Health And Human Services Professionals

PROFESSIONS

Nail Technician

Program (DHR600, DHR601 & DHR602)

Allegany College of Maryland’s Nail Technician program prepares students to apply for the required examination to become a Licensed Nail Technician. The 250 hours of instruction include theory, demonstration and practical application. Upon completion of the course (Module I, II, III) students will be provided with the information for the state licensing exam. The student is responsible for paying the cost of the exam.

The program is divided into 3 modules which are included in the program cost. This fee also includes a Nail Technician Kit that students keep for their personal and professional use. The required textbook and workbooks are also included in the course fee. All 3 modules are required.

- Module I – General nail technician instruction and theory, demonstration and practical application.
- Module II – Manicure and pedicure procedures, electric filing and how to apply wraps and nail tips. Anatomy and physiology of the hand and nails is also reviewed.
- Module III – Learn laws and regulations, explore career opportunities and discuss salon management.

10/9 – 8/2/18, Mondays & Thursdays
(77 total sessions)

5:00–8:30 PM

ACM: AH 241

Instructor: Sherry McMillan

Course Cost: $2,200.00

Maryland Senior Course Cost: $2,195.00

Limited $500 Opportunity Scholarships available to Allegany County residents! (3 or more years residency)

CERTIFIED MEDICINE AIDES & CERTIFIED MEDICAL ASSISTANTS

Coming Spring 2018 Western Maryland Conference for CNA’s & GNA’s sponsored by the Western Maryland Health System.

Employers are encouraged to enroll as many members of their staff as scheduling allows. Special thanks to the Western Maryland Health System for sponsoring the spring 2018 conference.

Watch for details on facebook and the ACM/CE Winter/Spring catalog!

Medicine Aide Update (CHE433)

This course meets the minimum requirements for the State of Maryland for recertification as a medicine aide. In order to successfully complete the course, students must be present throughout and score a minimum of 80% on the written final exam. Students must also provide a letter from a long-term care facility as verification of employment and proof that they are eligible to take the class. This course is approved by the Maryland Board of Nursing. For information, please call 301-784-5526.

November 7, 14, 21; Tuesdays (3 sessions)

5:00–8:00 PM

ACM: CE6

Instructor: Deb Savage, RN

Course Cost: $109.00

Maryland Senior Course Cost: $99.00

Please note, information on initial certification can be found under Health Professions Pre-licensure on page 41.
**Nutrition Update: Wegmans, Frederick, Maryland (CHE305)**

This training has been approved by the American Association of Medical Assistants for 3 CEUs. Saturday, November 4, 2017.

For complete details, please see Culture Coach, page 62.

**DENTAL PROFESSIONALS**

**Dental Radiology (CHE618)**

This course, for dental assistants, has been approved by the Maryland Board of Dental Examiners and is designed to provide you with the theory and techniques used in dental radiography. Successful completion of this course makes you eligible to sit for the DANB Radiation Health and Safety Exam. Topics included are: the history of dental x-rays, radiation safety, quality assurance, radiology regulations, and patient management. We will also discuss intra-oral and extra-oral film exposure techniques (paralleling, bisecting, panorex) using conventional film, digital sensors and phosphor plates. Radiographic processing, mounting, and radiographic findings will also be covered. New instructor, Jennifer Thompson, RDH, BS, MHL, will facilitate this course, which has been redesigned to include the hands-on clinical experience in ACM's Dental Lab. Most lectures will be viewed online, prior to the classroom or lab activities and discussions. Various study materials and aids will be available in hard copy as well as through ACM's Blackboard Online platform. You will be provided Blackboard log-on instructions and hands on experience navigating Blackboard during the first in-class session. Anyone without access to a compatible computer or the internet is welcome to complete online assignments at the college. (Hours are flexible, but must be scheduled in advance by calling 301-784-5528.)

The required text, *Radiographic Imaging for the Dental Team*, as well as lab and materials’ fees are included in the course cost. The DANB exam fee is NOT included.

9/28-11/16, Thursdays (8 sessions) + online lectures
6:00 PM-9:00 PM 
ACM: AH134
Instructor: Jennifer Thompson, RDH, BS, MHL
Course Cost: $655.00

MD Senior Course Cost: $645.00
Limited $200 scholarships available for Allegany County Residents (3 or more years residency)

**Endodontic and Vital Pulp Therapy Update for Dental Professionals (CHE303)**

This full-day training, presented by Dr. Anthony Borgia, DDS, MHA, Diplomate, American Board of Endodontics and Dean, West Virginia University School of Dentistry, will be divided into morning and afternoon sessions. However, only registration for the full day, providing 6 CEUs, is available.

8:30-11:45 AM: “A New Understanding of the Rationale for Endodontic Therapy” Traditionally, endodontic treatment has been taught to consist of “cleaning and shaping” root canals, followed by “obturation” to provide a “tight apical seal”. Scant information has been provided on the effects of the microbial bioload to the supporting alveolar and periodontal tissues and why understanding those effects is important to consistent endodontic success. The lecture will explore the endodontic microbial environment, including biofilm formation, and the challenges presented to the clinician by the ever changing microbiota.

