

**SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH  
POSTDOCTORAL FELLOWSHIP  
IN  
FORENSIC PSYCHOLOGY**



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## **OVERVIEW**

The South Carolina Department of Mental Health (SCDMH) offers a unique opportunity for psychology fellows to develop both breadth and depth of knowledge and skill related to forensic psychological practice, particularly in the area of forensic evaluation, alongside the Forensic Psychiatry Fellowship with the University of South Carolina School of Medicine. The American Board of Forensic Psychology has accepted the postdoctoral fellowship program for their Five-Year Experience Waiver since July of 2018.

We offer extensive evaluation, diagnostic, and forensic experience through performing a variety of evaluations in our Forensic Evaluation Services Department, to include competency to stand trial, criminal responsibility, capacity to conform conduct, and Sexually Violent Predator precommitment and periodic review evaluations.

We offer didactic and training experiences through a yearlong combination of practical experience coupled with educational (e.g., forensic readings) and training seminars (e.g., landmark cases) under the supervision of our training director, licensed forensic practitioners, and our forensic psychiatry fellows and training staff.

## **TRAINING GOALS**

The fellowship is designed to prepare psychologists to function as specialists in the area of forensic assessment. At the end of the yearlong training program, it is expected fellows will have:

- Knowledge of the basic principles of the legal system, legal doctrines relevant for forensic evaluations, and the core legal cases relevant to Forensic Psychology.
- Knowledge of forensic psychological evaluation methods, including specialized assessment instruments used in forensic psychological practice.
- Knowledge of, and practice consistent with, the Specialty Guidelines for Forensic Psychologists and the Ethical Principles and Code of Conduct for Psychologists.
- Consumption of and adherence to research affecting forensic practice, to include awareness of current controversies in the field of forensic psychology.
- Knowledge of rules, procedures, and techniques related to expert witness testimony and the ability to provide expert testimony, to include the standards for admissibility of expert testimony in federal and state courts.
- Attainment of advanced skill in providing forensic psychological services sufficient to practice on an independent basis.
- Eligibility for state licensure for the independent practice of psychology.
- Eligibility for board certification in forensic psychology by the American Board of Professional Psychology.

## **TRAINING OPPORTUNITIES**

The fellowship is divided into two six-month rotations, each providing extensive exposure to forensic evaluation.

### ***Civil Evaluation Rotation –***

“Sexually Violent Predator” (SVP) is a legal term used to describe a unique subgroup of sexual offenders, held civilly after their period of incarceration has ended, until deemed safe to be at large and not likely to sexually recidivate upon release. These offenders are housed in mental health facilities for long-term control, care, and treatment. The civil evaluation rotation provides the opportunity to conduct two types of evaluations with this population.

- **Precommitment Evaluations:**

Prior to their commitment, individuals meeting a particular threshold are evaluated to determine if they meet criteria for commitment under the SVP Act. These evaluations assess the presence of a “mental abnormality” and the degree to which it affects a person's emotional or volitional capacity that predisposes them to commit sexually violent offenses. Fellows will conduct these evaluations and observe and/or assist with court testimony related to their findings when appropriate. Evaluations consist of extensive diagnostic and risk assessment discussion.

- **Periodic Review Evaluations:**

Once committed, SVPs are evaluated periodically to determine whether there is “probable cause to believe the resident’s mental abnormality or personality disorder has so changed that the person is safe to be at large and, if released, is not likely to commit acts of sexual violence.” Fellows will have the opportunity to conduct these evaluations and provide court testimony as required. These evaluations involve diagnostic considerations and the actuarial assessment of static and dynamic risk factors.

Both evaluations will provide training on the SVP evaluation process. This includes conducting a semi-structured interview, integrating information from the interview and collateral sources into the report, scoring and interpreting actuarial risk assessment measures (e.g., the Static-99R, the Violence Risk Scale—Sexual Offense Version) and other measures incorporated into the evaluation on a case-by-case basis (e.g., personality assessment, intelligence testing, malingering, psychopathy assessment), and formulating an opinion regarding the psycholegal question.

### ***Criminal Evaluation Rotation –***

- This rotation focuses on conducting forensic evaluations related to competency to stand trial, criminal responsibility, and capacity to conform conduct to the requirements of the law. This department receives referrals for the entire state, allowing exposure to evaluating men, women, adults, and juveniles with a wide range of legal and diagnostic issues. More often than not, referrals contain requests

for competency to stand trial as well as criminal responsibility/capacity to conform conduct evaluations, providing considerable experience answering all three psycholegal questions.

