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.

HEALTH PROFESSIONS PRE-LICENSEURE

Dialysis Technician (CHE394) - Online

As kidney failure continues to be a growing national health problem, kidney disease is driving the growing demand for well-trained dialysis technicians. Dialysis technicians are employed in hospitals, outpatient clinics, and other medical facilities. The number of dialysis technician jobs is predicted to grow 11% through 2028. While most technician training has historically been done “on-the-job,” today’s healthcare employers are seeking well-trained technicians who possess the necessary knowledge and skills to fill this growing number of positions.

This Dialysis Technician Program provides students with the knowledge needed to perform as a dialysis technician. This program will review kidney dialysis machines, preparing dialyzer reprocessing and delivery systems, and review equipment maintenance. Additionally, this program includes a detailed review of Microsoft Office end user tool including Word, Power Point, Access, Outlook and Excel. National certification examination opportunities for successful students are as follows:

This program is designed to cover the key objectives of the leading dialysis technician certification exams. Although some students do immediately pursue certain certifications, most national exams require job experience for formal dialysis technician certification. The BONENT Certified Hemodialysis Technologist/ Technician examination requires one year of experience (12 months) in nephrology patient care, and current active participation in an ESRD facility. *The Microsoft Office Desktop Skill modules will prepare students to sit for the Microsoft Office User certification exams.

Course Cost: $1,299.00
Maryland Senior Course Cost $1,289.00 Does not include examination fees
Online e-learning Program Duration: 4 Months
*Students will have an additional 2 months access to the programs.
Scholarships may be available. Please email kcondor@allegany.edu for more information.
**Medicine Aide Certification** (CHE659/CHE660)
The purpose of this course is to prepare nursing home aides for the safe preparation (pouring), administration, and charting on non-parenteral medications. Content includes medications, their usage, dosage, and the side effects. *This course has been approved by the Maryland Board of Nursing.*

Prerequisites: Because of the serious nature of the tasks to be performed, participants are required to present evidence of having met the following criteria:

- Hold a current certification as an active CNA in good standing with the MD BON.
- Have at least two years full-time experience as a Certified Nursing Assistant in a licensed facility.
- Have at least 1 year full-time experience as a GNA in a licensed MD facility and be currently employed.
- Have experience in basic patient care procedures.
- Provide written evidence of employment status from Director of Nursing and/or Administrator of employing agency and a letter from Director of Nursing recommending participant for the class.
- Demonstrate successful achievement on a standardized test assessing reading and mathematical skills.
- Current completed physical exam form and a copy of employer background check, including drug screen, will be required before beginning clinical. If employer is unable to provide this documentation, a background check and drug screen must be completed. The fee for these services is NOT included in the course cost. Please contact Diana Folk at 301-784-5529 or dfolk@allegany.edu for more information.

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

**PRETESTING:**
*You must register for the CHE659 before scheduling the tests*. Call Student Support Services at Allegany College of Maryland to schedule required Arithmetic and Reading pretests, 301-784-5554. Please indicate you are testing for the Medicine Aide Course. There is no charge for this testing.

**REMEMBER:**
Please include a copy of the following when registering:

1. Letter of recommendation from nursing home DON with verification of one-year work experience.
2. Copy of MD Board of Nursing website verifying current active GNA status.

A current completed physical exam form and a copy of your employer background check including a drug screen are required before beginning the clinicals.

**REGISTRATION AND TUITION:** Includes tuition, registration and book.

**Medicine Aide I (CHE659)**
**CLASSROOM LECTURE**
9/8-10/20, Monday & Wednesday (13 sessions)
5:00-8:00 PM
Course Cost: $369.00
Maryland Senior Course Cost: $359.00

**Medicine Aide Clinical (CHE660)**
10/25-11/18, Mon., Wed., Thurs. (12 sessions)
6:30-9:30 PM
Course Cost: $249.00
Maryland Senior Course Cost: $239.00
Course Cost for Classroom & Clinical: $369.00
Maryland Senior Course Cost for Classroom & Clinical: $359.00
Instructor: Eva Wilson, RN
Location: CE Bldg. & Devlin Manor
**Deadline to register is 9/1/21.**

**Medicine Aide Renewal (CHE433)**
This course meets the 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 301-784-5529.

**Board of Nursing**
11/2-11/16, Tuesday (3 sessions)
5:00-8:00 PM
ACM: CE8
Instructor: Eva Wilson, RN
Course Cost: $109.00
Maryland Senior Course Cost: $99.00
NURSING ASSISTANT/GERIATRIC AIDE

Certified Nursing Assistants/Geriatric Aides provide basic care to patients under the direct supervision of an RN. They are able to perform delegated duties in a hospital, doctor's office, nursing home, or assisted living facility. This training consists of classroom and laboratory competency-based modules designed to prepare the student for employment in an acute care or long-term care facility. Many home care agencies also find this certification beneficial.