Lunch: 11:45 AM -12:45 PM (Lunch provided)

12:45-4:00 PM: “Vital Pulp Therapy - The New Paradigm in Treating Cariously Exposed Pulps in Children and Young Adults” Utilizing recently developed findings through stem cell research and cellular genetics, this lecture will present an in depth explanation of the how, why and way to perform vital pulp therapy utilizing bioceramic materials, especially (but not limited to) for children and young adults. Multiple, clinical scenarios with intra-oral photographs will be shown to demonstrate the procedure and how it can be employed to save cariously exposed pulps that would otherwise be condemned to root canal therapy or extraction.

9/29, Friday (1 session)
8:00 AM Registration and Continental Breakfast
8:30 AM - 4:00 PM Training
Western Maryland Health System Auditorium
Instructor: Anthony Thomas Borgia, DDS, MHA
Total Course Cost: (includes continental breakfast and lunch)
AGDS Member Dentists: $150.00
AGDS Member Dentist MD Senior Cost: $145.00
Non- AGDS Dentists: $250.00
Non- AGDS Dentist MD Senior Cost: $245.00
AGDS Hygienists and Assistants: $89.00
AGDS Hygienists and Assistants MD Senior Cost: $84.00
Non-AGDS Hygienists and Assistants: $139.00
Non-AGDS Hygienists and Assistants MD Senior Cost: $134.00
MASSAGE, OCCUPATIONAL AND PHYSICAL THERAPY PROFESSIONALS

Active Isolated Stretching (AIS) (CHE271, CHE272, CHE298, CHE299)
ACM is pleased to provide this innovative training for Massage Therapists presented by James Graffenberg, L.M.T., C.P.T, a student of AIS creator, Aaron L. Mattes, MS., R.K.T., L.M.T. Join us for part or all of this training and leave with protocols for eliminating or reducing chronic pain and restoring range of motion faster than ever before!

Active Isolated Stretching (AIS) is the cutting edge of specific isolated and stretching exercises. This workshop includes techniques for effective training, injury prevention, and rehabilitation of most muscular and many neurological conditions leading, in most cases, to a pain-free, functional, and harmonious outcome. Chronic back and neck pain; postural correction including: kyphosis, lordosis, scoliosis, forward head, forward shoulder; rotator cuff; carpal tunnel; tennis/golfer’s elbow; piriformis syndrome; runner’s syndrome; Osgood-Schlatter disease; bulging/ruptured discs; arthritis; bunion; hammer toe; TMJ dysfunction; peripheral neuropathy; and others will be discussed. No other modality addresses the soft tissue manifestations of these conditions more thoroughly or effectively.

Testimonial: “I thought the [A.I.S.] CEU class ... was fantastic! James was an excellent teacher, making the information fun and easy to retain! I have already found the techniques useful in my practice. I would recommend this class to any massage therapist out there!”
-Jennifer Smetahick, LMT

Therapists have the choice of taking one, two or all three days. Each day provides 8 CEUs. Those signing up for the full weekend series save $40. Don’t wait to obtain your 2018 CEUs! Enroll today!

All 3 Days, CHE271, earns 24 CEUs
Each 1 day class earns 8 CEUs

Day One (CHE272): Dec. 1st will include lecture (5%), demonstration (15%), practice (80%) and review of: Lower Back, Knee and Hip Protocol

Day Two (CHE298): Dec. 2nd will include lecture (5%), demonstration (15%), practice (80%) and review of: Shoulder and neck protocol
Neck flexibility
Elbow, radial-ulnar, wrist, hand, finger, and thumb protocol

Day Three (CHE299): Dec. 3rd will include lecture (5%), demonstration (15%), practice (80%) and review of: Thoracic (upper back) protocol
Ankle and foot protocol

Note: *Course cost does not include the needed yoga mat and strap. Participants are encouraged to bring their own massage table. Please bring these with you to the training. Participants are also required to purchase and read ahead of time: Aaron Mattes’ Active Isolated Stretching (2012 edition). The book is available at Amazon.com for approximately $40.

12/1 – 12/3, Friday, Saturday & Sunday (1, 2 or 3 sessions)
8:00 AM-5:00 PM
ACM: Room TBD
Instructor: James Graffenberg, L.M.T., C.P.T
Price includes continental breakfast and lunch.
Course Cost Per Day (CHE272, CHE298, OR CHE299): $145.00*
MD Senior Course Cost: $140.00*
Discount for CHE271, the 3-Day Class: $395.00*
MD Senior 3-Day Course Cost: $390.00*
Function from the Inside Out (CHE307)
Our understanding regarding the development of postural control is evolving with current advances in motor science research. This 2-day course provides an understanding of the developmental process of postural control as it underlies gross and fine motor skills. Within the framework of postural control, participants will study the initial contribution of visual and vestibular sensory processing involved in primitive movement patterns (=reflexes). The progression from primitive patterns to central stability will be explored, specifically addressing the relationship of the inner and outer core musculature, and their crucial contribution to anticipatory postural control. Discover how the development of postural control is disrupted in children with Autism Spectrum Disorder, CP, DCD and hypotonia. Lecture, videos and practical lab experiences will enhance participant’s clinical skills as we explore a model for assessment and treatment of postural control in a variety of individuals with movement challenges.