- Fellows will have the opportunity to conduct several evaluations per week as well as to observe and/or assist with expert opinion and court testimony as available. These evaluations may also contain the assessment of malingering/effort and/or intelligence testing as needed.
- When available, the opportunity to reevaluate a defendant after a period of competency restoration treatment will be provided. Additionally, while not the primary exposure on this rotation, experience with adult and/or juvenile violence risk assessment can be accommodated should the fellow have an interest in that area.

### ***Didactics and Other Trainings***

Extensive psycholegal education and training is provided throughout the year, nearly all of which is in concert with the forensic psychiatry fellowship. Each training area is designed to comply with the standards and expectations of the American Board of Forensic Psychology covering case law, ethics, and sociocultural/ethnic factors related to performing forensic assessments.

- **General Topics in Forensic Psychology** meets weekly and covers a wide variety of topics related to forensic practice, to include ethics.
- **Landmark Case Seminar** meets weekly and covers more than 100 of the major landmark cases in mental health law, to include cases unique/relevant to South Carolina.
- **Fundamentals of the Legal System Seminar** meets several times and covers topics related to the legal system, to include the juvenile system, and covers standards for admissibility of expert testimony in federal and state courts.
- **Evaluators Seminar** meets quarterly and covers topics related to the various nuances involved in forensic report writing and answering psycholegal questions in written and verbal means (e.g., testimony).

### ***Additional Trainings***

- **Grand Rounds** – are frequently offered on Fridays and cover a wide variety of topics related to the assessment and treatment of mental health issues. Fellows will have the opportunity to present a topic of choice at a forensic grand round during the training year.
- **Mock Trial** – several mock trial experiences will be held during the fellowship year, providing the opportunity for voir dire, direct, and cross-examination.





### **Supervision**

All aspects of the fellowship are designed to provide the required number of supervised experiences to meet licensure requirements in South Carolina as well as the expectations of the American Board of Forensic Psychology. All experiences are under the supervision of the training director and licensed forensic practitioners. In addition to the evaluations and various seminars, fellows will receive at least two-and-one-half hours per week of individual supervision with their primary supervisor as well as one to two hours per week of group supervision with qualified supervisors.

### **Required Texts:\***

- Doren, D. M. (2002). *Evaluating sex offenders: A manual for civil commitments and beyond*. Thousand Oaks, CA: Sage Publications, Inc.
- Melton, G. B., Petrila, J., Poythress, N. G., Slobogin, C., Otto, R. K., Mossman, D., & Condie, L. O. (2018). *Psychological evaluations for the courts: A handbook for mental health professionals and lawyers* (4th ed.). New York, NY: The Guilford Press.
- Otto, R. K., & Weiner, I. B. (Eds.). (2013). *Handbook of psychology: Forensic psychology* (Vol. 11). Hoboken, NJ: John Wiley & Sons, Inc.
- Packer, I. K. (2009). *Best practices in forensic mental health assessment: Evaluation of criminal responsibility*. New York, NY: Oxford University Press, Inc.
- Rosner, R. (2003). *Principles and practice of forensic psychiatry* (2nd ed.). London, England: CRC Press.
- Witt, P. H., & Conroy, M. A. (2009). *Best practices in forensic mental health assessment: Evaluation of sexually violent predators*. New York, NY: Oxford University Press, Inc.
- Zapf, P. A., & Roesch, R. (2009). *Best practices in forensic mental health assessment: Evaluation of competence to stand trial*. New York, NY: Oxford University Press, Inc.

*\*The required texts/readings will be available/provided to fellows during the fellowship.*

## **APPLICATION PROCESS**

Two postdoctoral positions are available. Fellows will be employees of the SCDMH in the Forensic Evaluation Services Department. The stipend for the 12-month appointment for 2025–2026 is \$65,837. In addition, fellows will accrue vacation and sick leave hours each month and have the opportunity to enroll in State retirement, health, vision, and dental insurance plans.

Those interested in applying should provide the following:

- A letter of interest detailing why you want to train at our program and what you hope to gain from the rotations/trainings offered. The letter should also speak to your long-term goals as a forensic psychologist.
- A current curriculum vitae.
- Three letters of recommendation, one of which should be from a current supervisor.
- An original copy of your graduate school transcript(s).
- Two recent sample reports (ideally within the past 12 months) and a cover statement as to why you chose to submit these two samples. As much as possible, the submitted reports should reflect your own independent work, rather than a report heavily edited by a supervisor. It is also preferable for at least one of the samples to be a forensic evaluation report, if possible.

