HEALTH AND HUMAN SERVICES

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.

DENTAL PROFESSIONALS

Dental Hygiene Update and Table Clinics (CHE137)

Morning Session 9AM-Noon: Pathos of Pathology: Puzzles, Perplexities and Paradigms; and Afternoon Table Clinics Presented by Second Year ACM Dental Hygiene Students

This course will offer the participant an opportunity to understand the many nuances associated with oral and systemic disease. An in-depth look at microbiological challenges in today’s world will be included along with immunological considerations. Specific viral and bacterial infections will be explored. An overview of cancer dynamics will also be included. Participants will receive a glimpse of pathology as a way to understand the puzzles, perplexities, and paradigms of disease. Presented in a relaxed forum utilizing many case studies, participants are encouraged to be prepared to learn and have fun during this informative presentation.

Afternoon Session 1:00 PM-4:00 PM: Dental Hygiene Table Clinics.

Please join us for Allegany College of Maryland Dental Hygiene Program’s presentation table clinics, featuring presentations by sophomore students.

Dental professionals have two options: Spend the day or attend only the afternoon table clinics.

All Day: Dental Hygiene Update & Table Clinics (CHE137)
5/6, Friday (1 session)
9:00 AM - 4:00 PM
Includes Pathos of Pathology: Puzzles, Perplexities and Paradigms, Lunch, and Table Clinics.
ACM: Morning in Zimmer Theater
ACM: Afternoon in CE 8, 12, 13, 14, and 33
Instructor: Betsy Reynolds/Various
CHE137 has been approved by the Maryland State Board of Dental Examiners for 6 CEUs.
Course Cost: All Day: $94.00 (includes lunch) MD Senior Course Costs: $89.00

Afternoon Table Clinics Only (CHE138 - Does not include lunch)
5/6; Friday (1 session)
Instructor: Various
ACM: Afternoon in CE 8, 12, 13, 14, and 33
The Afternoon Table Clinics (CHE138) have been approved for 3.0 CEUs by the Maryland State Board of Dental Examiners.
Course Cost: $40.00
Maryland Senior Course Cost: $35.00
HIV Disease, Infection Control & Regulatory Compliance for the Dental Team (CHE788)

It is estimated that over one million Americans are infected with the human immunodeficiency virus (HIV). As the epidemic continues, a plethora of new information about HIV has been discovered and many new antiretroviral drug therapies have been recently introduced. This program will present the latest information on the biology of HIV and discuss recent findings about transmission, pathogenicity, epidemiology, and ethical issues related to the treatment of patients infected with HIV disease. Medical evaluation and treatment with antiretroviral agents will be presented. The current antiretroviral post-exposure prophylaxis recommendations will be reviewed. This program is designed to present the most up to date information on HIV disease for the entire dental team and fulfills the requirement for States with mandatory HIV CEUs.

This course is approved for 6 CEUs for dentists, dental hygienists, and dental assistants by the Western Maryland Area Health Education Center (WMAHEC), which is designated as an Approved PACE Program Provider by the Academy of General Dentistry. The formal continuing education programs of this program provider are accepted by AGD for Fellowship, Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 4/1/2015 – 3/31/2018. Provider ID#301740.

4/1, Friday (1 session)
8:00 AM – 4:30 PM
ACM: CC Zimmer Theatre
Instructor: Louis G. DePaola, DDS, MS
Course Cost:
AGDS Members: $99.00
Members’ Staff: $84.00
Non-Members: $189.00
Non-Members’ Staff: $139.00

Massage, Occupational & Physical Therapy Professionals

Afspaending, Intro, (Level I) (CHE760)

Developed in Denmark, Afspaending is a comprehensive method that encourages coordination, elasticity, and ease of movement. It includes a detailed manual approach along with active movement education. Afspaending (unbuckling) is a hands-on body work system. It incorporates movement re-education to enhance body awareness and body alignment. Gentle yet powerful, it focuses on the whole person, even when addressing specific needs. The goal is to expand the way the person experiences his/her body while improving overall functioning. This training will provide theory and practical application of movements and techniques. ACM is an approved provider of CEUs for Maryland Massage Therapists and this course will provide 12 contact hours. The course has been submitted to the Maryland Board of Occupational Therapy Practice for 12 contact hours.