This course is approved through the Maryland Board of Nursing; successful completion allows the student to apply for certification in MD as a CNA and prepares students to take the National Nurse Aide Program Exam to gain their GNA certification.

The FOUR (4) courses that make up this certification are Introduction to Health & Wellness, Nursing Assistant/Geriatric Aide Classroom (parts I & II), Nursing Assistant/Geriatric Aide Clinical, and CPR.

The total cost, without books or college credit, is $1,786.00 for Allegany County residents. This includes the cost for the required BLS CPR Certification. Please see page 46 for course details. Limited scholarships available.

Required testing for certificate programs

Prior to registering for CHE322 Nursing Assistant/Geriatric Aide or CHE323 Pharmacy Technician, call the Student Success Center at Allegany College of Maryland to schedule the required Reading placement test at 301-784-5554. Pharmacy Technician students must also complete the Pharm Tech math test. Please indicate that you are testing for the Nursing Assistant Certification program through the Center for Continuing Education. For students unable to meet the minimum requirements, remediation training is available free of charge. This training may be completed prior to or while enrolled in CHE321, Introduction to Health and Wellness; therefore, testing as early as possible is recommended. Please contact Program Coordinator, Diana Folk at dfolk@allegany.edu or 301-784-5529 when you receive your test results. She will review your results and assist you in registering for the CNA/GNA course or to set up remediation training if needed.

Introduction to Health and Wellness (CHE321)

This course is required for Nursing Assistant/Geriatric Aide and Pharmacy Technician CE Certificate programs. It includes curriculum goals and objectives, basic concepts needed in health care, and wellness issues for patients and health care workers. An overview of medical ethics, professional conduct, infection control, medical terminology, communicating with patients, body mechanics, wellness, proper eating habits, principles of fitness, stress and time management, and teaching patient awareness of healthy life style options to enhance recovery and their everyday life will also be discussed. In order to meet Nursing Assistant and Pharmacy Technician requirements, students must achieve a grade of “C” or better.

This is the SAME course offered as part of the credit Nursing Assistant Curriculum and Pharmacy Technician Programs; however, no college credit is received, nor is traditional financial aid available.

Morning Option
8/24-12/7, Tuesday (15 sessions)
No class 10/12
9:00-11:45 AM

OR

Afternoon Option
8/24-12/9, Tuesday and Thursday (30 sessions)
No class 10/12 & 11/25
4:00-5:15 PM
ACM: AH267
Instructor: Cindy Gero
Course Cost:
In County: $462.00
Out of County: $816.00
Regional: $876.00
Out of State: $1,017.00
Course cost includes the required Learning Harbor fee, course fee, CE registration fee, and placement test fee for first time students. Books are not included in the course cost and are estimated to be approximately $126.00.
Nursing Assistant/Geriatric Aide Certification Training (CHE322/CHE342)

This course is designed to provide students with the classroom theory and clinical skills essential in assisting nurses in delivering proper basic bedside care of patients across the life span. This program offers a broad foundation of knowledge and skills for the Certified Nursing Assistant and the Geriatric Nursing Assistant. Successful completion of the course qualifies the student to apply for Maryland certification and to sit for the National Nurse Aide Assessment examination. Graduates will be able to seek employment in a variety of health care settings. Course work emphasizes growth and development throughout the life span, basic personal care, vital signs, communication and interpersonal skills, nutrition, medical asepsis, legal and ethical responsibilities, safe and efficient work practices, and medical terminology. In order to successfully pass this course, students must achieve a grade of “C” or better along with meeting the academic standards of the college. Students must also demonstrate successful achievement on a standardized test assessing reading. Please see page 30 for required testing details. Instructor consent required to take this course. This is the SAME course offered as part of the credit Nursing Assistant curriculum; however, no college credit is received, nor is traditional financial aid available. Limited Continuing Education Financial Aid may be available. Please contact Diana Folk, dfolk@allegany.edu or 301-784-5529 for scholarship and CE financial aid information.

Nursing Assistant/Geriatric Aide Classroom (CHE322/CHE342)

**Daytime Option**
8/23-11/17, Mon., Wed., Fri. (36 sessions)
No class 9/6 & 10/11
8:30-11:50 AM
Instructor: TBD

**OR**

**Evening Option**
8/23-11/9, Mon., Tues., Thurs. (33 sessions)
No class 9/6, 10/11, 10/12; class WILL meet on Wednesday, **10/13**
6:00-9:35 PM
ACM: AH267, AH210
Instructor: Beverley Shank, RN
Course Cost:
In County: $723.00
Out of County: $1,195.00
Regional: $1,275.00
Out of State: $1,463.00

Course cost includes materials fee, CE registration fee, record retention fee, placement test fee for first time students, and required criminal records history check. Books are not included in the course cost and are estimated to be approximately $131.00.

