HEALTH & 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 (CHE182)
Morning Session 9:00 AM-Noon: The Mysterious Mole – Spotting These Spots Could Save Your Patient’s Life!

We are experts in our field in recognizing abnormalities, providing patient education, prevention, early detection, and prompt treatment. But what happens when we see a mole on a patient’s face, lip, eye or skin that keeps getting bigger every time we see them? Do you bring it to their attention? Between two and three million non-melanoma skin cancers and 132,000 melanoma skin cancers occur globally each year. This course will make you aware of the difference of “normal” and what could be “abnormal”. Do you see the tanning bed Goddesses? What is UVA and UVB radiation really? What number of sunscreen is absolutely necessary? By the end of this course you will have the knowledge to quite possibly save a life!

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 of 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 (CHE182)
5/5, Friday (1 session)
9:00 AM - 4:00PM
Includes: The Mysterious Mole, Lunch, and Table Clinics.
ACM: Morning in Zimmer Theater
ACM: Afternoon in CE 8, 12, 13, 14, and 33
Instructor: Shannon M. Nanne, RDH/Various

CHE182 has been submitted to the Maryland State Board of Dental Examiners for 5.5 CEUs. Course Cost: All Day: $99.00 (includes lunch) MD Senior Course Costs: $94.00

Afternoon Table Clinics Only (CHE593)
5/5; Friday (1 session)
1:00 PM – 4:00 PM
Instructor: Various
ACM: Afternoon in CE 8, 12, 13, 14, and 33
The Afternoon Table Clinics (CHE593) have been submitted for 2.5 CEUs to the Maryland State Board of Dental Examiners.
Course Cost: $49.00 (Does not include lunch) Maryland Senior Course Cost: $44.00

Working with Older Adults: Preparing for Your Future (CHE685)
This full-day training presented by Dr. Charles Doring and Dr. Janet Yellowitz will help practitioners incorporate geriatric care into their practices. Our population is aging and seniors often have special dental needs and complicated medical histories that require careful consideration. Dental professionals will receive information about common age-related physiologic & pathologic changes, including cognitive impairment and strategies to provide oral care to this population. The course also includes information on the structure and staffing of long term care facilities and the important role of oral health in caring for these patients. This training is designed for the entire dental team.

3/31, Friday (1 session)
8:30 AM – 4:00 PM
ACM: Zimmer Theatre
Instructors: Dr. Charles Doring and Dr. Janet Yellowitz
Course Cost: Includes continental breakfast & lunch
AGDS Member Dentists: $150.00
Non-member Dentists: $250.00
Hygienists, Assistants & Front Office Staff: $60.00
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.

3/20-5-8; Mondays and Wednesdays (15 sessions) 6:00PM-9:30PM
Course Cost: $999.00 (Textbooks included)
Maryland Senior Course Cost: $990.00

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 Aide’s also work in hospitals, clinics, rehabilitation centers, 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

3/6–5/10 Mondays and Wednesdays (20 sessions) 6:00–9:30 PM and 3/25 & 4/22; Saturdays (2 sessions) 9:00 AM – 3:00 PM
Course Cost: $1,499.00 (Textbooks included)
Maryland Senior Course Cost: $1,490.00
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 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.

3/7-5/18 Tuesdays and Thursdays (21 sessions – No class 4/13) 6:00PM – 9:30PM AND 3/18, 4/1, 4/22 and 5/6; Saturdays (4 sessions) 9:00AM-3:00PM
Course Cost: $1,999.00 (Textbooks included)
Senior Course Cost: $1,990.00

MEDICINE AIDE PROFESSIONALS

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.

2/7, 14, 21; Tuesdays (3 sessions) or 5/2, 9, 16; Tuesdays (3 sessions) 5:00–8:00 PM
ACM: CE Building
Instructor: Deb Savage, RN
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

NURSING, MULTIDISCIPLINARY AND SHARED COURSES

Awareness of Special Populations (Shared Course) (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. +PLEASE NOTE: Even though this class only meets 2/4 and 2/5, there will be additional work required from 2/6 through 2/17/17. *This course as described above is for continuing education only. No college credit will be received. The course is available for college credit and those interested in this option should contact Cheryl Gilton at cgilton@allegany.edu or 301-784-5615.