3/12 & 13, Sat/Sun (2 sessions)
9:00 AM – 4:30 PM
ACM: CE
Instructor: Kirsten Hansen, LMT
Course Cost: $139.00
Maryland Senior Cost: $134.00

Afspaending, Level II (CHE860)

In this intermediate Afspaending course, detailed attention will be on the three elements that create a session: fundamental position, manual treatment, and movements. The student will learn to perform an Afspaending session, which includes the understanding of which fundamental position to implement. Manual treatment will be highlighted, as well as the integration of appropriate movements into each session. Prerequisite: Afspaending, Level 1. ACM is an approved provider of CEUs for Maryland Massage Therapists and this course will provide 6 contact hours. This course has been submitted to the Maryland Board of Occupational Therapy Practice for 6 contact hours.

4/9, Saturday (1 session)
9:00 AM – 4:30 PM
ACM: CE
Instructor: Kirsten Hansen, LMT
Course Cost: $99.00
Maryland Senior Course Cost: $94.00
Ethics, Cultural Competency and Communicable Disease including HIV/AIDS for Massage Therapists
Take all three (CHE300) – Or just what you need*

**Communicable Disease including HIV/AIDS (CHE763)**
This 3-hour class will cover communicable diseases to which massage therapists may be exposed in the course of their practice. Universal precautions and various case studies will be reviewed. The latest developments in the treatment of TB, HIV/AIDS, hepatitis and other infectious diseases will be discussed. Massage practitioners will gain insights to protect their clients and themselves.

Instructor: Kirsten Hansen, LMT. ACM is an approved provider of CEUs for Maryland Massage Therapists and this course will provide 3 contact hours.
8:30 AM-11:35 AM
*Cost for just CHE763: $69.00
Maryland Senior Course Cost: $64.00

**Ethics for Massage Therapists (CHE762)**
This 3-hour course will use lively case studies to illustrate ethical dilemmas in massage practice. Ethical principles will be discussed and applied to cases. Participants are invited to bring specific ethical issues encountered in their practice to share and discuss.

Instructor: Paula Jilanis, MA, LMT. ACM is an approved provider of CEUs for Maryland Massage Therapists and this course will provide 3 contact hours.
12:20 PM-3:20 PM
*Cost for just CHE762: $69.00
Maryland Senior Course Cost: $64.00

**Cultural Competency for the Massage Professional (CHE778)**
In this one-hour class, massage professionals will discuss the predominant cultural groups in the U.S., the ways major cultures differ in family organization, communication, touch, health care practices, religion, traditions and beliefs. Participants will also identify their attitudes toward unfamiliar cultures.

Instructor: Kirsten Hansen, LMT. ACM is an approved provider of CEUs for Maryland Massage Therapists and this course will provide 1 contact hour and fulfill the Maryland requirement of cultural competence for re-licensure.
3:30 PM-4:30 PM
*Cost for just CHE778: $39.00
Maryland Senior Course Cost: $34.00

CHE300: All-Day - Includes all three courses and lunch for just $99.00!
Saturday, June 11
8:30 AM-4:30 PM
Total Course Cost: $99.00
Maryland Senior Course Cost: $94.00

**Manual Therapy: Lumbo Pelvic Spine (CHE143)**
Students will review key anatomical structures and discuss basic concepts of managing lumbar pathologies. Participants will gain knowledge of basic joint mobilization techniques for the lumbar spine and practice soft tissue techniques that can increase flexibility, range of motion, or muscle function. This course has been submitted to the Maryland Board of Physical Therapy Examiners for 1.5 CEUs and the Maryland Board of Occupational Therapy Practice for 15 contact hours.

3/18 &19, Friday/Saturday (2 sessions)
8:00 AM – 4:30 PM
ACM: AH 230 & 239
Instructor: Paul Simonetti, PT, DPT, MTC
Total Course Cost: $259.00 (includes lunch)
Maryland Senior Course Cost: $250.00
Physical Agent Modalities for Occupational Therapists (PAMS Certification)

This is a two-part course offered over a total of 4 classroom days. Part One: Ultrasound for Occupational Therapists and Assistants will be offered March 7th and 8th and Part Two: Electrical Stimulation for Occupational Therapists and Assistants will be offered March 9th and 10th. Both courses are instructed by Jeremy Oldham, M.Ed, PTA. Jeremy is the Clinical Coordinator and a full-time faculty member in ACM’s Physical Therapist Assistant Program. He has a B.S. in Kinesiology from Penn State University, an A.A.S. in Physical Therapist Assistant from ACM, and a Master’s of Education from Frostburg State University. He has been a practicing PTA since 2004 and is licensed in both Maryland and Pennsylvania.

These are lab courses and each participant will be experiencing and applying treatment techniques. While it may not be necessary to actually deliver Ultra Sound or E-Stim, it is necessary to identify anatomical landmarks for protocols/applications. Therefore, dress should be casual/comfortable. Layering sports bra/tank top/T-shirt with long-sleeve sweat shirts will provide comfort and accessibility.