Nursing Assistant/Geriatric Aide Clinical (CHE332)

**Daytime Option**
11/19-12/10, Mon., Wed., Fri. (9 sessions)
No class 11/26
7:20 AM-1:00 PM
Off-site nursing homes to be determined by instructor
Instructor: TBD

**OR**

**Evening Option**
11/11-12/9, Mon., Tues., Thurs. (12 sessions)
No class 11/25
5:30-10:00 PM
Off-site nursing homes to be determined by instructor
Instructor: TBD
Course Cost:
In County: $517.00
Out of County: $871.00
Regional: $931.00
Out of State: $1,072.00
Course cost includes CE registration fee, MBON certification fee, and NNAAP Exam fee.
PHARMACY TECHNICIAN CERTIFICATION

Pharmacy Technicians work under supervision of a registered pharmacist in retail, hospital or institutional setting. This training consists of classroom and laboratory training and will cover knowledge areas and skills required and tested on the registry exam for the state of Maryland. Course will cover knowledge areas and skills required and tested on the registry exam for the state of Maryland. Students will learn about drug classifications, generic and name brands, dosage calculations, and state and federal laws regarding working in a pharmacy. The student will work with analytical balances and compounding equipment that will prepare them for clinical application. A variety of measurement systems will be covered in the course, as the student will need to be able to apply conversions properly. In order to successfully pass this course, students must achieve a grade of “C” or better, along with meeting the academic standards of the college. Instructor consent required to take this course.

This training is approved by the Maryland Board of Pharmacy. Successful completion allows the student to apply for registration as a pharmacy technician in MD. The program is also a Pharmacy Technician Certification Board (PTCB) Recognized Education/Training Program. The courses that make up this certification are Introduction to Health & Wellness, Pharmacy Technician 101 (parts I & II), Pharmacy Technician 102 Internship Lecture, Pharmacy Technician Internship clinical (parts I, II & III) and CPR. The total cost, without books, is $2,287.00 for Allegany County residents. This includes the cost for the required BLS CPR Certification; however, students must register for this separately by calling 301-784-5341.

Introduction to Health and Wellness (CHE321)
Please see page 30 for course details.

Pharmacy Technician 101 (CHE323/ CHE343)
This course will cover knowledge areas and skills required and tested on the registry exam for the state of Maryland. In order to successfully pass this course, students must achieve a grade of “C” or better, along with meeting the academic standards of the college. Instructor consent required to take this course. Students must also demonstrate successful achievement on a standardized test assessing reading and mathematical skills.

8/23-12/8, Mon., Tues., Wed. (45 sessions)
No class 9/6, 10/11, 10/12
Mon./Tues., 4:00-6:15 PM; Wed., 4:00-5:50 PM
ACM: AH102, AH153
Instructor: Joseph Glass
Course Cost:
In County: $879.00
Out of County: $1,587.00
Regional: $1,707.00
Out of State: $1,989.00
Course cost includes course fee and CE registration fee. Books are NOT included in the course cost and are estimated to be approximately $131.00.

Pharmacy Technician 102 (CHE324)
This lecture/lab course will reinforce student’s clinical internship experiences. Students must complete both this lecture and the corresponding lab/internship to earn their Pharmacy Technician Certificate and to apply for MD registration.

8/24-12/7, Tuesday (15 sessions)
No class 10/12
6:30-7:30 PM
ACM: AH134, AH153
Instructor: Joseph Glass
Course Cost:
In County: $296.00
Out of County: $414.00
Regional: $434.00
Out of State: $481.00
Course cost includes the required criminal records history check, CE registration fee, and course fee. Books are NOT included in the course cost and are estimated to be approximately $81.00.
Pharmacy Technician Clinical Internship (CHE325/CHE326/CHE328)

Students will spend 15 to 18 hours each week for a total or 180 hours in a retail pharmacy, hospital pharmacy or institutional pharmaceutical setting receiving practice as a Pharmacy Technician under the supervision of a registered pharmacist. Times will vary based on facility needs. In order to successfully pass this course, students must achieve a grade of “C” or better, along with meeting the academic standards of the college. Instructor consent is required to take this course.

Location: Various pharmacy sites  
Instructor: Joseph Glass  
Course Cost:  
In County: $566.00  
Out of County: $1,038.00  
Regional: $1,118.00  
Out of State: $1,306.00  
Course cost includes CE registration fee and record retention fee.

SHARED COURSES

Infusion Therapy Basics (CHE795)

This course is designed to help the Allied Health professional develop skills that will provide safe and competent administration and quality management of infusion therapy in the health care setting. Topics to be discussed include: infusion methods, types of catheters, infection control, care and maintenance of peripheral and central venous access devices, blood draws, complications, equipment and assembly, and venipuncture skills. *The course described above is for continuing education only. No college credit will be received.