2/4-2/5; Saturday/Sunday (2 sessions+) 8:30 AM – 4:00 PM
ACM: AH300
Instructor: D.Ross & R. Smith
Course Cost: In County: $117.00 Out of County: $225.00 Out of State: $270.00
AHEC West Nursing Conference:
CARING FOR THE CAREGIVER, CLIENT, FAMILY AND COMMUNITY (CHE215)
Keynote: Tag, You’re It presented by Rosemarie DiMauro Satyshur, PhD, RN: We do not move through life with the expectation of giving care to someone close to us for a sustained period of time. Dr. Satyshur will discuss the trials, fears and the occasional joys of caregiving. The course will identify who Maryland’s caregivers are and provide real life examples of the challenges they face. The eight crucial stages of caregiving will be identified and discussed. Insights based on Dr. Satyshur’s research interventions over a 13 year period will be shared. This includes information on moving through each crucial stage while addressing the needs and health of the caregiver.

You are the Key to HPV Cancer Prevention: presented by Bea Lamm, EdD, RN
Holistic Techniques to Reduce Workplace Stress and Burnout: presented by Marilyn Spenadel, LCPC, NCC, BCC, ACS
Legal Update Part 1: Social Media & The Health & Human Services Professional: presented by Pat McMullen, JD, PhD, RN, CRNP

You are the Key to HPV Cancer Prevention: presented by Bea Lamm, EdD, RN
Holistic Techniques to Reduce Workplace Stress and Burnout: presented by Marilyn Spenadel, LCPC, NCC, BCC, ACS
Legal Update Part 1: Social Media & The Health & Human Services Professional: presented by Pat McMullen, JD, PhD, RN, CRNP

LUNCH

Legal Update Part 2: Delegating Nurses/ and Other Current Issues: presented by Nayna Philipson, JD, PhD, RN, CFE, FACCE
Women’s Health Update: presented by Audra Houser, FNP
Concussions: Identification, Prevention and Outcomes: presented by Elizabeth Woooster PhD, RN, MS, MsEM, CEN

Nurses/Nurse Practitioners: includes breakfast, lunch and 6 CEUs.
Social Workers: 3 CEUs for the morning session (8:30AM-1PM) includes breakfast and lunch. Please specify if you want the full-day or morning only when you register.

4/7, Friday (1 session)
8:30 AM – 4:30 PM (Refreshments and sign-in begins at 8:00 AM) WMHS Auditorium
Instructors: Various
Course Cost: $45.00 includes breakfast, lunch and 6 Nursing CEUs
Morning Session Only (8:30-1:00)
Course Cost: $35.00 includes breakfast, lunch and 3 CEUs
No senior waiver

Ethical & Legal Issues in Health Care (Shared Course) (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. The course is available for college credit and those interested in this option should contact Cheryl Gilto at cgilto@allegany.edu or 301-784-5615.
1/24-5/9, Tuesday (16 sessions)
5:30 PM - 8:15 PM
ACM: AH239
Instructor: R. Smith & C. Gero
Course Cost:
In County: $117.00
Out of County: $225.00
Out of State: $270.00

Ethics for the Health Care Professional (CHE363)
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.
5/26, 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
The Miltenberger Emergency Services Seminar
The Maryland Institute for Emergency Medical Services Systems, The Maryland Fire and Rescue Institute, The Region I Emergency Services Education Council, Garrett College and Allegany College of Maryland are pleased to announce The 15th Miltenberger Emergency Services Seminar. The Miltenberger is returning to Allegany College of Maryland on Friday, March 10, 2017 and to Rocky Gap Resort the evening of March 10th and Saturday, March 11, 2017.