Part I: Ultrasound for Occupational Therapy (CHE415)

This 2-day course will thoroughly cover all aspects of therapeutic ultrasound (US). It is specifically designed to provide an introduction to the fundamentals of therapeutic ultrasound and its application within the context of occupational therapy. Discussions will include history, attention to physical properties, physiological effects, application, indications, contraindications, and documentation to maximize reimbursement. Hands-on demonstrations and lab experiences are interspersed throughout the didactic materials to reinforce and enhance the clinical reasoning and problem-solving. Options for application and integration of modalities into the occupational therapy treatment plan will be discussed at length.

The combination of lecture, demonstration, reference materials and significant amounts of lab practice will prepare the participants to apply learned information in the clinical setting. Participants are cautioned to do so only within the scope of each practitioner’s own state licensure law. This course has been approved for 15 contact hours by the Maryland Board of Occupational Therapy Practice.

March 9 & 10, Wednesday/Thursday (2 sessions)
8:30 AM – 4:30 PM
ACM: AH239 (Lecture) and AH258 (Lab)
Instructor: Jeremy Oldham, M. Ed, PTA
Course Cost: $239.00
Maryland Senior Course Cost: $230.00

Part 2: Electrical Stimulation for Occupational Therapy (CHE333)

This 2-day course will thoroughly cover all aspects of electrical stimulation. It is specifically designed to provide an introduction to the fundamentals of electrical stimulation and its application within the context of occupational therapy. Discussions will cover the physics and basic principles of electrical stimulation, including definitions, terminology, and clinical examples and will progress to explain the various types of electric currents utilized clinically, including AD, DC, microcurrent, Russian current, and interferential current. The participant will then be instructed in the appropriate parameters and methods of utilization to achieve treatment goals, e.g. pain reduction, muscle re-education, edema reduction, wound care, and reduction of muscle spasm. Each lecture topic will be followed by hands-on examples and practice application of the aforementioned material.

The combination of lecture, demonstration, reference materials and significant amounts of lab practice will prepare the participants to apply learned information in the clinical setting. Participants are cautioned to do so only within the scope of each practitioner’s own state licensure law. This course has been approved for 15 contact hours by the Maryland Board of Occupational Therapy Practice.

March 7 and 8 Monday/Tuesday (2 sessions)
8:30 AM – 4:30 PM
ACM: AH239 (Lecture) and AH258 (Lab)
Instructor: Jeremy Oldham, M. Ed, PTA
Course Cost: $239.00
Maryland Senior Course Cost: $230.00
Health And Human Services Professionals

MEDICINE AIDE PROFESSIONALS

Medicine Aide Recertification (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.

2/2, 9 & 16 Tuesday (3 sessions) or 5/3, 10, & 17 Tuesday (3 sessions)
5:00–8:00 PM
ACM: CE Building
Instructor: Deb Savage, RN
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

MULTIDISCIPLINARY AND SHARED COURSES*

ATTENTION NURSES and EMERGENCY SERVICE PROFESSIONALS. The Miltenberger EMS Seminar returns to Rocky Gap on March 11 & 12, 2016! For more information, please contact Kathy Condor at 301-784-5526 or kcondor@allegany.edu.

Ethics for the Health Care Professional (CHE 363)
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. Contact hours for 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.

May 13, Friday (1 session)
9:00 AM − 4:30 PM
ACM: CE Building
Instructor: Mike Mathias, PhD
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

Advanced Cardiac Life Support (CHE769*)
This course is designed for health care professionals for managing a cardiac emergency. This course is approved by the American Heart Association and Maryland Institute for Emergency Medical Services. All new ACLS guidelines will be taught. Prerequisite: Current Health Care Provider CPR completion card, second year clinical allied health student with a current Health Care Provider CPR card, or permission of instructor. *This course as described above is for continuing education only. No college credit will be received.

4/2-4/9, Saturday (2 sessions)
8:00 AM - 8:00 PM
ACM: AH108
Instructors: Dr. William Rocks and Paula Fuller
Course Cost: In County: $114.00
Out of County: $214.00
Out of State: $257.00

Awareness of Special Populations (CHE379*)
This course will provide an overview of individuals with developmental, emotional, and physical disabilities. Topics to be discussed include: behavioral components, mobility issues with hearing and sight impaired individuals, interdisciplinary teamwork, and approaches to adaptive equipment. *This course as described above is for continuing education only. No college credit will be received.