TBD  
Instructor: Marianne Valentine  
Course Cost: $45.00 includes lab fee

Basic Phlebotomy Procedures (CHE388)

This course is designed to train Allied Health students and practicing 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.

8/23-9/20, Monday (4 sessions)  
No class on 9/6  
8/25-9/15, Wednesday (4 sessions)  
All sessions:  
3:30-7:30 PM  
ACM: AH251  
Instructor: Stacey Pyles  
Course Cost: Includes $80.00 lab fee  
In-County: $214.00  
Out-of-County: $332.00  
Regional: $352.00  
Out-of-State: $399.00

INTERDISCIPLINARY

Ethics for the Health Care Professional (CHE363)

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

For more CEU information, please contact kcondor@allegany.edu.

12/10, Friday (1 session)  
9:00 AM–4:30 PM  
ACM: CE-8 Instructor: Skott Brill, PhD  
Course Cost: $79.00  
Maryland Senior Course Cost: $74.00  
This course is available in classroom with the option for online participation through zoom. Please specify at time of registration.
DENTAL PROFESSIONALS

SAVE THE TOOTH! Reconstruction of Compromised Teeth from Endodontics to Final Restoration (AHC156)

The scientific evidence indicates that an inadequate coronal restoration is the primary reason why endodontically treated teeth fail. This interactive evidenced based course will cover the spectrum of treatment protocols required for the successful restoration of the compromised endodontically treated tooth. Participants will learn risk assessment principles necessary to determine the clinical requirements for successful tooth preservation. Step-by-step protocols for post selection, core and post placement and essential tooth preparation technique will be visualized with HD video obtained with a dental microscope. Innovative workflows will be introduced for integrating endodontic therapy with chairside scanning and milling.

Course Objectives:
1. Define restorative diagnostic criteria for treatment planning tooth preservation versus implant options
2. Outline the when, why and how strategies to simplify placement of posts and core materials
3. Review preparation protocol and crown material options for compromised endodontically treated teeth to avoid early fractures and failures
4. Implement innovative and reduced workflows for integrating endodontic therapy with chairside scanning and milling.

Dr. Alan Atlas maintains a full-time private practice dedicated to esthetic and comprehensive restorative dentistry located in Philadelphia, Pennsylvania. Dr. Atlas received his D.M.D degree from the University of Pennsylvania School of Dental Medicine and currently holds a dual appointment as Clinical Professor in the Department of Endodontics and the Department of Preventive/Restorative Sciences. He is Director of the Endodontic-Restorative Microscopy and Technology Clinic at Penn Dental Medicine teaching students precision restorative dentistry utilizing the dental microscope and digital technologies. Dr. Atlas is an internationally recognized lecturer and researcher whose unique academic and private practice perspective is focused on applying scientific based protocols to general and advanced clinical dentistry. His presentations span worldwide including Japan, Africa, Australia, Middle East, China, Korea and Europe.

11/19, Friday (1 session)
8:30 AM-4:00 PM
Rocky Gap Resort
Instructor: Dr. Alan Atlas
Course Cost for Allegany/Garrett Dental Society Member Dentist: $249.00
Non-Member Dentist: $349.00
Dental Hygienists & Assistants employed by AGDS Member: $129.00
Dental Hygienists & Assistants employed by non-AGDS Member: $159.00
Maryland Seniors (60+) receive $10 off the course cost.
REHAB PROFESSIONALS

An Introduction to Mind-Body Medicine for Physical and Occupational Therapy Professionals (CHE369)

Mindfulness and meditation, breath awareness and control, body awareness, relaxation response/self-regulation training, applications of mental imagery, and simple biofeedback skills all have an extensive and expanding body of evidence documenting the benefits for patients and caregivers alike. This experiential one-day course will introduce rehabilitation professionals to Mind-Body Skills as essential tools to address the complex psychosocial factors that directly influence physical health. This course is designed for practitioners to experience mind-body integrated constructs for managing stress and allostatic load in oneself and subsequently apply these principles and practices to patient care. The course covers the biological underpinnings of mind-body medicine and how these mind-body tools can be used to improve the treatment of chronic pain and enhance overall wellbeing. Ultimately, participants will leave with a deeper foundation for practicing in a way that supports the biopsychosocial approach. Evidence-based and evidence-informed references will be included.

Presenter Matt Erb, PT is a senior faculty member and clinical supervisor with the Washington, D.C. based Center for Mind-Body Medicine and a leading expert in the application of mind-body techniques to rehabilitative patient care. This course has been submitted to the Maryland Board of Physical Therapy Examiners for .6 CEUs and the Maryland Board of Occupational Therapy Examiners for 6 CEUs.

