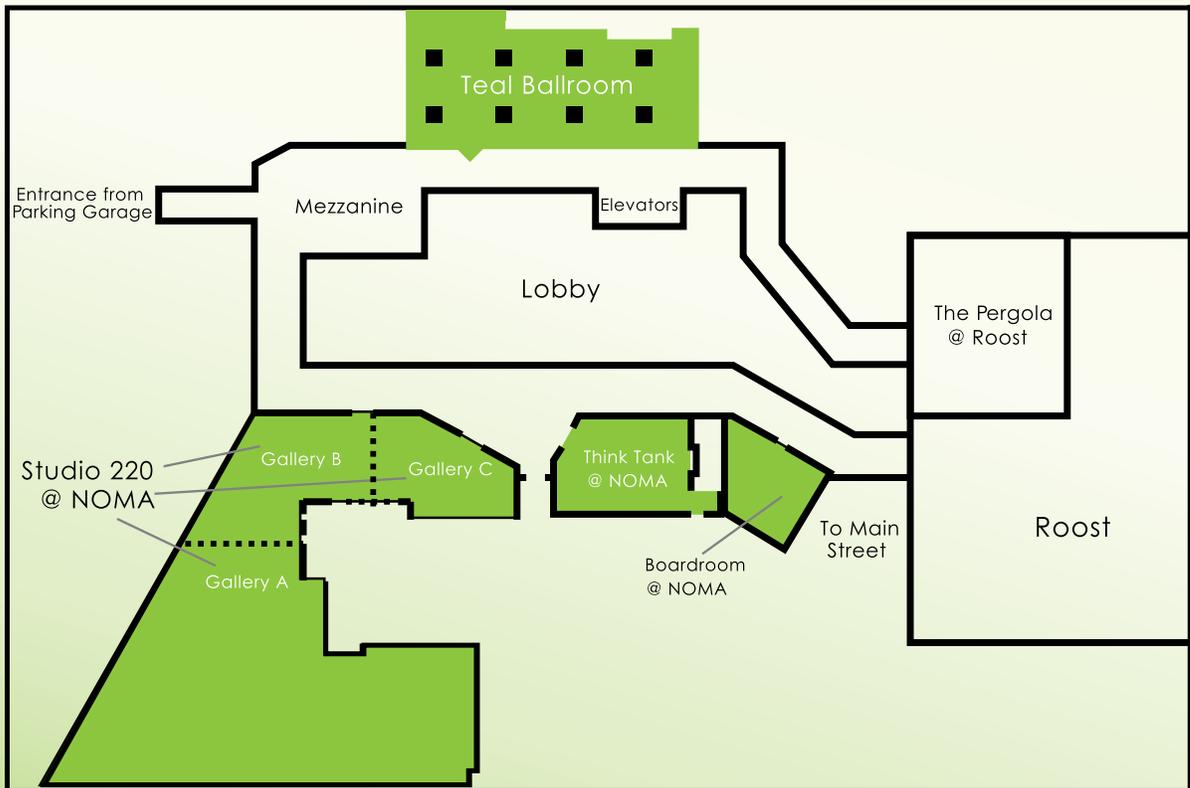
Healthy Connections 

MEETING SPACE MAP

FIRST FLOOR



SECOND FLOOR



HYATT REGENCY GREENVILLE
220 North Main Street
Greenville, SC 29601

MEET SC THRIVE'S REGIONAL COORDINATORS



Jessica Chiles
Region 1
jchiles@scthrive.org



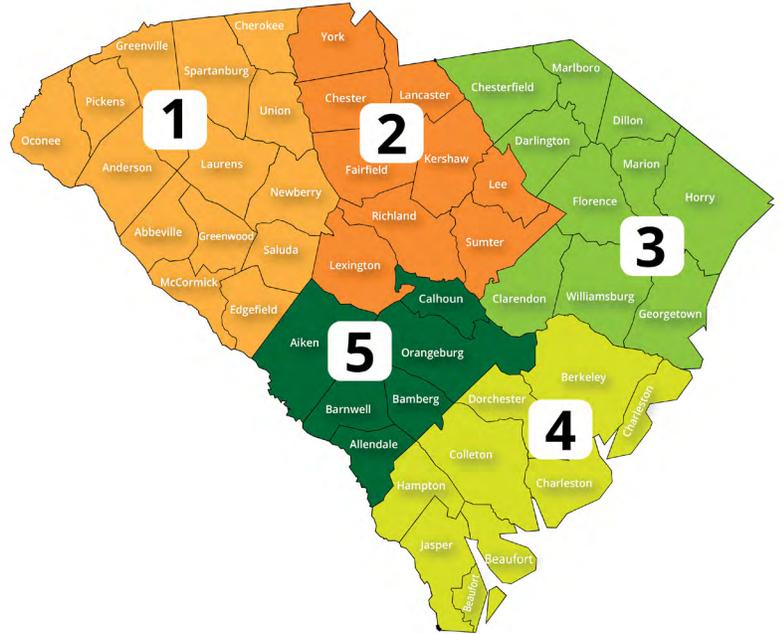
Alexis Rhodes
Region 2
arhodes@scthrive.org