Friday, March 10th classes include:
• Pediatric Vascular Access Workshop
• Stroke
• Community Paramedicine
• Active Assailant – Assessments/Safe Areas
• Dispatch Workshop

Saturday, March 11th classes include:
• Keynote: Terrorist Bombings in Boston! The Emergency Response and Lessons Learned. Presenter: Alasdair K. Conn, MD
During the terror filled bombing incident at the finish line of the Boston Marathon in 2013, controlled chaos ensued. Dr. Conn will describe in detail the emergency medical response and what worked and what did not work in the early management of the disaster victims. Dr. Conn will review recommendations of the Hartford Consensus and its strategies to enhance survival in a future active assailant or MCI event.
• Infants: Sick or Not Sick, Always Small, and Sometimes Scary
• Saving the Exsanguinating Trauma Patient: From CPR to EPR
• EMS Response to Human Violence Cases
• Megacode Simulator
• Pediatric Ventricular Assist Devices (VAD) – Technology and Tender Care Required
• Mobile Integrated Community Health Program: A Team Approach to Population Health.
• Bleeding Control
• NAS – Neonatal Abstinence Syndrome – Minutes, Hours and Days
• Altered Level of Responsiveness
• Geriatric Trauma
• Stroke
• Solar PV Safety for Firefighters
• Dispatch Workshops

CEUs will be available for a variety of professions. Please save the date. Additional details and registration will be available on or about January 16, 2017. For more information, please call The MIEMSS Region One Office @ 301-895-5934.

3/10, Friday (multiple sessions)
8:30 AM - 4:00 PM ACM
6:00 PM - 9:00 PM Rocky Gap

3/11, Saturday at Rocky Gap (multiple sessions)
8:00 AM - 5:00 PM

Leadership & Conflict Management for the Health Care Professional
(Shared Course) (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 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. The course is available for college credit and those interested in this option should contact Cheryl Gilton at cgilton@allegany.edu or 301-784-5615.

3/25-4/8, Saturday (3 sessions)
9:00 AM - 2:00 PM ACM: AH300
Instructor: C.Gero

Course Cost:
In County: $117.00
Out of County: $225.00
Out of State: $270.00
Nutrition Update: Wegmans, Frederick, Maryland (CHE305)

Join WMHS Registered Dietitian, Theresa Stahl, for this timely Nutrition Update and Wegmans’ shopping and dining experience. We will depart Allegany College of Maryland at 9:15AM and arrive at the Frederick Wegmans’ Market at approximately 11:00AM. During the bus ride, instruction will be provided regarding new (2015) USDA Dietary guidelines as well as FDA changes to nutrition labeling. Guidelines and tips for a healthier diet, including suggestions for selecting fresh foods will also be presented.

Participants will have 2 ½ hours to explore Wegmans, which includes a wide variety of prepared foods available for in-store or take-home dining, as well as an extensive array of traditional and non-traditional produce, meats, seafood, dairy, grocery items and dry goods. We have timed the trip to take full advantage of Wegmans’ Saturday ‘sampling stations’ which will be operating throughout the store. Participants can taste test as well as receive preparation, serving and nutritional guidance from the knowledgeable providers.

We will depart for the return trip at 1:30 PM. There will be ice chests on the bus to keep your purchases fresh on the return trip. However, some thawing of frozen items may occur.

Instruction on the return trip will focus on proper food handling, preparation and storage with an emphasis on preparation techniques that maximize nutrition. Ample time will be reserved to answer any questions that may have come up on the bus or at the store.

This training has been submitted to the American Association of Medical Assistants for 3 CEUs. Laypersons are Welcome!

April 29, Saturday (1 session)
9:15 AM – 3:15 PM
Bus leaves ACM from behind the CE building.
Instructor: Theresa Stahl, RDN, LDN, FAND
Course Cost: $18.00*
Maryland Senior Course Cost: $18.00*
Includes round-trip bus transport aboard ACM’s comfortable Culture Coach, Nutrition Update, promotional gifts from Wegmans, training handouts and certificate of completion for 3 contact hours. (No food is included in the trip cost. Water will be available on the bus.)
*This course is partially sponsored by Western Maryland Health System.

Phlebotomy for the Health 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. The course is available for college credit and those interested in this option should contact Cheryl Gilton at cgilton@allegany.edu or 301-784-5615.

4/3-4/24; Mondays (3 sessions)
4:30PM-8:30 PM
Allied Health Building RM 251
Instructors: W. Wilson, J. Bistline
Course Cost:
In County: $117.00
Out of County: $225.00
Out of State: $270.00
OCCUPATIONAL AND PHYSICAL THERAPY PROFESSIONALS

**Manual Therapy: Peripheral Joint Mobilization (CHE198)**

Improving our clients’ range of motion while alleviating pain and promoting functional improvement can occur efficiently when employing appropriate joint mobilization techniques. This course will not only cover the rationale but also allow for copious practice and repetition of many techniques. Discussions will explore decision making and home programs will be taught to reinforce our clients’ improvements. This course will focus on all peripheral joints, with adequate time spent on each to make certain that each attendee will leave this course with fresh ideas and renewed confidence to help their clients get better outcomes.