ETHICS for the HEALTH CARE PROFESSIONAL (CHE363)
Who Should Attend: Dental Professionals, Nurses, Physicians, Physical Therapists and Assistants, Psychologists, Professional Counselors, Social Workers, and Addictions Counselors. Professionals only please. Health care professionals are confronted with difficult ethical decisions on a near daily basis. They need tools that can help them to think about these decisions, and to justify these decisions to patients, families, peers, and the general public. The overall aim of this day-long course is to provide practical skills and knowledge that can be applied to the process of health care decision-making. Through lecture, case studies, and discussion, students will develop a better understanding of ethical problems frequently encountered in the health care environment and possible methods of addressing these problems. 6 contact hours for Dental Professionals, Physicians, PT’s, Nurses, Psychologists, Addictions Counselors, Social Workers and Professional Counselors. Four role-related hours for Maryland Occupational Therapists. For more CEU information, please call 301-784-5526.

Hand Therapy and Splinting (CHE564)
This course is designed to introduce the practitioner to the basics of hand therapy. Areas to be addressed are hand and upper extremity anatomy, edema management, scar management, functional exercise, functional activity, and splinting. During lab sessions attendees will have ample time to apply learned techniques. Common diagnoses of the hand, upper extremity, cervical spine and shoulder will be covered and conservative and post-operative protocols provided. This course would be beneficial for practitioners in all settings from pediatrics to geriatrics, not just outpatient hand clinics.

Save the date for the Miltenberger Seminar
March 9th at ACM and March 10th at Rocky Gap!
HEALTH PROFESSIONS PRE-LICENSEURE

Medicine Aide Certification (CHE659 & CHE660)
The purpose of this course is to prepare nursing home aides for the safe preparation (pouring), administration, and charting of non-parenteral medications. Content includes medications, their usage, dosage, and side effects. This course has been approved by the Maryland Board of Nursing.
Prerequisites: Because of the serious nature of the tasks to be performed, participants are required to present evidence of having met the following criteria:
• Have at least one year experience as a Nursing Assistant in a Maryland Skilled Care or Intermediate Care facility.
• Be currently employed in a Maryland Skilled Care or Intermediate Care facility.
• Be licensed as a Geriatric Nursing Assistant.
• Have experience in basic patient care procedures.
• Provide written evidence of employment status from Director of Nursing and/or Administrator of employing agency and a letter from Director of Nursing recommending participant for the class.
• Demonstrate successful achievement on a standardized test assessing reading and mathematical skills.

Includes 39 hours of lecture and 36 hours of clinical experience for a total of 75 clock hours. Textbook is required, is included and will be distributed at the first class session. Limit of 8 students. Determination of successful completion is at the sole discretion of the instructor.

INSTRUCTOR: Deb Savage, RN
LOCATION: Continuing Education Building Room 6 and Devlin Manor

CLASSROOM LECTURE, ACM CE6
September 11 – October 23, 2017
Monday & Wednesday (13 sessions)
5:00-8:00 PM

CLINICAL, Devlin Manor
October 25 – November 20, 2017
Monday-Wednesday-Thursday (12 sessions)
6:30-9:30 PM

PRETESTING:
Please register for the course before calling Student Support Services at Allegany College of Maryland to schedule required Math and Reading pretests, 301-784-5554. Please indicate you are testing for the Medicine Aide Course. There is no charge for this testing.

REMEMBER:
Please include a copy of the following when registering:
1. Letter of recommendation from nursing home DON with verification of one year work experience.
2. Copy of MD Board of Nursing website verifying current active GNA status.

Current completed physical exam form will be required before beginning clinical.

REGISTRATION AND TUITION: includes tuition, registration and book.

(CHE659) Medicine Aide I
TOTAL FEES: $339.00
MD Senior Fees: $329.00

(CHE660) Medicine Aide Clinical
TOTAL FEES: $229.00
MD Senior Fees: $219.00

TOTAL FOR CLASSROOM AND CLINICAL: $568.00 or MD SR FEE $548.00
For information, please call Kathy Condor, Health Continuing Education, (301) 784-5526
Electronic Health Record Management Program (CHE214)
This 95-hour Electronic Health Record (EHR) Management program prepares students to understand and use electronic records in a medical practice. Access to health information is changing the ways doctors care for their patients. Doctors now have access to a patient’s medical history, surgeries, allergies to medicines, and recent doctor’s visits all at the press of a button. This recent technology that intertwines health information from a variety of sources is known as an electronic health record. An electronic health record (EHR) includes computerized lifelong healthcare data from a variety of sources where every encounter an individual has with the healthcare system is documented and compiled for quick access. Electronic Health Record professionals are educated in the implementation and management of electronic health information using common electronic data interchange systems such as HL7, CDISC, and DICOM. Students will learn through classroom and computer lab training the necessary components consistent with maintaining the medical, legal, accreditation and regulatory requirements of the electronic health record and database.
Note: After the successful completion of this program, students will be prepared to sit for the National Healthcareer Association (NHA) Certified Electronic Health Record Specialist (CEHRS) exam. 95 contact hours.

9/26 – 12/14, Tuesdays & Thursdays (23 sessions)
6:00 PM-9:30 PM
AND
10/14, 11/4, 12/2; Saturdays (3 sessions)
9:00 AM-3:00 PM
Course Cost: $1,999.00 (Textbooks included)
Senior Course Cost: $1,989.00

Home Healthcare Aide (CHE213)
Home Healthcare Aides assist patients in their homes by focusing on their specific health and personal needs. Emphasis is on giving personal care in a client’s home, communications, working with ill persons, basic human needs, eldercare, nutrition, special diets, and home management. Home Healthcare Aides also work in hospitals, clinics, rehabilitation centers, home care, long term care facilities, hospice and assisted living facilities. Detailed course topics and review include: the role of the home health aide, client relationships, infection control, hospice care, anatomy and physiology, medical terminology, dressing and personal grooming, foot care, nutrition and other relevant topics. Note: In addition to the responsibilities of a Home Healthcare Aide, this program will prepare students to sit for the National Association for Home Care & Hospice (or the “NAHC”) “Home Care Aide Certification” examination through the NAHC’s Homecare University Program. 80 Contact Hours.