2/20 & 21, Saturday/Sunday (2 sessions)
Plus additional independent work to be completed by 3/6/16.
8:30 AM − 4:00 PM
ACM: AH-300
Instructor: D. Ross and R. Smith
Course Cost: In County: $114.00
Out of County: $214.00
Out of State: $257.00
Ethical & Legal Issues in Health Care (CHE172*)
This course is an overview of the field of medical ethics, medical liability, and the importance of the HIPAA rule and how to properly resolve issues. *This course as described above is for continuing education only. No college credit will be received.
1/26-5/10, Tuesday (15 sessions)
5:30 – 8:15 PM
ACM: AH239
Instructors: R. Smith & Cindy Gero
Course Cost: In County: $114.00
Out of County: $214.00
Out of State: $257.00

Infection Control/Blood Borne Pathogens ONLINE (CHE173*)
This course is designed to provide information on updated infection control methods and blood borne pathogens, including standard precautions. Prerequisite: First or 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.
1/27-2/16, ONLINE
Instructor: S. Walker
Course Cost: In County: $114.00
Out of County: $214.00
Out of State: $257.00

Leadership and Conflict Management for the Health Care Professional (CHE316*)
This course will provide students with leadership and conflict management skills. Topics include leadership styles, listening skills, and conflict resolution techniques. *This course as described above is for continuing education only. No college credit will be received. This course will provide 12 CEU’s for social workers, psychologists, professional and addictions counselors.
4/16-4/30, Saturdays (3 sessions)
9:00 AM-2:00 PM
ACM: AH300
Instructor: Cindy Neff
Course Cost: In County: $114.00
Out of County: $214.00
Out of State: $257.00

Physical Assessment (CHE174*)
This course will discuss adult physical examination used for patient care planning in an acute care, emergency, or long-term care setting. Prerequisite: First or 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.
2/27 -3/12, Saturday (3 sessions)
9:00 AM – 2:00 PM
ACM: AH208
Instructor: Cindy Neff
Course Cost: In County: $114.00
Out of County: $214.00
Out of State: $257.00

Spanish for Health Occupations (CHE900*)
Students will be introduced to basic concepts, cultural competence and current demographics of the Latino populations in an effort to understand their lives and how this affects patient/client communication. Basic phrases will be learned to enhance communication with the patient/client in a health care setting so they will have an understanding of what the provider is asking them to do. Students will practice phrases for a variety of situations and have a good command for speaking and understanding Spanish phrases at the end of the course. No previous Spanish is required. *This course as described above is for continuing education only. No college credit will be received.
1/21 -5/5, Thursdays (15 sessions)
5:30-7:20 PM
ACM: T-119
Instructor: Kenton Stone
Course Cost: In County: $228.00
Out of County: $428.00
Out of State: $514.00

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and stay up to date with all our latest courses and events!
CHILD CARE TRAINING

Now Available Online

Pre-Service Training

Child Care I: Child Growth and Development – Online (DHR439)
This course is designed to cover the growth and development of children from birth through six years, satisfying one-half of the required 90 classroom hours (45 hours) for staff working in licensed child care centers. Topics include social, emotional, physical and cognitive development. Knowledge and skills to meet the development needs of young children will be presented. For more information call 301-784-5530.

1/8 – 2/26 or 4/29 – 6/10
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Child Care II: Activities for Young Children – Online (DHR400)
This course is designed to satisfy one-half of the required 90 classroom hours (45 hours) for personnel working in licensed childcare centers. The principles, materials, and methods used with young children age birth to six are introduced. Considerations in developing activities that advance physical, cognitive, communicative, creative, and social skills will be discussed. Participants will develop projects using activity-planning skills. (May be taken prior to Child Care I.) For more information call 301-784-5530.

1/13 – 2/24 or 4/13 - 5/25
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Child Care III: School Age Child Care – Online (DHR424)
Gain the skills necessary to work in school-age child care programs, and build communication skills to use with parents, coworkers and the public. Topics include curriculum planning, age-appropriate materials and methods for children ages 6-13. This certification course satisfies half of the MSDE requirement training for teachers, directors and coordinators working with school-age children.

1/21 - 3/10 or 4/25 - 6/13
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Child Care IV: Infant and Toddler Care – Online (DHR400)
This course is designed to prepare individuals to care for infants and toddlers. Approximately half the training covers infant and toddler development and half covers curriculum materials and methods. 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.

1/13 - 2/24 or 5/18 - 6/22
Course Cost: $225.00
Maryland Senior (over 60) Course Cost: $220.00

Credential Booster Courses are NOW ONLINE 1/4 /16 - 3/25/16
These classes are designed to help you get your program aligned with Maryland EXCELS as well as to help you reach higher Maryland Child Care Credential levels. Credential Boosters are classes that are identified by MSDE in the Staff Credential modifications for levels 2, 3 and 4.
• You may register for and begin a class anytime between the first and last class dates.
• You can complete online Credential Booster courses at your own pace, with instructor guidance; each one takes approximately three hours to complete (completion times may vary).
• Once you have registered, email casnyder@allegany.edu to request login instructions.