This continuing education course provides instruction in appropriate mobilization techniques for the shoulder, elbow, wrist, hip, knee and ankle joints. Topics include the theory behind peripheral joint mobilization, arthrokinematics, joint capsule anatomy and joint capsular movement patterns.

Upon completion of the course, students will be able to:
- Explain the theory behind peripheral joint mobilization;
- Describe arthrokinematics and the role of the roll, spin and glide theory;
- Describe joint capsules and joint capsular patterns;
- Demonstrate common mobilization techniques for the shoulder, elbow, wrist and hand and their application for common problems;
- Demonstrate common mobilization techniques for the femoral acetabular hip joint, knee, foot and ankle complex and their application for common problems.

*This course has been submitted to the Maryland Board of Physical Therapy Examiners for 1.5 CEUs and to the Maryland Board of Occupational Therapy Practice for 15.0 contact hours.*

3/24 & 25, Fri/Sat (2 sessions)
8:00 AM - 5:00 PM (Continental breakfast and lunch provided both days)
Instructor: Paul Simonetti, PT, DPT, OCS
ACM: AH230 & AH259
Course Cost: $299.00
Maryland Senior Course Cost: $279.00

LIKE us on Facebook!
Search
**ACM Continuing Ed & Workforce Development**
and stay up to date with all our latest courses and events!
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 6th and 7th and Part Two: Electrical Stimulations for Occupational Therapists and Assistants will be offered March 8th and 9th. 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.

3/6 & 7, M/T (2 sessions)
8:30 AM – 4:30 PM
ACM: AH239 (Lecture) and AH258 (Lab)
Instructor: Jeremy Oldham, M. Ed, PTA
Course Cost: $259.00
Maryland Senior Course Cost: $250.00

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.

3/8 & 9, W/Th (2 sessions)
8:30 AM– 4:30 PM
ACM: AH239 (Lecture) and AH258 (Lab)
Instructor: Jeremy Oldham, M. Ed, PTA
Course Cost: $259.00
Maryland Senior Course Cost: $250.00
Pre-Service Training

CHILD CARE TRAINING

Now Available On-Line

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.

11/6/17 – 2/24/17
or
4/21/17 – 6/9/17
or
7/14/17 – 9/1/17
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Child Care II: Activities for Young Children *ONLINE* (DHR440)
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, communication, creative, and social skills will be discussed. Participants will develop projects that involve using activity-planning skills. (May be taken prior to Child Care I) For more information call 301-784-5530.

1/11/17 – 2/22/17
or
4/19/17 - 5/31/17
or
6/28/17 – 8/16/17
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

Child Care 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. For more information call 301-784-5530.

1/20/17 – 3/10/17
or
4/17/17 – 6/5/17
or
6/26/17 – 8/14/17
Course Cost: $225.00
Maryland Senior Course Cost: $220.00

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. For more information call 301-784-5530.

1/11/17 – 2/22/17
or
5/3/17 – 6/21/17
or
7/19/17 – 9/6/17
Course Cost: $225.00
Maryland Senior Course Cost: $220.00
Medication Administration (DHR379)
The purpose of the medication administration training program is to teach child care providers and child care center staff information about administering medication to infants, toddlers, preschool and school age children. The goal is to insure safe and accurate administration of oral, topical, inhaled and emergency medications to infants and children.