10/2-12/11, Mondays & Wednesdays (20 sessions)
6:00 – 9:30 PM
AND
10/21 & 11/18; Saturdays (2 sessions)
9:00 AM-3:00 PM
Course Cost: $1,499.00 (Textbooks included)
Maryland Senior Course Cost: $1,489.00

Ophthalmic Assistant (CHE211)
The 50-hour Ophthalmic Assistant Program prepares students for entry level positions in Ophthalmology, one of the fastest growing healthcare segments. Through classroom lecture and labs, this program includes: anatomy and physiology of the eye; general principles of pharmacology; prescriptions written for the eye; visual acuity; and tonometry (basic) and glaucoma. Also includes a review of ocular dressing procedures; maintenance of equipment and instruments and other areas. Note: Although this program does not include a clinical rotation or national or state certification as part of its overall objectives, this program meets the requirements of the American Academy of Ophthalmology (AAO), and the AAO’s Ophthalmic Medical Assisting Exam - which students may take after meeting certain work experience requirements. 50 contact hours.

10/23 - 12/13; Mondays & Wednesdays
(15 sessions)
6:00 PM-9:30 PM
Course Cost: $999.00 (Textbooks included)
Senior Course Cost: $ 989.00

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MULTIDISCIPLINARY PROFESSIONAL EDUCATION
AND SHARED COURSES

Ethics for the Health Care Professional (CHE363)
Who Should Attend: Dental Professionals, Nurses, Physicians, Physical Therapists and Assistants, Psychologists, Professional Counselors, Social Workers, and Addictions Counselors. Professionals only please. Health care professionals are confronted with difficult ethical decisions on a near daily basis. They need tools that can help them to think about these decisions, and to justify these decisions to patients, families, peers, and the general public. The overall aim of this day-long course is to provide practical skills and knowledge that can be applied to the process of health care decision-making. Through lecture, case studies, and discussion, students will develop a better understanding of ethical problems frequently encountered in the health care environment and possible methods of addressing these problems. 6 contact hours for Dental Professionals, Physicians, PT’s, Nurses, Psychologists, Addictions counselors, Social workers and Professional counselors. Four role-related hours for Maryland Occupational Therapists. For more CEU information, please call 301-784-5526.

11/17, Friday (1 session)
9:00 AM – 4:30 PM
ACM: CE-8
Instructor: Mike Mathias, PhD
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

Leadership and Conflict Management (CHE316)
This course will provide students with leadership and conflict management skills. Topics include leadership styles, listening skills, and conflict resolution techniques. This course will provide students with leadership and conflict management skills. Topics include leadership styles, listening skills, and conflict resolution techniques. This course will provide 12 CEUs for social workers, psychologists, professional and addictions counselors.

*This course as described above is for continuing education only. No college credit will be received.

9/9-9/23, Saturday (3 sessions)
9:00 AM – 2:00 PM
ACM: AH109
Instructor: Cindy Gero
Course Cost:
In County: $119.00
Out of County: $229.00
Out of State: $275.00

EKG Analysis and Testing (CHE833)
Online
This course is designed to enable the student to run an EKG, and to interpret EKG rhythm strips. Topics to be discussed include an introduction to electrocardiography, EKG terminology, anatomy and physiology of the heart and cardiovascular system, basic cardiovascular electrophysiology, basic EKG interpretation, and basic concepts of cardiac diagnostics. Prerequisite: First or Second year clinical allied health student or practicing health professional.

*This course as described above is for continuing education only. No college credit will be received.

8/21-12/8/17
(Online course, number of sessions will vary.)
Instructor: Tom Striplin
Course Cost:
In County: $119.00
Out of County: $229.00
Out of State: $275.00
Health and Human Services Professionals

Phlebotomy for the Health Care Professional (CHE233)
This course is designed to train allied health professionals in the skills necessary to ensure proper blood specimen collection. Participants will learn the techniques necessary to obtain a quality specimen for use in a laboratory setting or point of care testing environment.

*This course as described above is for continuing education only. No college credit will be received.

Friday, 9/1 – 9/22/17 (4 sessions)
12:00 PM – 4:00 PM
ACM: AH251

OR

Friday, 10/23 – 11/13/17 (4 sessions)
4:30-8:30 PM
ACM:AH251

Instructor: W. Wilson/J. Bistline
Course Cost:
In County: $199.00
Out of County: $309.00
Out of State: $355.00

Infusion Therapy Basics (CHE795)
This course is designed to help the allied health professional develop skills that will provide a safe and competent administration and quality management of infusion therapy in the health care setting. Topics to be discussed include: infusion methods, types of catheters, infection control, care and maintenance of peripheral and central venous access devices, blood draws, complication, equipment and assembly, and venipuncture skills. Prerequisite: Second year clinical allied health student or practicing health professional.

*This course as described above is for continuing education only. No college credit will be received.