LEARNING OBJECTIVES: Upon completion of this course, participants will be able to:

• Describe the relevance/utility of a biopsychosocial and mind-body integrated view of and approach to health (including pain) experience.
• Outline the biological basis of mind-body medicine (MBM) including in relation to chronic pain.
• Demonstrate basic proficiency in applying self-regulation principles rooted in breath control and body awareness to oneself and as it applies in rehabilitation practice.
• Apply principles of mindfulness for improving neurocognitive, top-down inhibition processes in relation to the pain experience.
• Implement biofeedback, mental imagery, and mindful movement skills as examples of core mind-body medicine techniques.

10/1, Friday (1 session)
9:30 AM-5:00 PM
Online Via ZOOM
Instructor: Mathew Erb, PT
Course Cost: $49.00
Maryland Senior Course Cost: $44.00
Health and Human Service Professionals

THE ACM MIND-BODY CONNECTION

Allegany College of Maryland has a longstanding partnership with The Center for Mind-Body Medicine which, through generous funding from the Maryland Opioid Operational Command Center, has expanded significantly over the past two years.

On the cusp of COVID, ACM and The Center for Mind-Body Medicine trained 142 facilitators in the Center's acclaimed stress relief model. The response here in Western Maryland and, through our community college partners, across the state, has been exceptional. Despite the unprecedented stress of the pandemic, those trained under our grant and those participating in the resultant Mind-Body Skills groups have shown statistically significant gains in resiliency and ALL would recommend mind-body skills to others.

The statistics on the mental health toll of the past 18 months are so staggering, it's easy to forget that for too many, mental health was a crisis before the pandemic. COVID's impact has significantly magnified both the severity and urgency of the need for mental health resources and we feel blessed to have this proven resource available at this moment of extraordinary need. Allegany County has the highest per-capita concentration of trained Mind-Body facilitators IN THE WORLD! See how you and your business can tap this resource to increase awareness, engagement, focus and creativity, while reducing the negative impacts of stress.

We are passionate about sharing this transformative work with our community and are pleased to provide scholarships as funding allows.

Please note: This training was supported by the Opioid Operational Command Center. The views presented here are those of the grantee organization and not necessarily those of the OOCC, its Executive Director, or its staff.

8-Week Mind-Body Skills Group (CHE264)

According to the American Medical Association, most physicians’ visits are STRESS RELATED! Mind-Body Skills Groups are a powerful, effective combination of group support and research-based skills to help you deal with stress, life changes and illness.

Mind-Body Skills Groups help people to transform the physical, mental, emotional, social and spiritual dimensions of their lives. Mind-Body Skills reduce and relieve stress and increase resistance to disease. Mind-Body Skills groups will empower your growth through effective, research-proven skills. Participants learn the science and skills of meditation, guided imagery, biofeedback, and self-expression in words, drawings, and movement.

100% of participants would recommend this experience to others!

“I feel much more equipped to deal with stress and feel that I have many tools in my tool box to offer to students or staff or friends who are feeling stressed.”

“The exercises were so amazing.”

“I know I can cope with life!”

“Thank you so much for allowing this to happen during the pandemic. Online group work was a social lifeline and the universe definitely provided it for me at the exact right time!”

Groups meet for 2-hours/week for eight weeks. Groups will meet in person or over ZOOM. A variety of days and times will be available. A one-hour orientation session will be held prior to the start of each group. Sign up today – after the past 18 months, we can all use a bit of self-care.

Professional CEUs available for a $15 fee. 16 CEUs for LCPC, Psychologists and Addictions Counselors. Approved by MSDE for 1 CPE for Maryland Educators.

In-person groups will be available based on current pandemic protocols. Online options will also be available. Please visit www.allegany.edu/cmbm for more information and current group options.

Prefer an online group but need access to technology or internet? Please call 301-784-5526 to discuss available options.

$99.00 Limited FULL scholarships available. Please contact Kathy Condor at kcondor@allegany.edu or 301-784-5526 for more information.

ALLEGANY COLLEGE of MARYLAND  |  CENTER FOR CONTINUING EDUCATION & WORKFORCE DEVELOPMENT
Introduction to Mind-Body Skills – FREE WORKSHOP
Trained members of the Community Resilience Collaborative (CRC) Team are available to provide one-hour informational sessions to any community organization or business. These sessions will include experiential activities as well as an opportunity for participants to provide feedback to assist the CRC in moving strategically forward in the broader community. If your organization is interested in hosting an information session, please email kcondor@allegany.edu. Workshops are available online or in person and there is no charge for this training opportunity.

Workplace Wellness
Trained facilitators are available to work with your organization to offer longer Mind-Body Skills workshops (2-6 hours) and/or The Center for Mind-Body Medicine's acclaimed 8-session model of self-care and group support (CHE264) as a wellness initiative for your employees. Life during these past 18 months has been overwhelming - and our collective brains are like a computer that has maxed out its RAM. Studies show this strain has increased “presenteeism” - time employees are at work, but not working, with rates of presenteeism approaching 40% or higher! Spending two-hours a week on self-care, can help you and your employees free up some head space. Participants in Mind-Body Skills Groups consistently show a decrease burnout and stress and increases creativity and resilience. What will you do with a workforce that is engaged, creative, and future focused?