Natosha Hayward
Region 3
nhayward@scthrive.org



Terri Parker
Region 5
tparker@scthrive.org



PROUD
to be a sponsor

SC Healthy Connections members – Count on BlueSM to be there for you.
Call 1-866-781-5094 (TTY 1-866-773-9634).
Visit www.HealthyBlueSC.com.



www.facebook.com/HealthyBlueSC
[@HealthyBlueSC](https://twitter.com/HealthyBlueSC)
[@CoachBlueSC](https://www.instagram.com/CoachBlueSC)

Do you need help with your health care, talking with us, or reading what we send you? We provide our materials in other languages and formats at no cost to you. Call us toll free at 1-866-781-5094 (TTY 1-866-773-9634).

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Proporcionamos nuestros materiales en otros idiomas y formatos sin costo alguno para usted. Llámenos a la línea gratuita al 1-866-781-5094 (TTY 1-866-773-9634).

BlueChoice HealthPlan is an independent licensee of the Blue Cross and Blue Shield Association. BlueChoice HealthPlan has contracted with Amerigroup Partnership Plan, LLC, an independent company, for services to support administration of Healthy Connections.

BSCMKT-0508-18

- BUSINESS
- NON-PROFITS
- HEALTH CARE
- ESTATE
- TRUSTS

We help **providers**, **businesses**, and **families** throughout South Carolina who trust us to help them achieve their vision and protect their future.



843.681.6500

jolleylawgroup.com

**99 Main Street, Suite 103
Hilton Head Island**

Kelly M. Jolley - Responsible Attorney

EXPLORE GREENVILLE



Walking Art Tour

There's art everywhere you look in Greenville. The city is filled with everything from a statue of Nobel Prize winner Charles H. Townes to a bright pink abstract piece created by world-renowned glass artist Dale Chihuly. You can enjoy the art as you stroll through downtown, and if you want to take a self-led tour and learn more about the artwork, scan the QR code.



Mice on Main Scavenger Hunt

Inspired by Goodnight Moon, high school senior Jim Ryan created Mice on Main with sculptor Zan Wells in 2000. There are nine bronze mice to be found between the Hyatt Regency and Westin Poinsett hotels. See if you can spot all nine- scan the QR code to access the scavenger hunt clues and learn the mice names!



Explore the Parks

Greenville is full of natural beauty. Walk the Liberty Bridge and enjoy the gorgeous view of Falls Park on the Reedy. If you want to travel outside of downtown, you can explore state parks, lakes, and waterfalls. Scan the QR code for a list of parks in the area.



Eat, Eat & Eat

No matter what flavor you're in the mood for, Greenville has a restaurant for you. The city has gained national attention for its diverse and delicious food options. Stop by Fork & Plough to see what is on their seasonal and locally sourced menu or grab sushi and Banh mi sliders at Otto Izakaya. Scan the QR code to check out a full list of restaurants Greenville has to offer.



Communities work together to uplift families ...

But sometimes their
technology doesn't.

**We've been integrating
systems for 25+ years - we
can help.**

hello@protechsolutions.com

Come ask us how we saved Arkansas an annual \$3 million
a year and helped more people get housing!



ANNUAL TRAINING CHECKLIST

- Networking Reception**
Join us September 29 at 4:30 PM for live music and light refreshments in Studio 220 @ NOMA.
- Door Prizes**
Win awesome prizes by submitting your completed partnership passport card.
- Awards Ceremony**
Help us celebrate the amazing work our partners are doing in our closing session on September 30 in Ballroom B & C.
- Get Social**
Tag us in your posts and follow us on social media for the latest updates.



SOUTH CAROLINA

**EVERY KID.
3 MEALS.
EVERY DAY.**

VISIT OUR WEBSITE TO
LEARN MORE ABOUT HOW
YOU CAN GET INVOLVED
TODAY.



state.nokidhungry.org/south-carolina

Follow a track or mix up your sessions!