If you have not yet received your degree, you should submit a letter from your graduate school's Director of Clinical Training or dissertation chair discussing the progress on your dissertation and progress towards the completion of your degree requirements.

Materials can be emailed to the Postdoctoral Training Director (Dr. Samantha Horsley) at [samantha.horsley@scdmh.org](mailto:samantha.horsley@scdmh.org) or mailed to 7901 Farrow Road, Building 6 Columbia, SC 29203. Questions related to the fellowship should also be directed to Dr. Horsley at the above email address.

**Applications are due 01/02/25 and interviewing will begin 01/27/25.  
The fellowship begins 09/02/25.**

## **SELECTION CRITERIA**

The SCDMH is an Equal Opportunity Employer and does not discriminate on the basis of race, gender, color, ethnicity, national origin, disability, age, or sexual orientation.

Prospective fellows should have a Ph.D./Psy.D. in Clinical or Counseling Psychology from an APA-accredited program and should have completed an APA-accredited internship. All degree requirements are to be completed by the start of the fellowship. Previous forensic experience is strongly preferred, though not required. We are looking for incoming fellows who have the following:

- The ability to conduct productive interviews and mental status examinations;
- The ability to administer, interpret, and score commonly used psychometric measures;
- The ability to write succinct and relevant reports that effectively incorporate extensive data sets; and
- The ability to communicate findings to audiences with varying familiarity with psychological knowledge.





## **FELLOWSHIP SUPERVISORS**

### **Samantha Horsley, Ph.D., ABPP**

Dr. Horsley is the Training Director for the SCDMH Forensic Psychology Postdoctoral Fellowship Program. She received her Ph.D. in Clinical Psychology from Sam Houston State University, completed her predoctoral internship at the US Medical Center for Federal Prisoners, and completed her postdoctoral fellowship at Texas Tech University/Lubbock Regional MHMR. She also is board certified in forensic psychology and is actively involved with the American Board of Forensic Psychology. In South Carolina, Dr. Horsley first worked in the SCDMH Forensic Evaluation Services performing competency to stand trial and criminal responsibility/capacity to conform evaluations. She then worked at the SC Department of Juvenile Justice conducting post-adjudicatory, psychosexual, and pre-waiver evaluations and supervising a team of community evaluators. Dr. Horsley returned to the Forensic Evaluation Services in 2018 and primarily conducts competency to stand trial and criminal responsibility/capacity to conform evaluations with both adults and juveniles; she also occasionally conducts SVP evaluations. Dr. Horsley also holds an academic position as a Clinical Assistant Professor in the Department of Neuropsychiatry and Behavioral Science at the University of South Carolina and provides didactic training to fellows completing the Department's forensic psychiatry fellowship.

### **Courtney Beussink, Ph.D.**

Dr. Beussink received her Ph.D. in Clinical Psychology from Rosalind Franklin University of Medicine and Science and completed her predoctoral internship at the University of North Carolina in conjunction with the Federal Correctional Complex–Butner. She completed her postdoctoral fellowship in forensic psychology at the SCDMH Forensic Evaluation Services, after which she accepted a full-time evaluator position with SCDMH. She primarily conducts SVP evaluations but occasionally completes other court-ordered evaluations (e.g., competency to stand trial and criminal responsibility/capacity to conform) and psychological testing consultations as necessary. She also conducts research outside of SCDMH that focuses on the relationship between psychopathy and emotional functioning (e.g., underlying developmental and cognitive mechanisms).

### **Rachel Carter, Ph.D.**

Dr. Carter received her Ph.D. in Clinical Psychology from the University of North Texas and completed her predoctoral internship and forensic postdoctoral fellowship at Patton State Hospital. She has presented at national conferences (e.g., American Psychology-Law Society [AP-LS], American Psychological Association [APA]) on topics including psychopathy and gender norm conformity, the validity of the Comprehensive Assessment of Psychopathic Personality – Institutional Rating Scale (CAPP-IRS), and juveniles' understanding of the Miranda Rights. She is currently a member of the Association for the Treatment of Sexual Abusers (ATSA) and AP-LS. She specializes in forensic assessment and has conducted disability evaluations, juvenile predisposition evaluations, sex offender risk assessments, and violence risk assessments. Currently, Dr. Carter primarily conducts SVP evaluations; she occasionally completes other forensic evaluations (e.g., competency to stand trial, criminal responsibility/capacity to conform) and intradepartmental referrals for psychological testing (e.g., malingering, psychodiagnostic) as well.