9/18, Sunday (1 session)
10:00 AM – 4:00 PM
ACM: CE Building
Instructor: Kay Rowland
Course Cost: $85.00
Maryland Senior Course Cost: $85.00

Including all Children and the ADA (DHR491)
REQUIRED COURSE for child care teachers, directors and family child care providers effective Jan.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. *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 Jan.1, 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. *Students can join anytime between the first and last class dates, takes about 3 hours to complete (your time may vary).
HUMAN SERVICE PROFESSIONALS

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 mediation 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. For more information call 301-784-5530.
3/9-4/27, Thursdays (9 – 1 hr. 40 min. sessions)
4:30 -6:10 PM
ACM: AH303
Instructor: Howard Reynolds
Course Cost: $129.00
Maryland Senior Course Cost: $124.00

Beyond the Basics: Trauma Informed Practice with Challenging Clients (HSP587)
Helping professionals may find work with survivors of traumatic experiences such as childhood physical, emotional and sexual abuse and domestic violence to be both challenging and rewarding. Trauma symptoms can interfere with clients’ ability to communicate effectively and contribute to confusing behavior when interacting with helping professionals. Participants in this training will gain an understanding of trauma’s effects on populations served and strategies to overcome barriers to client engagement. Six Contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive six contact hours from ACM. For more information call 301-784-5530.
4/6; Thursday (1 session)
9:00 AM - 4:30 PM
ACM: CE-12-14
Instructor: Laura Reagan, LCSW-C
Course Cost: $69.00
Maryland Senior Course Cost: $64.00

Caring For the Caregiver, Client, Family and Community (CHE215)
The morning session of the AHEC West Nursing Conference will provide 3 CEUs for Social Workers, Counselors, and Psychologists. Course information can be found on page 42.

Conflict Management (DHR496)
Conflict, when dealt with productively, can be an opportunity for growth. However, when allowed to fester or used reactively, it can destroy relationships and productivity. This interactive one-day class will give participants the opportunity to assess their own conflict management style and learn several tools in dealing with conflict. Behavioral simulations will be enacted by our professional role players so that so that the learning can be “taken off the page.” We will provide in-the-moment coaching for participants as they practice critical communication strategies for resolving conflict. Six contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive six contact hours from ACM. For more information call 301-784-5530.
4/11; Tuesday (1 session)
9:00 AM - 4:30 PM
ACM: CE-12-14
Instructor: Marsha Stein, LCSW-C
Course Cost: $99.00
Maryland Senior Course Cost: $94.00
Mental Health and the Criminal Justice System (DHR497)

According to the Bureau of Justice Statistics, individuals with mental health needs make up a large percentage of the US correctional population. An estimated 56 percent of state prisoners, 45 percent of federal prisoners, and 64 percent of jail inmates have a mental health problem. The numbers are as comparable for individuals on probation and parole. In addition research has indicated that individuals with a mental illness and substance abuse have a higher risk of criminal involvement. Mentally ill offenders present with complex needs related to their mental health, addiction, medical and housing needs. This workshop will explore the intersection between the mental health and the criminal justice system. Issues to be discussed include: offender typologies, co-occurring disorders, “war on drug”, gender differences, racial disparities, recidivism and re-entry. Current literature, laws, and state wide practices will be discussed. This is an interactive workshop with case scenarios presented and discussed. Six contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive six contact hours from ACM. For more information call 301-784-5530.

4/24, Monday (1 session)
9:00 AM - 4:30 PM
ACM: CE-12-14
Instructor: Veronica Cruz, LCSW-C
Course Cost: $99.00

Heroin and Other Narcotics (HSP425)

Heroin is an addictive drug, and its use is a serious problem in America. Recent studies suggest various routes of ingestion: injecting heroin to snorting or smoking because of increased purity and the misconception that these forms are safer. Also in conjunction or additionally is the abuse of pharmaceutical narcotics i.e. percocet, oxycotin, fentanyl, codeine cough syrup, etc. This workshop is designed to increase a helping professional’s awareness of the bio-psychosocial effects of heroin and other narcotics on the individual, the family and society. In addition, pharmacologic treatment approaches i.e. methadone, vivitrol and suboxone will be presented and reviewed. Six contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive six contact hours from ACM. For more information call 301-784-5530.

5/22, Monday (1 session)
9:00 AM - 4:30 PM
ACM: CE-12-14
Instructor: Bruce Schaffer
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

Course Cost: $99.00

Opioid Addiction and the Family (DHR495)

Living with an addicted person is not a spectator sport. To one extent or another addiction affects the entire family, regardless of whether it is a parent or adolescent family member who is addicted. Using a systems perspective and a strength-based model, this workshop will focus on the impact of addiction on the family, strategies for individual and family intervention, and suggestions to facilitate family transitions and recovery. Additional topics will include, using family rituals to facilitate change, helping family members to utilize emotional, social, and moral intelligences to encourage recovery, developing a family continuing care plan, and an appreciation for gender differences in the addiction process and in recovery. Six contact hours for Social Work, Professional Counselors, Addictions Counselors and Psychologists. All other participants will receive six contact hours from ACM. For more information call 301-784-5530.