Sat, 11/4-11/18/17 (3 sessions)
9:00 AM - 3:30 PM
ACM: T119
Instructor: Marianne Valentine
Course Cost:
In County: $219.00
Out of County: $329.00
Out of State: $375.00

51st Institute on Medicine and Religion: Food, Nutrition and Brain Health: From Evidence to Practice (CHE520)
Presented by Dr. Drew Ramsey
Friday, October 20, 2017

Western Maryland Health System, Allegany College of Maryland, and The Community Wellness Coalition are thrilled to provide this full-day professional training on the significant, but frequently overlooked, impact of nutrition on brain health. All attendees will receive a copy of Dr. Ramsey’s latest book, the award winning Eat Complete.

6 CME and Professional CEUs for Clergy, Nursing, Psychology, Counselors, Social Work and Parish Nursing. All others receive 6 contact hours from ACM.

Topics include: What is your role transforming mental health?; Review of the current mental health crisis in America with a focus on rural areas; Depression, addiction, and severe mental Illness and the possibility of nutritional and integrative treatments; The New Science of Brain Health overview of new perspectives in mental health including neuroplasticity, the microbiome, and integrative treatments; The Connected Brain; Food and the Brain: Nutritional Psychiatry 101; Review of the current research on nutrition and mental health and introduction to basic principles of clinical practice including the Simple Food Assessment and the Brain Food Scale; Clinical Case Examples; Lunch (included) Time to Feed Our Brains: What are we eating and why?; Brain Food on a Budget; Food Evaluation and BrainFood Prescription (Dr. Ramsey will demonstrate method with an attendee); Key Brain Nutrients and Food Categories, What foods make a difference? Attendees will learn the roles of these nutrients in brain health the food categories with the greatest nutrient density; Specialty Topics - Dietary Tribes, Pregnancy, Children and the Elderly; and Tomorrow Will Be Different: Setting Goals for Change and Fostering innovation to help transform the mental health landscape in this area.

10/20, Friday (1 session)
8:30AM Registration & Morning Refreshments
9 AM-4:30 PM
ACM: Zimmer Theatre
Instructor: Dr. Drew Ramsey
Course Cost: $75.00
MD Senior Cost: $75.00
To register, please call WMHS, Education & Project Management 240-964-8500 or link to online registration through WMHS.com
Dr. James S. Gordon: Self-Care, Group Support, and the Opioid Crisis (CHE310)
Please join us on Friday, November 10th for this full-day training which will focus the proven power of The Center for Mind Body Medicine model on our community’s current addiction crisis.

Dr. Gordon is a Harvard-educated psychiatrist and a world-renowned expert in using mind-body medicine to heal depression, anxiety, and psychological trauma. He is the founder and executive director of the Center for Mind-Body Medicine and clinical professor in the departments of psychiatry and family medicine at Georgetown Medical School in Washington, DC. Dr. Gordon also served as the first chairman of the program advisory council to the National Institutes of Health Office of Alternative Medicine and as chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and George W. Bush.

Dr. Gordon has a history of successful intervention in complicated situations where large numbers of people are suffering. This includes work in Kosovo, Israel, Gaza (as seen on 60 Minutes©), Haiti, post-9/11 New York City, and post-Katrina Southern Louisiana. The Center has also worked extensively with US Military returning from Iraq and Afghanistan as well as trauma afflicted Native American populations.

Along with Addiction’s Specialists from the CMBM’s faculty, Dr. Gordon will share his vision for applying the Center’s model for self-care and group support to our growing Opioid crisis. Register early to ensure you don’t miss this internationally acclaimed expert and 6 professional CEUs!

6 CME and Professional CEUs for Nurses, Psychologists, LCPC, Addictions Counselors and Social Workers. All others receive 6 contact hours from ACM.

11/10, Friday (1 session)
8:30 AM Registration & Morning Refreshments
9 AM-4:30 PM Training (includes Lunch)
ACM: Zimmer Theatre
Instructor: Dr. James S. Gordon and Addictions Specialists from the Center for Mind Body Medicine
Course Cost: $89.00
MD Senior Course Cost: $84.00

Getting Ahead In A Just-Getting-By World (CHE252)
In this 20-week training, students will examine how a lack of resources affects them and learn how to build resources and a plan toward a better life. This course is based on the curriculum developed by Philip DeVol and the Getting Ahead Network and has been well received by graduates of the program.

“You think there is nobody out there that cares. You feel down on your luck. You go to this class and you get the knowledge and it changes your life. I didn’t feel like I was in a class and it was something I wasn’t stressed about going to. I thought I was going to sit in a room and be taught by a teacher and instead I felt like I was the voice and they listened. It was something to have fun at and also get the know-how of going from poverty to where you want to be.” Getting Ahead Graduate

For more information or to register, please call 240-964-8422.

8/16 - 1/3, Wednesdays (20 sessions)
9:00 -11:30 AM
Centre Street United Methodist Church
OR
10/10 - 2/27, Tuesdays
1:00 -3:30 PM
Jane Frazier Community Room
Instructor: Various additional sections will be offered beginning January 3, 2018.
There is no charge for this program. Register by calling 240-964-8422
Health and Human Services Professionals

Pre-Service Training

CHILD CARE TRAINING

Now Available On-Line

Child Care I: Child Growth and Development *ONLINE* (DHR439)
Gain a broad overview of major concepts, theories, and research related to the social, emotional, cognitive, and physical development of the child from birth through age 12. This course and a 45-hour course in age-appropriate curriculum (preschool, infant-toddler, or school-age) are required to complete the 90-hour certification for child care. You must successfully complete all course requirements to receive a certificate. Aligns with MD Staff Credential (proposed) levels 2-4. Purchase textbook prior to class. For more information call 301-784-5530.