Better Organizations: This track focuses on better processes, better solutions, better ideas and better service. You can learn about all things organizational management in this track.

Brighter Futures: This track focuses on serving children and on organizations who are working in childhood arenas.

Balanced Health: This track focuses on Social Determinants of Health and how to balance our ideas of what helps someone's health.

Moving Forward: This track focuses on what's on the horizon for community services. Learn more about technological advancements, personal and organizational financial planning, and new developments in social and medical care interconnectivity.

Thursday, September 29

9:30 AM - 11:00AM | Welcome & Opening Keynote

Cleaning Up Your Mental Mess
Ballroom B & C | Dr. Caroline Leaf



Toxic thoughts, depression, and anxiety- our mental mess- are frequently aggravated by a chaotic world and sustained by an inability to manage our runaway thoughts. But we shouldn't settle into this mental mess as if it's just our new normal. Hope and help are available to us, and the road to healthier thoughts and peak happiness may be shorter than you think.

You will learn the following in this session:

- How the five steps can help reduce anxiety and depression by up to 81%, according to clinical studies.
- How science can help us transition from being aware of toxic thoughts to catching and managing them in their early stages.
- How to capitalize on directed neuroplasticity using the Neurocycle.
- To apply mind-management to unwire toxic habits and trauma.
- How to leverage the lessons in the book for their daily lifestyle, including connection, brain-building, sleep, diet, exercise, people-pleasing, toxic perfectionism, overthinking, toxic emails and texts.
- Why mindfulness is not enough and how strategic mind-management through the five steps can take a reader beyond mindfulness.

11:15 AM - 12:30 PM | Breakout Session 1

Disability Today: An Integrated Approach Toward Breaking Barriers and True Inclusion
Ballroom A | Speaker: Kimberly Tissot



This session will explore recent developments in South Carolina that allow for greater opportunities for persons with disabilities, outline some remaining barriers, and provide a roadmap for true disability inclusion in our communities. Participants will gain a brief history of the Americans with Disabilities Act, its application today, tools for effective coalition building for legislative and regulatory advocacy, and practices to promote accessibility in their workplace and community.

SC Child Care Voucher Program
Ballroom D & E | Speaker: Christi L. Jeffcoat



This session will provide general information on how families may access financial assistance for childcare. The session will cover the availability of services, specific eligibility criteria, and income guidelines.

Social Care Reimagined - Thrive Hub Demonstration

Ballroom F, G & H | Speaker: Shannon Griggs



What if we could make it easier to navigate complex systems of available benefits? What if we could reduce duplication of work and address health holistically, connecting health care providers and social care providers through a shared network, using a common language? SC Thrive's Thrive Hub is a South Carolina specific social care platform that is an essential part of the evolving social care field. It was built especially for the social serving sector with input from South Carolina social care leaders. Learn more about the different features of Thrive Hub and how technology can help you address health holistically in your community.

Cyber Security: Navigating the Current Threatscape

Redbud | Speaker: Jared A. Lopez



It's not just financial institutions and governments that worry about ransomware, hackers, and malware. Learn practical steps to improve your cybersecurity posture to protect your data from intrusion and infiltration. Keep your organization safe in the current "threatscape" beyond just the latest vulnerability.

12:45 PM - 1:15 PM | Lunch

1:30 PM - 2:45 PM | Breakout Session 2

Collectively Informing Policy to Improve the Health of Aging South Carolinians

Ballroom A | Speaker: Maya Pack



Team members from the SC Institute of Medicine & Public Health (IMPH) will discuss their Long Term Care Taskforce and Leadership Council, which have been working to inform long-term care policy for the disabled and aging populations since 2013. A recent highlight is their collective work to inform policy to improve our state's ability to effectively recruit, train and retain direct care workers. SC's use of ARPA funds to support this workforce will be explored. Additionally, IMPH will seek your expertise on the issue of social isolation among older adults and what our state can do to combat the negative health impacts of social isolation as they launch a task force to seek solutions to this challenge.

How to Amplify Your Marketing Message

Ballroom D & E | Speaker: Anthony A. Dicks, Jr.



There are so many messages competing for the attention of those you serve. The question is not only if your message is clear but how does your message overcome the noise of so many other marketing messages. During this session, I will arm attendees with strategies and tactics to "equalize" their marketing messages for greater clarity and volume, so their messages can overcome the noise and reach more people than expected.