**Jacqueline Dye, Psy.D.**

Dr. Dye received her Psy.D. in Clinical Psychology from Antioch University New England and completed her predoctoral internship in California at the Department of State Hospitals – Coalinga. She completed her postdoctoral fellowship in forensic psychology at the SCDMH Forensic Evaluation Services, after which she accepted a full-time evaluator position with SCDMH. She currently conducts evaluations for both criminal and civil proceedings. She is a member of ATSA and has presented at the Massachusetts ATSA regional conference.

**Marie E. Gehle, Psy.D.**

Dr. Gehle received her Psy.D. in Clinical Psychology from Xavier University, completed her predoctoral internship at Western State Hospital in Tacoma, Washington, and completed her postdoctoral fellowship at East Central Regional Hospital in Augusta, Georgia. During her tenure at SCDMH, Dr. Gehle has conducted SVP evaluations and supervised SVP treatment. Since 2011, she has primarily conducted SVP precommitment evaluations. She also holds an academic position as a Clinical Assistant Professor in the Department of Neuropsychiatry and Behavioral Science at the University of South Carolina School of Medicine. She has presented on topics related to sexually violent predators and sex offenders at several didactic and continuing legal education seminars.

**Christopher Gillen, Ph.D.**

Dr. Gillen received his Ph.D. in Clinical Psychology from the University of Southern Mississippi, completed his predoctoral internship at the University of Tennessee Health Science Center, and completed his postdoctoral fellowship in forensic psychology at Sand Ridge Secure Treatment Center (SRSTC) and Mendota Mental Health Institute (MMHI). Following completion of his fellowship, Dr. Gillen accepted a position with the SCDMH Forensic Evaluation Services, where he primarily completes SVP and Sex Offender Registry removal evaluations. Dr. Gillen has published several manuscripts in peer-reviewed journals (e.g., *Assessment*, *Journal of Personality Assessment*, *Law and Human Behavior*, and *Psychology, Public Policy, and Law*) and presented at national conferences (e.g., AP-LS) on topics to include psychopathic traits, forensic assessment instruments, and SVP evaluations. His current professional and research interests include SVP evaluations and sex offender risk assessment methods.

**Kelly Gothard, Ph.D.**

Dr. Gothard is the Forensic Services Director. She received her Ph.D. in Clinical Psychology from Auburn University, where she focused her clinical training and research experiences on juvenile delinquency and sex offender evaluation and treatment. She completed her predoctoral internship at William S. Hall Psychiatric Institute/USC Department of Neuropsychiatry and Behavioral Science in 2008. She has previously worked as a psychologist for the SC Department of Juvenile Justice and in the South Carolina Sexually Violent Predator Treatment Program as the Clinical Director. She has also served as the Clinical Director of the Forensic Evaluation Services Department. Dr. Gothard is responsible for overseeing the operations of the department, to include all initial forensic and SVP evaluations performed for the state of South Carolina and all operations of the state's only forensic hospital. Her research and public policy interests include psychopathy, sex offender evaluation and treatment, and competency restoration.

**Victoria Hauth, Psy.D.**

Dr. Hauth received her Psy.D. in Clinical Psychology from Indiana University of Pennsylvania and completed her predoctoral internship with the Ohio Psychology Internship in Akron, Ohio. She completed her postdoctoral fellowship in forensic psychology at the SCDMH Forensic Evaluation Services, after which she accepted a full-time evaluator position with SCDMH. She currently conducts SVP evaluations, competency to stand trial evaluations, and criminal responsibility/capacity to conform evaluations. Her research interests include bias in forensic evaluations, and she has presented her research at the ATSA annual conference.

**Michelle A. Jones, J.D., Ph.D.**

Dr. Jones received her Ph.D. in Clinical Psychology from The University of Alabama and completed her predoctoral internship at Patton State Hospital. Before that, she received a J.D. from Harvard Law School, practiced law in Washington, D.C. for a number of years, and received an M.A. in Forensic Psychology from Marymount University. Dr. Jones came to SCDMH after her internship and currently conducts competency to stand trial, criminal responsibility/capacity to conform, and SVP evaluations. She also has extensive competency restoration treatment experience in South Carolina and other states and is a longtime member of the American Psychology-Law Society (AP-LS). Dr. Jones' research and public policy interests include legal decision-making, the validation and use of malingering/response style measures in forensic assessments, competency restoration, and SVP evaluation practices. She has published and spoken on these and other forensic psychology topics.