10/27-12/15
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Child Care II: Activities for Young Children *ONLINE* (DHR440)
This course is one in a series designed for prospective child care teachers and directors working with preschool-age children and provides instruction on developing career skills in child care curriculum planning. This certification course satisfies the curriculum half of the MSDE requirement of 90 hours of training for child care teachers and directors working with preschoolers. Basic concepts of curriculum planning and implementation for children three to five years old are introduced. Topics include: teaching strategies, environment design, and implementation of best practices in early childhood education. (May be taken prior to Child Care I). Aligns with MD Staff Credential (proposed) levels 2-4. Purchase textbook prior to class. For more information call 301-784-5530.

9/18-11/6
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Child Care III: School Age Child Care *ONLINE* (DHR424)
This course is one in a series designed for prospective child care teachers and directors working with school age children and provides instruction on developing career skills in child care curriculum planning. This certification course satisfies the curriculum half of the MSDE requirement of 90 hours of training for child care teachers, directors and coordinators working with school age children, and provides an overview of program organization, planning, and implementation of school age care for children in a before/after school setting. Topics include: curriculum planning, materials, and teaching methods appropriate for children ages 6-13. Aligns with MD Staff Credential (proposed) levels 2-4. This certification course satisfies half of the MSDE requirement training for teachers, directors and coordinators working with school-age children. Purchase text book prior to class. For more information call 301-784-5530.

9/13-11/1
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Infant and Toddler Care *ONLINE* (DHR400)
Gain the skills necessary to work with infants and build communication skills to use with parents, co-workers and the public. Topics include growth and development, curriculum planning, goal setting, selection of age-appropriate materials, and methods for infants and toddlers birth to age 3. This certification course satisfies the MSDE requirement of 45 hours of infant-toddler curriculum training for child care teachers, directors, and family providers working with infants and toddlers. Teachers of two-year-olds in a licensed Preschool may also need the Preschool Curriculum course (consult your licensing specialist.) You must successfully complete class assignments to receive a certificate. Textbook is included and will be provided as a download in the online course. This course provides 45 additional hours needed for those working with infants and toddlers in a licensed child care center. This course has been approved by the Child Care Administration for child care providers in the State of Maryland. For more information call 301-784-5530.

9/13-11/1
Course Cost: $225.00
Maryland Senior Course Cost: $220.00
The ABCs of Ts (DHR506)
Individuals whose core gender identity does not match their “assigned” biological sex at birth have become increasingly more visible within the last decade. Celebrities such as Chaz Bono, Laverne Cox, and Caitlyn Jenner have brought transgender visibility into the media, while Jazz Jennings, one of the first transgender children featured in the 2007 Barbara Walters’ Special, has written a book, served as a spokesmodel for Cover Girl and has a doll and a reality series depicting her life. While this visibility is certainly sparking discussions and conversations across a variety of venues, demographics, and political party lines, the fact remains that most transgender persons are not able to be quite so visible, nor do they have financial or other resources which allow them to safely and fully live their authentic lives in “Any town, USA”.
Professionals in the social work, counseling, health care, education, and legal fields encounter transgender persons on a regular basis, and need to have the knowledge, skills, and resources to serve this very vulnerable population in a respectful and culturally competent manner. This training goes beyond Transgender 101, to provide details regarding the specific issues which impact transgender individuals and their formal and informal support networks. Information regarding the multiple facets and layers of transition, specific differences in working with children, youth and young adults, as well as older adults and the best practices and resources to assure the person’s success in living as authentically as possible will be provided via lecture, audience interaction, video clips and case studies. Participants will be asked to self-reflect upon their own gender history as well as potential biases, barriers to establishing transgender-affirming and knowledgeable practice within their current work/practice setting, and steps to move toward a more inclusive practice.

10/25, Wednesday (1 session)
9:00 AM-4:30 PM
ACM: CE12/14
Instructor: Sam Leizear
Course Cost: $75.00
Maryland Senior Course Cost: $70.00

Behavior Principles and Strategies (HSP387)
DDA regulations require that staff providing behavior support services to individuals who currently exhibit challenging behavior or who have a history of exhibiting challenging behavior before being assigned independent duties, shall successfully complete training in the principles of behavior change and appropriate methods of preventing or managing challenging behaviors(COMAR 10.22.10.03C). The Behavior Principles and Strategies training program is an Administration approved curriculum which meets these regulatory requirements. Behavior Principles and Strategies is a required training by the Developmental Disability Administration, which is intended only for employees of certified DDA providers. Non-DDA provider employers are not eligible for this training. *** Class is limited to 12 participants***

10/19 & 10/20, Thursday & Friday (2 sessions)
9:00 AM-4:00 PM
ACM: CE20
Instructor: Jared Blakeslee
Course Cost: $25.00
Senior Course Cost: $20.00

Defusing the Angry and Resistant Client (DHR507)
This training for human service professionals will address when anger and resistance enter the treatment room. Often, this can often take us by surprise, rattle our composure, sidetrack the therapy session, and overwhelm us with our own triggered emotions. These clients are often called oppositional, reactionary, noncompliant, intractable and unmotivated. In this workshop we will explore these defenses and what is often underneath the surface of anger and resistance. Working with these clients requires a set of skills and approaches that are grounded in theory. This training will offer you specific, tangible tools that you can use to “manage the relationship” with this type of client.