A 50% discount off the $99/per person rate is available to businesses and organizations in Allegany County. To add this opportunity to your worksite wellness initiatives or receive additional information, please email kcondor@allegany.edu.
CHILD CARE TRAINING

Classes are all ONLINE and available year-round. Please call Christa Snyder 301-784-5530 or casnyder@allegany.edu for the complete schedule.

Open entry classes are indicated with an *.

Students may join these classes any time between the first class date and the end class date.

**FALL 2021 (September-December 2021) Online child care classes are OPEN for seat sharing**

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<thead>
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<th>Course Description</th>
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<td>Child Growth &amp; Dev.</td>
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<td>School Age Child Care: Curric.</td>
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<td>Infant &amp; Toddler Care</td>
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<td>Developmentally Appropriate Practice</td>
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<tr>
<td>Taking Learning Outside</td>
<td>3*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
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<tr>
<td>Nutrition &amp; Active Living</td>
<td>3*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
</tr>
<tr>
<td>Playground Safety</td>
<td>3*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
</tr>
<tr>
<td>Including all Children and the ADA</td>
<td>3*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
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<tr>
<td>Supporting Children with Disabilities</td>
<td>3*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
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<tr>
<td>Intro to Environmental Rating Scales</td>
<td>3*</td>
<td>8/30/2021</td>
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<td>The Child Care Provider as a Professional</td>
<td>3*</td>
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<td>Conflict Resolution Strategies</td>
<td>3*</td>
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<tr>
<td>Cultural Competence &amp; Awareness</td>
<td>3*</td>
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<td>12/10/2021</td>
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<tr>
<td>Family &amp; Community Partnerships</td>
<td>3*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
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<tr>
<td>SIDS</td>
<td>3*</td>
<td>8/30/2021</td>
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<tr>
<td>Supporting Breastfeeding in Child Care</td>
<td>3*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
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<tr>
<td>Basic Health and Safety Training</td>
<td>5*</td>
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### Health and Human Service Professionals

#### FALL 2021 Hours Start End

<table>
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<tr>
<th>Topic</th>
<th>Hours</th>
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<th>End</th>
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<tbody>
<tr>
<td>Pandemic and Outbreaks: Reducing Risks in Child Care</td>
<td>5*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
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<tr>
<td>Engaging Children with Remote Learning</td>
<td>5*</td>
<td>8/30/2021</td>
<td>12/10/2021</td>
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<tr>
<td>Pyramid Model for Social and Emotional Competence- Preschool</td>
<td>18</td>
<td>9/7/2021</td>
<td>12/10/2021</td>
</tr>
<tr>
<td>CDA Capstone: Portfolio, Application &amp; Exam Prep</td>
<td>22</td>
<td>11/1/2021</td>
<td>12/13/2021</td>
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#### Other Occupations:

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Hours</th>
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<tbody>
<tr>
<td>Dispensary Tech I</td>
<td>30</td>
<td>10/4/2021</td>
<td>11/22/2021</td>
</tr>
<tr>
<td>Dispensary Tech II</td>
<td>30</td>
<td>11/29/2021</td>
<td>1/24/2021</td>
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</tbody>
</table>

#### Credential Boosters

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. For complete list of credential booster classes please contact Christa Snyder at 301-784-5530 or casnyder@allegany.edu

Please note the following about these courses:

- You can complete online Credential Boosters courses at your own pace, with instructor guidance; each one takes approximately three hours to complete (completion times may vary).
- You will need access to a computer, the internet, and email to take an online Credential Boosters course.
- No refunds or transfers. No assignment deadline extensions.
- Textbooks must be purchased prior to class (unless provided).

#### General guidelines for online classes:

You will need access to a computer, the internet and Email to take these courses; sufficient computer skills are required, including using a word processing program to write and save your work on your computer. Provide your email address with your registration so we can send you log in instructions. Online classes fill up quickly, so please register early!

#### Course Smart E-Textbook options for students

- **eTextbooks** are listed below, you may purchase directly from the publishers' website: www.vitalsource.com.
- Printed textbooks are also available. Students may purchase them at the Howard CC bookstore http://www.howardcc.bncollege.com/ or from a seller of their choice.
- Always look for the LATEST edition, as editions can change.