Child Abuse and Neglect and Pathways to Prevention

Ballroom F, G & H | Speaker: Dana Powell



In 2021 in South Carolina, there were 8,949 founded investigations of child abuse and neglect involving 9,619 cases of neglect and 3,253 cases of abuse. While those numbers alone are startling, the effects of the maltreatment likely won't be seen for years to come. Events like these can lead to negative health and social outcomes in adulthood, and prevention is critical. Children's Trust of SC supports multiple programs and has developed strategic pathways to prevention. This session will paint a picture of child maltreatment and share what we're doing about it.

Grants 101 - Grant Writing for Everyone

Redbud | Speaker: Mary Louise Resch



Ever been frustrated in accessing grants for your agency? Think grant writing is beyond your skillset? Join us as we break down some of the mysteries of writing a winning grant proposal, along with common components of most grants. This session is being facilitated by Mary Louise Resch, President/CEO of Athena Grants Consulting, LLC who has over 35 years of writing and managing grants for the nonprofit community.

3:00 PM - 4:15 PM | Breakout Session 3

Reconnecting Children to Nature Through Outdoor Play

Ballroom A | Speakers: Leslie Beckstrom & Misty Pearson



Children are spending less time outdoors immersed in nature. The time children spend outdoors and their relationship with nature helps them understand the world and wonder surrounding them while impacting their overall well-being. As childhood has moved indoors, reconnecting children to the natural world is critical to lessen the negative effects on children's physical, cognitive and emotional development. This presentation will address why it is important to connect children and nature and how

to enhance outdoor spaces where children spend time.

Mission Matters

Ballroom D & E | Speaker: Dr. Patrick Jinks



How does your organization measure its performance against its stated mission? Patrick will share research from his Ph.D. studies, illustrating the three levels at which nonprofits measure (or don't measure) their work. From business metrics to program outcome measurement to community-level metrics, Patrick will share examples at each level, help participants examine their mission statements, and more effectively communicate their impact. This workshop will be highly interactive as the group challenges and helps each other with live coaching from Patrick.

Serving Veterans (Panel)

Ballroom F, G & H | Speakers: Kailay Washington, Dr. Ann Gowdy, Mark Holyfield, & Jack Sterling



This panel of experts from across the state comes together to talk about a variety of programs available to support the Veteran community in South Carolina. The panel will focus on specific Veteran community groups including women, entrepreneurs, and seniors, in addition to general programs for all. Join us for this dynamic group talking about ways we can serve our state's Veterans.

Social Care Reimagined - Thrive Hub Demonstration

Redbud | Speaker: Jasmin Tucker



What if we could make it easier to navigate complex systems of available benefits? What if we could reduce duplication of work and address health holistically, connecting health care providers and social care providers through a shared network, using a common language? SC Thrive's Thrive Hub is a South Carolina specific social care platform that is an essential part of the evolving social care field. It was built especially for the social serving sector with input from South Carolina social care leaders. Learn more about the different features of Thrive Hub and how technology can help you address health holistically in your community.

Don't forget to join our evening networking reception at 4:30 PM in Studio 220 @ NOMA!

Friday, September 30

9:00 AM- 10:15 AM | Breakout Session 4

Investing in our Future: Infant and Early Childhood Mental Health Promotion, Prevention, and Treatment Efforts in South Carolina

Ballroom A | Speakers: Mackenzie Soniak & Amaris Gibson



Extensive research has explored and documented the importance of early experiences and how they shape the growth and development of young children. Promoting children's social-emotional health in these early years is essential to South Carolina's bright future. Infant Early Childhood Mental Health (IECMH) promotes strong emotional health through a continuum of multidisciplinary services and supports essential in healthy development, preventing mental health problems, and treating mental health disorders. SC Infant Mental Health Association is an interdisciplinary association of professionals working to promote nurturing relationships for infants, young children and their families through resources, policies and practices to foster positive mental health and well-being.

A to V: All About Volunteers

Ballroom D & E | Speaker: Abby Blakely



Are you thinking about adding volunteers to your workflow? Volunteers CAN build capacity within your organization if you have the capacity to manage them well. This session will provide tools to help you analyze your organizational needs, promote for the volunteer position and build into your volunteers to help keep them coming back for more—retaining a volunteer = not having to do this all over again! Join me in ways to help you identify, recruit, train, and retain volunteers to meet your organization or program needs.