You will need access to a computer, the internet and email to take an online Credential Booster course.

All Credential Booster courses are $40.00 each.

Including All Children and the ADA (DHR461)
REQUIRED COURSE for child care teachers, directors and family child care providers effective January 1, 2016
This course provides essential information that every child care and education professional needs to know about the requirements of the Americans with Disabilities Act (ADA). Go beyond the definition of ADA to learn inclusionary best practices, strategies and resources for implementing an early childhood or school age environment that is inclusive to all children and families. MSDE Core of Knowledge: SN 3 hrs. This new Credential Boosters course aligns with MD Staff Credential (proposed) levels 2, 3, 4, 0.3 CEUs. Please note: students can join anytime between the first and last class dates, takes about 3 hours to complete (your time may vary.)
Supporting Breastfeeding in Childcare
(DHR462)
REQUIRED COURSE for child care teachers, directors and family child care providers effective January, 2016
This course is designed to provide child care and education professionals with an overview of the state regulation, guidelines, and resources to support the practice of breastfeeding and provide related resources for families within a child care program. Topics include: benefits of breastfeeding, normalizing breastfeeding, breastfeeding friendly child care policy, environment and practices, supportive information and resources. MSDE Core of Knowledge: SN 3 hrs. This new Credential Boosters course aligns with MD Staff Credential (proposed) levels 2, 3, 4. 0.3 CEUs. *Note: students can join anytime between the first and last class dates, takes about 3 hours to complete (your time may vary.)

Observation & Assessment: Birth - 12
(DHR418)
Systematic, objective observation of children is key to evaluating their development and planning learning activities. Become equipped with observation and assessments tools, appropriate methods of collecting and interpreting information, and gain a better understanding of the purpose of on-going assessment. MSDE Core of Knowledge: Ch Dev 3 hrs. This new Credential Booster course aligns with MD Staff Credential: (proposed) levels 2, 3, 4 /3 CEUs. *Note: students can join anytime between the first and last class dates, takes about 3 hours to complete (your time may vary.)

Age & Developmentally Appropriate Supervision
(DHR419)
Become informed about the Maryland state child care regulations related to appropriate supervision of children of all ages and stages and learn to take an active role and apply best practices to keep children playing and learning safely. MSDE Core of Knowledge: Ch Dev 3 hrs. This new Credential Boosters course aligns with MD Staff Credential: (proposed) levels 2, 3, 4 /3 CEUs. *Note: students can join anytime between the first and last class dates, takes about 3 hours to complete (your time may vary.)

Developmentally Appropriate Practice
(DHR420)
This course looks closely at what the term Developmentally Appropriate Practices "DAP" really means in the context of working with children of all ages and abilities. Learn the national standards and the role of the teacher, including practical strategies you can apply to support each child’s learning and development at every age and stage. MSDE Core of Knowledge: Curriculum 3 hrs. This new Credential Boosters course aligns with MD Staff Credential: (proposed) levels 2, 3, 4 /3 CEUs. Please note: students can join anytime between the first and last class dates, takes about 3 hours to complete (your time may vary.)

All Credential Booster courses are $40.00 each.

Child Care Food Program (DHR317)
This training is provided in cooperation with the Child Care Food Program and meets continuing education requirements for child care providers. Please call Kim Rotruck (301)748-3978 to pre-register for each separate workshop and for more information. ALL REGISTRATIONS FOR THE CHILD CARE FOOD PROGRAM MUST BE HANDLED THROUGH KIM ROTRUCK.

3/9, Wednesday (1 session)
7:00 - 9:00 PM

Medication Administration (DHR379)
The purpose of the medication administration training program is to teach childcare providers and child care center staff information about administering medication to infants, toddlers, preschool and schoolage children. The goal is to insure safe and accurate administration of oral, topical, inhaled and emergency medications to infants and children. Please call 301-784-5530, or email casnyder@allegany.edu for upcoming dates.

Course Cost: $85.00
HUMAN SERVICES

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.

Applying Meditation Techniques to Improve Client Outcomes (CHE391)
This course will introduce participants to evidence-based meditative techniques and experiences that can be integrated into treatment plans to assist clients in developing and maintaining a more balanced, centered and less stressful way of living. Practical methods to introduce meditation in professional practice will be explored and practiced during this course. Approved for 12 Contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive 12 contact hours from ACM.