**Olivia Robinson, Psy.D.**

Dr. Robinson received her Psy.D. in Clinical Psychology from Xavier University and completed her predoctoral internship with the Wisconsin Department of Corrections. She completed her postdoctoral fellowship in forensic psychology at the SCDMH Forensic Evaluation Service, after which she accepted a full-time evaluator position with SCDMH. She currently conducts evaluations for both criminal and civil proceedings, including SVP evaluations, competency to stand trial evaluations, and criminal responsibility/capacity to conform evaluations, as well as intradepartmental referrals for psychological testing (e.g., malingering, psychodiagnostic). She is a member of the American Psychological Association, the American Psychology-Law Society, and Psi Chi.

**AFFILIATED FACULTY****Richard L. Frierson, M.D.**

Dr. Frierson is the Alexander G. Donald Professor of Psychiatry and Vice Chair for Academic Affairs in the Department of Neuropsychiatry and Behavioral Science at the University of South Carolina School of Medicine. He also is the Program Director for the USC School of Medicine Forensic Psychiatry Fellowship, which partners with the SCDMH Forensic Psychology Postdoctoral Fellowship Program on didactic and training opportunities. Dr. Frierson received his medical degree from the University of South Carolina and completed his residency and a forensic psychiatry fellowship at the William S. Hall Psychiatric Institute.

He is the former President of the American Academy of Psychiatry and the Law (AAPL), the past President of the South Carolina Psychiatric Association, and a Distinguished Fellow of the American Psychiatric Association. He is board certified in psychiatry and forensic psychiatry and has received numerous awards, including the AAPL 2016 Seymour Pollack Distinguished Achievement Award. Dr. Frierson also has edited three textbooks and authored numerous publications on a variety of psychiatry/law topics.

**Kaustubh G. Joshi, M.D.**

Dr. Joshi is Professor of Clinical Psychiatry in the Department of Neuropsychiatry and Behavioral Science at the University of South Carolina School of Medicine. He is also the Assistant Program Director for the USC School of Medicine Forensic Psychiatry Fellowship, which partners with the SCDMH Forensic Psychology Postdoctoral Fellowship Program on didactic and training opportunities. Dr. Joshi received his medical degree from UMDNJ – New Jersey Medical School, completed his residency at the University of Texas Health Science Center at San Antonio, and completed his fellowship at the University of South Carolina School of Medicine. He is board certified in psychiatry and forensic psychiatry, is a Distinguished Fellow of the American Psychiatric Association, and has authored numerous publications on a variety of psychiatry/law topics.

**FELLOWSHIP ALUMNI**

**Kelsey Laxton, Ph.D.**

Dr. Laxton received her Ph.D. in Clinical Psychology with an emphasis in forensic psychology from Sam Houston State University. She completed her predoctoral internship on the Inpatient Forensic Track at the Federal Correctional Complex in Butner, North Carolina. Currently, she is a forensic psychologist in the Commitment and Treatment Program at the Federal Correctional Complex in Butner. There, she conducts competency to stand trial and criminal responsibility evaluations as well as annual review and precommitment evaluations for sexually dangerous persons in the federal system.

**Jeffrey M. Washelesky, Psy.D.**

Dr. Washelesky received his Psy.D. in Clinical Forensic Psychology from the Chicago School of Professional Psychology and completed his predoctoral internship at Oregon State Hospital. Currently, he is a licensed psychologist at the Mendota Mental Health Institute in Madison, Wisconsin.

**Jacqueline Dye, Psy.D.**

Dr. Dye received her Psy.D. in Clinical Psychology from Antioch University New England, and she completed her predoctoral internship with the California Psychology Internship Consortium at Coalinga State Hospital. As noted previously, she is now one of the evaluators with the SCDMH Forensic Evaluation Services Department and is a member of the postdoctoral fellowship faculty.



**Victoria Hauth, Psy.D.**

Dr. Hauth received her Psy.D. in Clinical Psychology from Indiana University of Pennsylvania, and she completed her predoctoral internship on the forensic track at the Ohio Psychology Internship in Akron, Ohio. As noted previously, she is now one of the evaluators with the SCDMH Forensic Evaluation Services Department and is a member of the postdoctoral fellowship faculty.