**Child Care I: Child Growth & Development** 45 hours

Textbook Title: Developmental Profiles (Cengage) 8th edition

**Child Care II: Preschool Curriculum and Activities** 45 hours

Health and Human Service Professionals

Child Care III: School Age Child Care Curriculum 45 hours
Textbook Title: Caring for School Age Children (Cengage) latest edition

Child Care IV: Infant & Toddler 45 Hours
No Text book purchase. MSDE’s Healthy beginnings text is included
***Other child care classes may also require book purchase***

DEADLINE TO REGISTER 2 weeks prior to start of each class

REGISTRATION INFORMATION
45 Hour Course Cost: $235.00
24 Hour Course Cost: $245.00
18 Hour Course Cost: $175.00
9 Hour Course Cost: $105.00
5 Hour Course Cost: $65.00
3 Hour Course Cost: $45.00
2 Hour Course Cost: $45.00
Maryland Senior Course Costs are $5.00 less than the above listed course costs.
Due to COVID 19 Human Services Classes for Fall 2021 will be conducted in a hybrid format, a combination of in-person as well as online learning. In person registration will be limited, and there will be an online option for those who wish to attend virtually.

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.

In partnership with UPMC Western Maryland
Celebrating the 54th Institute on Medicine and Religion Conference:
Cracked, Not Broken, The Kevin Hines Story (CHE500)

It is necessary to advocate for changes in the way society views mental health and mental illness. These changes need to be accompanied by a shift in the understanding of the problems known as mental illness and the best way to help people recover. Through this featured session, attendees will determine that there is significant value in lived experience. Lived experience will be viewed as an identifiable source of educational tools, recovery strategies, and hope. Kevin Hines is an award-winning global speaker, bestselling author, documentary filmmaker, suicide prevention and mental health advocate who reaches audiences with his story of an unlikely survival and his strong will to live. As a world-renowned subject matter expert, his presentation is now an evidence-based program.

LEARNING OBJECTIVES
• Describe what drives suicidal behavior
• Improve suicide risk prevention skills
• Develop treatment strategies for high-risk patients

Instructor: Kevin Hines is an award-winning global speaker, bestselling author, multiple award-winning filmmaker, and suicide prevention activist. Two years after he was diagnosed with bipolar disorder (19 years of age), he attempted to take his life by jumping from the Golden Gate Bridge. He is one of only thirty-four to survive the fall, and the only one to regain full physical mobility. He is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy. The fall would break his body, but not his spirit. Kevin is one of the leading forces to raise the net at the Golden Gate Bridge and other suicide spots around the USA. Through the Kevin & Margaret Hines Foundation, Kevin and his wife, Margaret (a board member of the American Association of Suicidology) launch programs in schools to educate youth on mental health and teach them that suicide is preventable. Alongside his friend, Patrick Kennedy, Kevin has testified in the US Congress to enact the Mental Health Parity Bill. As of December 2019, a Buzzfeed video featuring his life has subsequently reached audiences of over 340 million worldwide. He has received hundreds of awards and military medals for his work in the behavioral/mental health/suicide prevention space. In 2016, Mental Health America awarded Kevin the most prestigious and highly regarded Clifford W. Beers Award. He is one of the most respected and admired voices of lived experience.

This full day training is designed for Social Workers, Professional Counselors, Psychologists, Dental Professionals, Addictions Counselors, Clergy, Nurse Practitioners, Parish Nurses and any other interested Human Service professionals. (6 CEU's). Lay persons are welcome.

10/22, Friday (1 session)
9:00 AM-4:00 PM
ACM: CC Zimmer Theatre
Instructor: Kevin Hines
Course Cost: $79.00
Maryland Senior Course Cost: $79.00

Registration for this class is not available through ACM. Please register online (via PayPal) by visiting upmcwesternmaryland.com/institute
Techniques for Delivering Bad News for Crisis Response Personnel (DHR385)

Elements of crisis intervention that are commonly utilized in the provision of distributing bad news. Course objectives:

- Primary steps required to make an effective announcement of upsetting information.
- Common reactions of people when they are informed of emotionally distressing information.
- Components of an announcement of bad news.
- Distress experienced by the recipients of psychologically disturbing news.
- Special considerations for providing bad news to children, the elderly and persons with disabilities.

General Contract Hours: 7 contact hours; 0.7 General CE credits from UMBC Training Centers; Profession Specific Contact Hours: 7 PDHs for EAPA/EACC, 7 CE Credits for National Certified Addiction Counselors, CE Credits for EMS Providers and Nurses.

9/18, Saturday (1 session)
8:00 AM-5:00 PM
ACM: CE12-14
Instructor: TBD
Course Cost: FREE
Maryland Senior Course Cost: FREE

Integrating Spirituality into the Treatment of Addictive Disorders (DHR608)

Individuals recovering from addictions frequently cite spirituality as a helpful influence. People in recovery from alcoholism or other addictions often attend 12-step programs, such as Alcoholics Anonymous and hear phrases such as “this is a spiritual program” or “you need to discover your spirituality or higher power.” While the spiritual dimension and coping tools associated with these beliefs can be beneficial to clients, clinicians often struggle to incorporate these interventions into formal treatment in a manner that is sensitive to individual differences. This interactive training will discuss the benefits of merging spirituality into the treatment of addictive behaviors and highlight methods that facilitate how to infuse spirituality into our programs in a manner that is respectful of diversity and culturally competent.