Everyone Knows an SC Senior (Panel)

Ballroom F, G & H | Speakers: Melanie Chaplin, Beth Fields, Melinda (Mindy) Kelly, & Stephanie McGuire



At SC Thrive, we know not everyone is looking for programs supporting senior citizens for themselves, but we all know a senior who may need additional support. For this session, an expert panel shares statewide programs and support services available for seniors, along with information to break down barriers, misconceptions, and stigma as we work to support aging adults in South Carolina.

How Money Really Works

Redbud | Speakers: Aleece Kardon & Julie Benevise



Financial illiteracy is the #1 economic crisis in the world. Over 5 billion people in the world are considered financially illiterate. That references the shocking results of a recent global study. In the study, only 30% of people worldwide are considered financially literate. The study used a simple money quiz to reveal that the vast majority of people from countries worldwide could not correctly answer a few simple questions about money. This class will teach you the answers to those questions—and many

more, including walking through the 7 *Money Milestones*. It's your step-by-step action plan designed to help you chart the course from where you are today to financial security and independence.

Using Telehealth to Improve Maternal and Child Health Outcomes in South Carolina
Ballroom A | Speakers: Dr. Kathryn King & Patty Thompson



The MUSC Center for Telehealth, in partnership with SC Thrive, is launching a new, innovative program, *Listening to Women: Connecting Moms and Babies to Resources*, to identify barriers to postpartum success, infant milestones, and overall family health. The program is a technology-enabled solution to home visitation and a comprehensive connector system for families. Collaborative efforts and interventions include a high-tech process of care delivery, increased touchpoints for families and real time data analysis to improve cost effectiveness and child health outcomes.

Isn't It Time We Talk: Debunking the Myths of Advance Care Planning
Ballroom D & E | Speaker: Marisette Hasan



More than one million lives were lost to COVID-19, and many of these deaths unexpectedly happened to the young and old. In many cases of these unexpected deaths, family members did not have an opportunity to discuss with their loved ones what mattered most. This interactive session will focus on the benefits of early advance care planning conversations with our loved ones, patients and clients. We will address the myths about end-of-life conversations and explore options for community support when a loved one becomes seriously ill.

Legal Hot Topics for Nonprofit Organizations
Ballroom F, G & H | Speaker: Kelly Jolley



From insurance to fundraising compliance and corporate governance to employment issues, the nonprofit staff makes daily decisions that have a legal impact. Don't let the boring title fool you! This session will use stories and examples to review the areas with the greatest risk for nonprofit organizations. It will offer short checklists to help you and your staff make good decisions for your organization.

Post Pandemic Reengagement and Drop-Out: What Works?
Redbud | Speaker: Rachelle Hall



'Communities in Schools' is the nation's largest provider of integrated student supports, serving 2,900 schools in 26 states and The District of Columbia. In this session, we will take a deeper look into 'Communities in Schools of South Carolina' and the work they are doing in our state to reengage students post-pandemic, by continuing to surround students with a trusted network of integrated student supports so that ultimately, we can empower students to stay in school and achieve in life!

12:00 PM - 2:00 PM | Lunch, Closing Keynote & Awards

Creating Heroic Leaders Amid Organizational Hardship
Closing Keynote | Speaker: Anthony A. Dicks, Jr.



Challenging times call for champion leaders. Unfortunately, we have a tendency to talk more about our villains and vices than our victories. In this session I pose a simple question: Could organizational, cultural, or personal hardship be making a heroic leader out of you? Your challenges could be making you the champion your organization needs to accomplish its mission.

Here's what you'll learn:

- Why your organization needs heroic leaders
- The seven virtues of heroic leaders
- A 6-Part Heroic Leadership Development Framework that will help your organization create a pipeline of heroic leaders
- How to overcome the #1 enemy of heroic leaders
- How to leverage organizational hardship to create heroic leaders

KEYNOTE SPEAKERS



Dr. Caroline Leaf

*Communication Pathologist,
Cognitive Neuroscientist*

Dr. Leaf is a communication pathologist and cognitive neuroscientist specializing in cognitive and metacognitive neuropsychology. Since the early 1980s, she has researched the mind-brain connection, the nature of mental health, and memory formation. She was one of the first in her field to study how the brain can change (neuroplasticity) with directed mind input. During her years in clinical practice, she worked with many people who struggled with Traumatic Brain Injury (TBI), Chronic Traumatic Encephalopathy (CTE), learning disabilities (ADD, ADHD), autism, dementia and mental ill-health issues like anxiety and depression.