10/10, Tuesday (1 session)
9:00 AM-4:30 PM
ACM: CE12/14
Instructor: Sherry Cain
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

Classes may be open only to specifically identified health care professions. Verification of professional certification or licensure may be required. It is the responsibility of the participant to ascertain whether a course is within the scope of practice of their profession as determined by their regulatory body.
****TWO TOPICS IN ONE DAY****

Health and Human Services Professionals

Ethical Challenges, Boundaries and other Clinical Issues & When Couples in Recovery Relapse with Alcohol and other Drugs (DHR501)

Ethical Challenges:
- Identify statistics and demographics related to child and elder care
- Understand the ethical challenges with boundary issues
- Understand the ethical challenges with self-disclosure related to working with sandwiched families
- Understand key ethical issues of confidentiality related to family caregiving
- Know community and internet resources.
- Identify Caregiver/care recipient resources interventions
- Identify strategies to balance work and life challenges
- Learn about specific strategies and resources to help manage caregiver stress and provide quality care to family members

Couples Relapse:
- Learn about couples who are in recovery but have entered the relapsed process with alcohol & other drugs
- Discuss resilience theory and its application to recovering couples who have entered the relapse process
- Learn about the stages of change model
- Understand how to incorporate resilience theory and the stages of change model into our practice with couples in recovery who have entered into relapse.

9/22, Friday (1 session)
9:00 AM-4:30 PM
ACM: CE12/14
Instructor: Joshua Okundaye
Course Cost: $70.00
Maryland Senior Course Cost: $65.00

Lost in Space: What you need to know….about Gambling, Gaming, and Cyberspace Addictions. Effective Treatment Tools using Positive Psychology, Mindfulness and Meditation (DHR505)

This training will provide an experiential day of learning about how people develop and maintain unhealthy habits. We will explore and deepen your knowledge and expertise about Gambling, Gaming and Cyberspace Addictions. Participants will increase their understanding of the distinction between gambling, gaming and cyberspace dependency. This training will provide opportunities to learn effective clinical interventions based in Positive Psychology, Mindfulness and Meditation. Particular focus will address clinical techniques while working with clients who suffer from co-occurring disorders and have a dependency on gambling, gaming and cyber addiction.

9/29, Friday (1 session)
9:00 AM-4:30PM
ACM: CE12/14
Instructor: Anthony Parente, M.A., LCPC
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

NASW TRAININGS

Ethics, Risk Management and Clinical Social Work Practice Principles
** Cosponsored with Maryland Chapter of NASW- Please go to www.nasw-md.org to REGISTER for HSP 583 & HSP 584 and for more information**

This workshop combines effective clinical social work practice principles with practice conduct mandated by regulatory boards and professional organizations. The presentation addresses subtle and often unrecognized ethical problems and dilemmas that Dr. Munson has encountered in performing regulatory board consultation and while gathering data as part of a study of regulatory board complaints, civil lawsuits, and appeals cases. The unique aspects of ethical intervention in the areas of domestic violence, high conflict divorce, and child maltreatment (physical abuse, sexual abuse, and neglect) will be covered. Topics covered are standards of practice, avoiding bias, confidentiality, boundary maintenance, degree of disclosure, mandatory reporting, and competency. There will be case examples and a question-and-answer period.

$90 for members; $130 for non-members.

10/6, Friday (1 session)
9:00 AM-4:15 PM
ACM: CE12/14
Instructor: NASW
Please go to www.nasw-md.org for more information and to REGISTER.
Allegany College of Maryland’s

AMERICAN HEART ASSOCIATION TRAINING CENTER

OFFERS MANY COURSES EACH MONTH ON A YEAR-ROUND BASIS

Would You Know What To Do In An Emergency?

Courses taught at the ACM Training Center by TC Faculty include Basic Life Support (BLS) Provider and Heartsaver First Aid/CPR. Students that successfully complete AHA courses receive an official certification card valid for two years. Healthcare workers should be aware that most health related scopes of practice require them to maintain CPR and/or First Aid certification. Be sure to register for a class in order to receive or maintain this important professional credential.

CONVENIENT SCHEDULE: ACM offers CPR and First Aid courses in Cumberland each month and classes are taught in the Allied Health Building on the campus. Check the listings on the following pages to find a course that meets your needs.

IN-HOUSE TRAINING AVAILABLE: Would your organization or agency be better served by CPR and/or First Aid training conducted in your facility? The ACM Training Center has a wide variety of courses that can be taught at your location. For more information on this in-house training opportunity, call Kate Winfield, 301-784-5681 or kwinfield@allegany.edu.

INSTRUCTOR TRAINING! Are you interested in becoming a certified instructor for the American Heart Association? Would your employer benefit from having an on-staff CPR instructor? Become a certified BLS provider or Heartsaver instructor!