5/12, Friday (1 session)
9:00 AM – 4:30 PM
ACM: CE
Instructor: Dr. Robert Ackerman
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

Course Cost: $99.00
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? Call Kate Winfield, 301-784-5681 for details and information regarding instructor training and certification.
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 Health Education building between the hours of 9:00 AM and 3:00 PM, 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.

1/9, Monday (1 session)
9:00 AM – 1:30 PM
ACM: AH 241
Instructor: Staff

3/6, Monday (1 session)
9:00 AM – 1:30 PM
ACM: AH 241
Instructor: Staff

5/8, Monday (1 session)
9:00 AM – 1:30 PM
ACM: AH 241
Instructor: Staff

Course Cost: $35.00
Maryland Senior Course Cost: $30.00
Heartsaver First Aid and Adult CPR  
(with optional Child CPR AED and Infant CPR) (CPR501)  
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, 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 which students should pick up in the Continuing Health Education building between the hours of 9:00 AM and 3:00 PM, 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.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/28, Sat</td>
<td>9:00 AM-5:00 PM</td>
<td>ACM: AH 241</td>
<td>Staff</td>
</tr>
<tr>
<td>2/25, Sat</td>
<td>9:00 AM-5:00 PM</td>
<td>ACM: AH 241</td>
<td>Staff</td>
</tr>
<tr>
<td>3/25, Sat</td>
<td>9:00 AM-5:00 PM</td>
<td>ACM: AH 241</td>
<td>Staff</td>
</tr>
<tr>
<td>4/29, Sat</td>
<td>9:00 AM-5:00 PM</td>
<td>ACM: AH 241</td>
<td>Staff</td>
</tr>
<tr>
<td>5/20, Sat</td>
<td>9:00 AM-5:00 PM</td>
<td>ACM: AH 241</td>
<td>Staff</td>
</tr>
<tr>
<td>6/24, Sat</td>
<td>9:00 AM-5:00 PM</td>
<td>ACM: AH 241</td>
<td>Staff</td>
</tr>
</tbody>
</table>

**Course Cost:** $69.00  
Maryland Senior Course Cost: $64.00
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 and lifeguards 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 9:00 am and 3:00 pm, 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.

BLS FOR THE FIRST TIME STUDENT:
Evening Classes:
1/3 & 1/5, Tuesday/Thursday (2 sessions)
5:00 PM-9:00 PM
ACM: AH 241
Instructor: Staff

3/14 & 3/16, Tuesday/Thursday (2 sessions)
5:00 PM-9:00 PM
ACM: AH 241
Instructor: Staff

5/16 & 5/18, Tuesday/Thursday (1 session)
5:00 PM-9:00 PM
ACM: AH 241
Instructor: Staff

Daytime Classes:
1/11, Wednesday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

2/4, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

4/8, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

6/10, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

BLS FOR THE EXPERIENCED STUDENT:
Evening Classes:
2/13 & 2/15, Monday/Wednesday (2 sessions)
5:00 PM-9:00 PM
ACM: AH 241
Instructor: Staff

4/24 & 4/26, Monday/Wednesday (2 sessions)
5:00 PM-9:00 PM
ACM: AH 241
Instructor: Staff

6/19 & 6/21, Monday/Wednesday (2 sessions)
5:00 PM-9:00 PM
ACM: AH 241
Instructor: Staff

Daytime Classes:
1/7, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

3/4, Saturday (1 session)
9:00 AM-5:00 PM
ACM: AH 241
Instructor: Staff

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

Course Cost: $77.00
Maryland Senior Course Cost: $72.00
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.

3/25 & 4/1, Saturday (2 sessions)
3/26 & 4/2, Sunday (2 sessions)
8:00 AM -5:00 PM
ACM: AH-108
Instructors: Staff

Course Cost:
In County: $117.00
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.