6 CEU’s offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.

9/14, Tuesday (1 session)
9:00 AM-4:30 PM
ACM: CE-12/14
Instructor: Corey Beauford
Course Cost: $79.00
Maryland Senior Course Cost: $74.00

Motivational Interviewing: Tools for Helping People Change (DHR609)

This course is designed for those with minimum exposure to MI (Motivational Interviewing) or for participants who are brushing up on acquired skills. The class will focus on OARS, the core skills of MI with real life examples and video demonstrations. We will have ample time for practicing these skills as well as learning new tools: identifying when it is appropriate use them with clients or patients. This class will introduce participants to change talk and how we elicit motivation for change.

6 CEU’s offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals. Limited $54 scholarships available.

11/5, Friday
9:00 AM-4:30 PM
ACM: online
Instructor: Christine Higgins
Course Cost: $79.00
Maryland Senior Course Cost: $79.00
Nail Technician Program (DHR600/DHR601/DHR602)

Allegany College of Maryland’s Nail Technician program prepares students to apply for the required examination to become a Licensed Nail Technician. The 250 hours of instruction include theory, demonstration and practical application. Upon completion of the course (Module I, II, III) students will be provided with the information for the state licensing exam. The student is responsible for paying for the exam. The program is divided into 3 modules which are included in the program cost. This fee also includes a Nail Technician Kit, that students keep for their personal and professional use. A textbook and workbooks are also included in the course fee.

Module I – Instruction and theory, demonstration and practical application.

Module II – Manicure and pedicure procedures, electric filling and how to apply wraps and nail tips. Anatomy and physiology of the hand and nails is reviewed.

Module III – Learn laws and regulations, explore career opportunities and discuss salon management.

10/25-3/9/2022, Mon., Wed., Thurs. (22 sessions)
4:00-8:30 PM
Sat. (7 sessions)
8:00 AM-4:00 PM
ACM: Workforce Bldg.
Instructor: Sherry McMillian & Stephanie Tabler
Course Cost: $2,200.00
Senior Course Cost: $2,195.00
Limited $1,600 scholarships available, please contact Christa Snyder 301-784-5530 or casnyder@allegany.edu for more information.
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 GM 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 Laura Rivers, 301-784-5681 or lrivers2@allegany.edu.

INSTRUCTOR CLASSES ARE FORMING! Are you interested in becoming a certified instructor for the American Heart Association? Call Laura Rivers, 301-784-5681 for details and information regarding instructor training and certification.
TRAINING FOR THE LAYPERSON

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

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

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace, and nearly 80 percent of sudden cardiac arrests occur outside the hospital.

Heartsaver First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. In this course, students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

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

Audience:
All lay rescuers, including childcare workers, babysitters, firefighters, police, 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 a workbook. This workbook will be provided during your class time.

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.

9/13, Monday (1 session)
10/4, Monday (1 session)
11/1, Monday (1 session)
12/6, Monday (1 session)

All Sessions:
8:00 AM-4:00 PM
ACM: Workforce Bldg.
Instructor: Staff
Course Cost: $75.00
Maryland Senior Course Cost: $70.00
TRAINING FOR HEALTHCARE PROFESSIONALS

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 will receive at the beginning of class.

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

9/18, Saturday (1 session)
10/2, Saturday (1 session)
11/13, Saturday (1 session)
12/11, Saturday (1 session)

All Sessions:
8:00 AM- 4:00 PM
ACM: Workforce Bldg.
Instructor: Staff
Course Cost: $84.00
Maryland Senior Course Cost: $79.00

WE ARE ONCE AGAIN Offering a RENEWAL CLASS for BLS Provider

Basic Life Support (BLS) Provider RENEWAL (CPR776)
The AHA has added a BLS Renewal Course option for BLS providers to complete BLS training and receive a BLS Provider course completion card. The BLS Renewal Course is a video-based, Instructor Led Training course that features accelerated content. It is designed specifically for providers with a current BLS Provider course completion card and allows for time efficiency while teaching both single-rescuer and team basic life support skills in both in-facility and prehospital settings.

Prerequisites: Students must present their current BLS Provider card to the instructor upon arrival to the class. The instructor maintains the right to dismiss a student that does not present a valid BLS Provider card.

The course cost includes the workbook which students will receive in class.

9/9, Thursday (1 session)
10/14, Thursday (1 session)
11/4, Thursday (1 session)
12/2, Thursday (1 session)

All Sessions:
9:00 AM-3:00 PM
ACM: Workforce Bldg.
Instructor: Staff
Course Cost: $74.00
Maryland Senior Course Cost: $69.00