Next instructor training class will be held on Saturday, October 21, 2017

For more information, call Kate Winfield, 301-784-5681 or kwinfield@allegany.edu
TRAINING FOR THE LAYPERSON

The ACM Training Center is committed to a standard of excellence in the teaching and training of the general public in the fundamentals of basic CPR and First Aid. An individual's survival and subsequent recovery from a heart attack or a serious accident is often directly related to the quality of care immediately provided by a family member or person(s) on the scene. The ACM Training Center will provide the highest caliber of instruction to those individuals preparing for the time when they may be called upon to act.

**Heartsaver First Aid (CPR500)**

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace. Heartsaver First Aid is a classroom, video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. In this course, students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies.

Heartsaver First Aid teaches skills with the AHA’s research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students’ learning of skills.

Upon successful completion, including a skills test, students receive a Heartsaver First Aid course completion card, valid for 2 years.

**Audience:** Everyone, especially those who are parents or care providers for children should take this course. This course meets OSHA standards for First Aid.

**Prerequisites:** None. This course is specifically designed for the lay person so students are not expected to know any of the material or have related experience. The cost of registration includes the cost of the workbook which students should pick up in the Continuing Education building between the hours of 9:00am and 3:00pm., Monday – Friday. Students that do not pick up their books will receive their copy at the beginning of their class.

**Note:** Class end times may vary based upon the number of students and student skill level. Classes may be cancelled due to low enrollment.

1/8, Monday (1 session)
9:00 AM-1:30 PM
ACM: AH241
Instructor: Staff
Course Cost: $36.00
Maryland Senior Course Cost: $31.00

**Heartsaver First Aid and Adult CPR (with optional Child CPR AED and Infant CPR) (CPR101)**

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace, and nearly 80 percent of sudden cardiac arrests occur outside the hospital. Heartsaver First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. In this course, students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

Upon successful completion of the course, including a first aid, CPR and AED skills test, students receive a Heartsaver First Aid CPR AED course completion card, valid for 2 years.

**Audience:** All lay rescuers, including childcare workers, babysitters, firefighters, police, security guards, or family members of patients at high risk for cardiac arrest. This course meets OSHA standards for First Aid.

**Prerequisites:** None. This course is specifically designed for the lay person so students are not expected to know any of the material or have related experience. The cost of registration includes the cost of the workbook which students should pick up in the Continuing Education building between the hours of 9:00am and 3:00pm., Monday – Friday. Students that do not pick up their books will receive their copy at the beginning of their class.

**Note:** Class end times may vary based upon the number of students, student skill level, and need/desire for Child/Infant CPR training. Classes may be cancelled due to low enrollment.

8/26, Saturday (1 session)
9/30, Saturday (1 session)
10/28, Saturday (1 session)
11/18, Saturday (1 session)
12/16, Saturday (1 session)
1/27, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH241
Instructor: Staff
Course Cost: $70.00
Maryland Senior Course Cost: $65.00
Basic Life Support (BLS) Provider (CPR775)
The Basic Life Support (BLS) Provider Course is a video-based, instructor-led course that teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

BLS Provider teaches skills using the American Heart Association’s proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students’ acquisition of skills.

Upon successful completion of the course, including a CPR and AED skills test and a written test, students receive a BLS Provider course completion card, valid for 2 years.

Audience: Physicians, nurses, paramedics, EMT’s, respiratory, physical & occupational therapists, physician assistants, residents, medical/nursing students, aides, and other allied health personnel that choose to pursue this important credential for personal and/or work related reasons.

Prerequisites: None. This course is recommended for the professional healthcare provider. The cost of registration includes the cost of the workbook which students should pick up in the Continuing Education building between the hours of 9:00am and 3:00pm, Monday – Friday. Students that do not pick up their books will receive their copy at the beginning of class.

Note: Class end times may vary based upon the number of students and student skill level. Classes may be cancelled due to low enrollment.

9/9, Saturday (1 session)
10/14, Saturday (1 session)
11/11, Saturday (1 session)
12/2, Saturday (1 session)
12/13, Wednesday (1 session)
1/6, Saturday (1 session)
1/17, Wednesday (1 session)
9:00 AM-5:00 PM
ACM: AH241
Instructor: Staff
Course Cost: $78.00
Maryland Senior Course Cost: $73.00

ACLS Shared Course (CPR769*)
The American Heart Association’s ACLS Course builds on the foundation of lifesaving BLS Provider skills, emphasizing the importance of continuous, high-quality CPR. This advanced, instructor-led classroom course highlights the importance of team dynamics and communication, systems of care and immediate post-cardiac-arrest care. The ACLS course also covers airway management and related pharmacology.

In the ACLS Course, skills are taught in large, group sessions and small, group learning and testing stations where case-based scenarios are presented. Successful course completion includes demonstrating skills competency in all learning stations and passing the CPR and AED skills test, bag-mask ventilation skills test, a Megacode test and a written test. Upon successful completion, students receive an ACLS Provider card, valid for two years.

Prerequisites: Current BLS Provider CPR completion card, second year clinical allied health student or permission of instructor.

*This course as described above is for continuing education only. No college credit will be received.

9/23 & 30, Saturday (2 sessions)
8:00 AM-5:00 PM
ACM: AH108
Instructors: Staff
Course Cost:
In County: $120.00
Out of County: $225.00
Out of State: $270.00

GUARANTEE YOUR SEAT IN THE CLASS OF YOUR CHOICE.
REGISTER NOW BY CALLING 301-784-5341

AHA DISCLAIMER – The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.