**Michaela Mozley, Ph.D.**

Dr. Mozley received her Ph.D. in Clinical Psychology from the University of Utah, where she was supported on a National Science Foundation Graduate Research Fellowship. She completed her predoctoral internship at the Travis County Juvenile Probation Department in Austin, Texas. She works as a staff psychologist with the Cook County Juvenile Court Clinic in Chicago, Illinois, where she conducts forensic psychological evaluations for the Juvenile Justice and Care and Protection courts. She specializes in evaluations of youth charged with sexual offenses and also conducts violence risk assessments, sentencing and fitness to stand trial evaluations, and parenting capacity assessments.

**Courtney Beussink, Ph.D.**

Dr. Beussink received her Ph.D. in Clinical Psychology from Rosalind Franklin University of Medica and Science, and she completed her predoctoral internship at the University of North Carolina in conjunction with the Federal Correctional Complex in Butner. As noted previously, she is now one of the evaluators with the SCDMH Forensic Evaluation Services Department and is a member of the postdoctoral fellowship faculty.

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**Jaimie Allen, Psy.D.**

Dr. Allen received her Psy.D. in Clinical Psychology from William James College, and she completed her predoctoral internship at Central Regional Hospital in Butner, North Carolina. She has accepted a position with the SCDMH Forensic Evaluation Services Department and will join our staff of forensic evaluators upon completion of the fellowship.

**Samantha Mills, Psy.D.**

Dr. Mills received her Psy.D. in Clinical Psychology from the University of Indianapolis, and she completed her predoctoral internship at Mendota Mental Health Institute, a state psychiatric hospital in Madison, Wisconsin. She has accepted a forensic evaluator position with the Office of Forensic Mental Health Services (OFMHS). Within this role, she will be conducting court-ordered competency to stand trial evaluations for Washington State Department of Social and Health Services.

## **COLUMBIA, SOUTH CAROLINA**

The city of Columbia, locally referred to as “Cola” or “Soda City,” is located approximately 13 miles northwest of the geographic center of South Carolina and is the primary city of the Midlands region of the state. It lies at the union of the Saluda River and the Broad River, which merge in Columbia to form the Congaree River. Columbia is home to the University of South Carolina and Fort Jackson, the largest United States Army installation for basic combat training.

Columbia combines the gracious living of its past with the excitement of the New South. It is a city where steel and glass structures rub shoulders with stately homes and turn-of-the-century warehouses that now serve as modern offices, where the friendly nature of its residents is matched only by its welcoming climate. One of the first planned cities in America, Columbia is a community that is easy to get to know and love.

Columbia is a beautiful and affordable place to live. It offers one-of-a-kind architecture, natural scenic beauty, amazing dining options, shopping, art, entertainment, and everything in between. Home prices in Columbia are well below the national average, and there is no shortage of apartment complexes or homes for rent.

Columbia enjoys a typical Southern, subtropical climate with short, mild winters that make snowfall a treat every few years. Located in the center of the state, Columbia is equally close to the mountains and the beach. Historic Charleston and the island resorts of Hilton Head and Kiawah are about a two-hour drive; Myrtle Beach and the beaches of the Grand Strand are approximately three hours away, as are the Blue Ridge Mountains. Interstates 20, 26, and 77 converge here, and Interstates 85 and 95 are nearby, putting most East Coast and many Midwest cities within a day’s drive.

Cultural activities abound, and you will find both big-city variety and quaint, local offerings. Columbia is the place to be for sports (football, baseball, basketball, golf) and is ideal for outdoors enthusiasts, so rollerblading, biking, and running can be enjoyed comfortably year-round. There are also adult league teams for disc golf, bowling, softball, tennis, soccer, flag football, basketball, corn hole, mini-golf, kickball, and volleyball.

Columbia’s three major rivers serve as a natural playground for young and old alike. Walking trails and parks line the banks of the Saluda, Broad, and Congaree Rivers downtown, and the gentle flow of their waters offers numerous opportunities to float, paddle, boat, and fish. Nearby Lake Murray, with its 612-mile shoreline, provides access to a recreational paradise where you can walk across the dam, cast a line, rent a boat, or just take a swim. There is hiking at the Congaree National Park or any of the 47 state parks. Another favorite destination is the Riverbanks Zoo & Botanical Garden, among the top 20 zoos in the country.