Upon completion of this course, participants should be able to:
1. Identify and discuss three different meditative techniques that can be applied to professional practice.
2. List the potential benefits of applying meditative techniques in professional practice.
3. Incorporate meditative concepts to help clients and patients shift their perceptual model of themselves and the world around them.

3/10 - 5/1, Thursdays (8 sessions) No class 3/24
4:00 – 5:30 PM
ACM: AH 303
Instructor: Howard Reynolds, BS, MS
Course Cost: $129.00
Maryland Senior Course Cost: $124.00

Building Healthy New Relationships Between Police and Minority Communities (DHR457)
In the United States, we are witnessing the erosion of trust between the criminal justice system and minority youth. In the wake of several police shootings of unarmed citizens, calls for reforms on how some police officers perceive and profile minority youth are being voiced throughout the country. This training will provide a historical analysis of the relationship between minority communities and the police. This interactive training will also provide social workers with strategies on how to equip youth with skills that will aid them in interacting with police officers when they’re approached as well as adaptive methods of advocating for themselves if they feel that their rights have been violated. This training will also acknowledge and applaud the efforts of police forces that are working diligently to address the needs of the communities that they serve. Approved for 6 contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive 6 contact hours from ACM. For more information call 301-784-5530.

5/19, Thursday (1 session)
9:00 AM - 4:30 PM
ACM: CE Building
Instructor: Cory Beauford, LICSW
Total Cost: $69.00
Maryland Senior Course Cost: $64

Caring for Senior Citizens and Understanding Alzheimer’s Disease (DHR453)
The elderly are our fastest-growing age group. Nearly one in four households is involved in caregiving to senior citizens. Additionally, approximately 5 million Americans are suffering from Alzheimer’s disease and 70% live at home and are cared for by their families. What are the needs of these populations and those who care for them? This one day training will look at effective communication strategies and resources. We will take the learning “off the page” with group exercises and action simulations. Approved for 6 Contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive 6 contact hours from ACM. For more information call 301-784-5530.

4/18, Monday (1 session)
9:00 AM - 4:30 PM
ACM: CE Building
Instructor: Marsha Stein, LCSW-C
Course Cost: $94.00
Maryland Senior Course Cost: $89.00
Ethics and DSM-5 Case Diagnostic Formulation Illustrated by the Mary Lincoln Insanity Trial: “Passing through the fiery furnace of affliction” (DHR460)
The release of the DSM-5 presents new ethical mandates regarding diagnoses by mental health professionals. This course reviews changes in how diagnoses are recorded and changes in organization and content of specific DSM-5 disorders from an ethical perspective. The training covers major and minor changes in the DSM-5’s disorders. In addition, participants will become familiar with: the change in the definition of mental illness; DSM-5 severity measures; new criteria for the most used and most severe disorders (schizophrenia, bipolar, depressive, trauma, dissociative, substance, and personality disorders); and the ethics of the new approach to culture related to diagnosis. There will be emphasis on the significant ethical implications of the concepts of clinical relevance, utility, significance, and judgment. Apparent and subtle ethical issues in performing diagnosis generally and specifically applicable to the DSM-5 will be covered. The disorders and ethical issues will in part be reviewed in the context of the insanity trial of Mary Lincoln. The participants will view the 2013 film that is a reenactment of Mrs. Lincoln’s insanity trial in 1875. Dr. Munson will provide background information about the life and times of Mrs. Lincoln leading up to her insanity trial by a jury that very few people knew about until recently. After watching the film, participants will engage in discussion of the trial from an ethics perspective and will create a DSM-5 case diagnostic formulation in the format that replaces the DSM-4 for recording mental disorders. Dr. Munson has worked with the DSM system since DSM-1 was in use, and he participated in the clinical trials for the DSM-5. He will present, with the assistance of the participants, what mental health professionals need to know as part of ethically transitioning to the DSM-5 system through comparing DSM-5 criteria to standards used in Mrs. Lincoln’s insanity trial. Approved for 6 Contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive 6 contact hours from ACM.

5/16, Wednesday (1 session)
9:00 AM - 4:30 PM
ACM: CE Building
Instructor: Bruce Schaffer
Total Cost: $94.00
Maryland Senior Course Cost: $89.00

Street Drugs (DHR464)
This training will increase a participant’s awareness and understanding of the drug subculture. The instruction will include the routes of substance absorption. It will review the signs/symptoms and psychosocial aspects of: stimulants (crystal meth., ecstasy, bath salts, and cocaine), depressants (narcotics, benzodiazepines, g.h.b., inhalants), and hallucinogens (wet, vitamin k 2C.i., mxe). Throughout this workshop, the participant will learn the client’s belief system and the environment in which they become intoxicated. Approved for 6 Contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive 6 contact hours from ACM. For more information call 301-784-5530.