Dr. Leaf is also the bestselling author of "Cleaning Up Your Mental Mess," "Think Learn Succeed," "Think and Eat Yourself Smart," and many others. She teaches at academic, medical and neuroscience conferences, churches, and various audiences worldwide. She is also part of the Mental Health Initiative in Washington, DC. Dr. Leaf is currently conducting clinical trials using the 5-step program she developed while in private practice to demonstrate further the effectiveness of mind-directed techniques to help relieve mental ill-health problems such as anxiety, depression and intrusive thoughts.



Anthony A. Dicks, Jr.

*Senior Leadership Consultant of
180 Management Group*

Anthony A. Dicks, Jr. is a leaders leader! His passion for leadership development is seen through his work with emerging leaders across a multitude of industries. He has spent over two decades preparing people with diverse responsibilities to reach their optimal leadership potential. He firmly believes that leaders are not developed by accident, they must be engineered. Here's a witness to Anthony's transformative leadership development style.

"Anthony gave me the best coaching value I've ever received to enhance my business. I have been in business for over 30 years and I am completely impressed with Anthony's clarity, plan, and attention to detail."

Cal Thompson, Award winning St. Louis Businessman

A. A. Dicks, Jr. has extensive education, possessing a BS in Applied Mathematics from North Carolina A & T State University, an MBA from Webster University, and an Executive Certificate in Digital Marketing from Cornell University. He currently transforms leaders as the Senior Leadership Consultant for 180 Management Group.

SAVE THE DATE

sc Thrive

ANNUAL TRAINING 2023
SEPTEMBER 21-22
CHARLESTON, SC

 The JINKS Perspective Leadership through a social sector lens.



THE LEADERSHIP WINDOW
WITH DR. PATRICK JINKS

jinksperspective.com/leadershipwindow

A TOP 10 SHOW ON 

 CharityTracker™

CharityTracker is an easy-to-use, HIPAA-compliant database designed for organizations to record & report their interactions with clients, set & measure goals, perform assessments, and make referrals — Helping you positively transform people’s lives and their communities. CharityTracker is trusted by thousands of agencies in 2,200+ cities across the US.

Prove your impact with CharityTracker’s cloud-based case management solution to care, connect & change lives. Visit: www.CharityTracker.com to learn more.

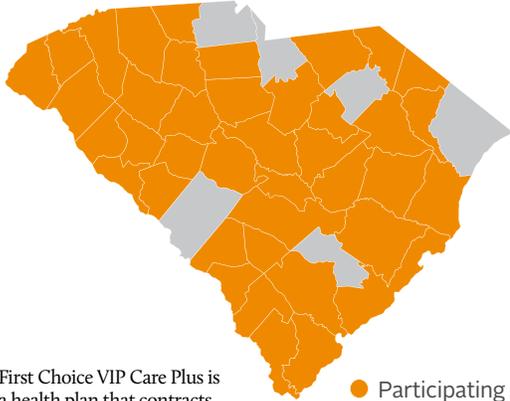
Tune in to the Leadership Window podcast on your favorite platform!

CHOOSE

the Medicare-Medicaid Plan that cares for you.

FirstChoice
VIP CARE PLUS
by Select Health of South Carolina

Healthy Connections
PRIME



● Participating counties
● Not participating

First Choice VIP Care Plus is a health plan that contracts with both Medicare and South Carolina Medicaid to provide benefits of both programs to enrollees.

For information on First Choice VIP Care Plus and other options for your health care, call the South Carolina Healthy Connections Choices Customer Service Center at 1-877-552-4642 (TTY 1-877-552-4670), from 8 a.m. to 6 p.m., Monday through Friday, or visit www.scchoices.com.

1-888-978-0862 (TTY 711)
Seven days a week, 8 a.m. to 8 p.m.
www.firstchoicevipcareplus.com

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-978-0862 (TTY 711).

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-978-0862 (رقم هاتف الصم والبكم: (TTY 711).

H8213_001_PRA_2000_APPROVED_09082016



unifying SC healthy eating and active living (HEAL) efforts

Lifeline South Carolina
Stay Connected

Lifeline is a government benefit program that offers a discount to eligible consumers on their telephone or broadband service.

Administered By The State of South Carolina
Office of Regulatory Staff
1.866.788.6565

The partners of “Healthy Palmetto Leadership” supports SC Thrive and their effort to increase SNAP enrollment for seniors.

THANK YOU

Presenting Sponsor



Silver Sponsors



unifying SC healthy eating and active living (HEAL) efforts



Bronze Sponsors



SPONSORS!

Friends



Exhibitors





scthrive.org | 800.726.8774