4/8, Friday (1 session)
9:00 AM - 4:30 PM
ACM: CE Building
Instructor: Dr. Carlton Munson
Total Cost: $69.00
Maryland Senior Course Cost: $64.00
Allegany College of Maryland’s
AMERICAN HEART ASSOCIATION TRAINING CENTER
OFFERS MANY COURSES EACH MONTH
ON A YEAR-ROUND BASIS

Authorized Provider
of CPR and ECC Courses

American Heart
Association
Fighting Heart Disease and Stroke

Would You Know What To Do?
Courses taught at the ACM Training Center by TC Faculty include Basic Life Support (BLS) for Healthcare Provider, BLS Renewal, ACLS, and Heartsaver First Aid/CPR. Students that successfully complete AHA courses receive an official certification card valid for a two year time period. 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 Jim Nichols at 301-784-5503 or email jnichols@allegany.edu.

INSTRUCTOR TRAINING! Are you interested in becoming a certified instructor for the American Heart Association? Call Jim Nichols at 301-784-5503 for details and information regarding instructor training and certification.
Heartsaver First Aid (CHE500)
If your loved one was injured in an accident or suffered from a medical condition, would you know what to do in those initial critical moments before professional help arrives?
If you answered “no” or you aren’t sure how to answer this question, then you should take advantage of this opportunity. In this CHE 500 Heartsaver First Aid course, which is being offered as a public service through the Allegany College of Maryland, you will obtain an invaluable skills set that will enable you to manage an illness or injury in the first few minutes. It includes general First Aid principles, medical and environmental emergencies, and injuries. Medical emergencies cover signs of heart attack, cardiac arrest, allergic reactions, stroke, seizures, and choking. Injury emergencies covers bleeding, puncture wounds, shock, head and spinal injuries, bone and muscle injuries and various types of burns. Environmental emergencies covers bites, stings, cold and heat-related emergencies such as frostbite and heatstroke, and poisoning emergencies.

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, “Heartsaver First Aid CPR AED,” which students should pick up in the Continuing Health Education building between the hours of 9:00am and 3:00pm. Students that do not pick up their books will receive their copy at the beginning of their class.

3/7, Monday (1 session)
*** WEEKDAY OPPORTUNITY ***
12:00PM-4:00 PM
ACM: AH 241
Instructor: Staff

5/9, Monday (1 session)
*** WEEKDAY OPPORTUNITY ***
12:00PM-4:00 PM
ACM: AH 241
Instructor: Staff

Total Course Cost: $30.00
Maryland Senior Course Cost: $25.00
Heartsaver First Aid and Adult CPR
(with optional Child CPR AED and Infant CPR) (CHE501)

The First Aid portion of this course teaches the individual how to manage illness or injury in the first few minutes until professional help is available. It includes general First Aid principles, medical and environmental emergencies, and injuries. Medical emergencies cover signs of heart attack, cardiac arrest, allergic reactions, stroke, seizures, and choking. Injury emergencies covers bleeding, puncture wounds, shock, head and spinal injuries, bone and muscle injuries and various types of burns. Environmental emergencies covers bites, stings, cold and heat-related emergencies such as frostbite and heatstroke, and poisoning emergencies. In the CPR portion, students learn how to recognize and treat cardiac arrest, choking, and the warning signs of heart attack and stroke. Students learn rescue breathing with and without the use of barrier devices. The instructor leads practice scenarios and peer-practice sessions. Students are also trained how to properly use an Automated External Defibrillator (AED). Students receive a Heartsaver First Aid/CPR AED card that is valid for a two year time period.

Audience: All lay rescuers, including childcare workers, babysitters, firefighters, police, airline personnel, 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, “Heartsaver First Aid CPR AED,” which students should pick up in the Continuing Health Education building between the hours of 9:00am and 3:00pm. Students that do not pick up their books will receive their copy at the beginning of their class.

NOTE: As a public service, instructors will include instruction and certification for Child CPR AED and Infant CPR at the end of the class for the benefit of parents, daycare providers, and others who may have a need or interest in obtaining these skills. The addition of Child CPR AED and Infant CPR will take approximately an additional two (2) hours. There is no additional charge for this add-on.

1/30, Saturday (1 session)
9:00AM-4:00 PM
ACM: AH 241
Instructor: Staff

3/19, Saturday (1 session)
9:00AM-4:00 PM
ACM: AH 241
Instructor: Staff

5/28, Saturday (1 session)
9:00AM-4:00 PM
ACM: AH 241
Instructor: Staff

6/25, Saturday (1 session)
9:00AM-4:00 PM
ACM: AH 241
Instructor: Staff

Total Course Cost: $64.00
Maryland Senior Course Cost: $59.00
TRAINING FOR HEALTHCARE PROFESSIONALS

Basic Life Support (BLS) for the Healthcare Provider (CHE 775)
The BLS Healthcare Provider Course teaches basic life support (BLS) to healthcare professionals and rescue personnel. Students will learn adult, infant and child cardiopulmonary resuscitation (CPR) with the use of the automated external defibrillator (AED) for ages 1 and older. The course includes training in mouth-to-mouth ventilation, rescue breathing with barrier devices and the use of bag-masks. Students will receive a BLS Healthcare Provider card that will remain valid for a two year time period after successfully completing the written exam and skills tests.

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

Prerequisites: This course is recommended for the professional healthcare provider. The cost of registration includes a textbook charge for the “BLS for Healthcare Providers Student Manual.” Students should pick up their copy of this text prior to the class. Books may be picked up in the Continuing Health Education building, Monday - Friday between the hours of 9:00am and 3:00pm. Students that do not pick up their books will receive their copy at the beginning of their class. Note: Students must be aware that classes may run longer than the posted times due to class size and/or other factors outside of the instructor’s control. Courses may be cancelled due to insufficient enrollment. Instructor assignments are subject to change.

2/20, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

3/17, Thursday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

4/16, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

5/19, Thursday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

6/18, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

Course Cost: $72.00
Maryland Senior Course Cost: $67.00
Renewal Basic Life Support (BLS) for Healthcare Providers (CHE776)
This renewal course refreshes the training of individuals previously certified in basic life support (BLS). Students will learn updated material and practice skills for adult, infant and child cardiopulmonary resuscitation (CPR) with the use of the automated external defibrillator (AED) for ages 1 and older. The course includes training in mouth-to-mouth ventilation, rescue breathing with barrier devices and the use of bag-masks. Students will receive a BLS Healthcare Provider card that will remain valid for a two year time period after successfully completing the written exam and skills tests.

Audience: Physicians, nurses, paramedics, Emergency Medical Technicians, respiratory, physical & occupational therapists, physician assistants, residents, medical/nursing students, aides, and other allied health personnel and lifeguards that have previously and successfully completed the BLS for the Healthcare Provider course and have maintained their certification.

Prerequisites: Students must present their CPR Healthcare Provider card to the instructor upon arrival to class. The instructor maintains the right to dismiss a student that does not present a current CPR Healthcare Provider card at any time during the course. The cost of registration includes a textbook charge for the “BLS for Healthcare Providers Student Manual.” Students should pick up their copy of the text prior to the class since they will be expected to know current BLS procedures upon arrival to class. Students who opt to receive their books at the beginning of class will still be expected to know the material contained within the manual. Books may be picked up in the Continuing Health Education building, Monday - Friday between the hours of 9:00am and 3:00pm. Students that do not pick up their books will receive their copy at the beginning of their class.

Note: Students must be aware that classes may run longer than the posted times due to class size and/or other factors outside of the instructor’s control. Courses may be cancelled due to insufficient enrollment. Instructor assignments are subject to change.

Important Notice: CHE776 Renewal Basic Life Support (BLS) for Healthcare Providers is also being offered at the Bedford Technical Center. See dates and times below.

2/11, Thursday (1 session)
9:00 AM - 2:00 PM
ACM: 241
Instructor: Staff

3/12, Saturday (1 session)
9:00 AM - 2:00 PM
ACM: AH 241
Instructor: Staff

4/22, Friday (1 session)
9:00 AM - 2:00 PM
ACM: AH 241
Instructor: Staff

5/14, Saturday (1 session)
9:00 AM - 2:00 PM
ACM: AH 241
Instructor: Staff

6/10, Friday (1 session)
9:00 AM - 2:00 PM
ACM: AH 241
Instructor: Staff

Total Course Cost: $64.00
Maryland Senior Course Cost: $59.00
Advanced Cardiac Life Support (Shared Course) (CHE769*)
This course is designed for health care professionals for managing a cardiac emergency. This course is approved by the American Heart Association and Maryland Institute for Emergency Medical Services approved, and all new ACLS guidelines will be taught.

Prerequisite: Current Health Care 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.

4/2-4/9, Saturday (2 sessions)
8:00 AM - 8:00 PM
ACM: AH108
Instructors: Bill Rocks & Paula Fuller

Course Cost: In County: $114.00
Out of County: $214.00
Out of State: $257.00

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.