Health and 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.

HEALTH PROFESSIONS PRE-LICENSURE

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 Does not include examination fees
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 of non-parenteral medications. Content includes medications, their usage, dosage, and side effects. This course has been approved by the Maryland Board of Nursing.

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

• Be currently employed in a Maryland skilled care or intermediate care facility and have at least two-years full-time work experience as a Certified Nursing Assistant in a licensed facility.
• Be currently employed and have at least 1-year full-time work experience as a GNA in a licensed MD facility.
• 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 of a standardized test assessing reading and mathematical skills.

ALLEGANY COLLEGE of MARYLAND | CENTER FOR CONTINUING EDUCATION & WORKFORCE DEVELOPMENT

FALL 2022 SCHEDULE
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.

This certification 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:**
Call the Student Success Center at Allegany College of Maryland to schedule required Math and Reading pretests at 301-784-5554. Please indicate you are testing for the Medicine Aide Course. There is no charge for this testing.

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

**Medicine Aide I: Classroom Lecture (CHE659)**
9/7-10/19, Mon. & Wed. (13 sessions)
5:00-8:00 PM
ACM: CE18
Course Cost: $369.00
Maryland Senior Course Cost: $359.00

**Medicine Aide Clinical (CHE660)**
10/24-11/17, Mon., Wed. & Thur. (12 sessions)
6:30-9:30 PM
Course Cost: $249.00
Maryland Senior Course Cost: $239.00

Course Cost for Classroom & Clinical: $618.00
Maryland Senior Course Cost for Classroom & Clinical: $598.00
Instructor: Eva Wilson, RN
Location: CE18 & off-site location

*This class is planned as a face-to-face class, but may be changed to online if necessary.

**Medicine Aide Update (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.

11/1-11/15, Tuesday (3 sessions)
2/7-2/21/23, Tuesday (3 sessions)
5:00–8:00 PM
ACM: CE18
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 a nurse. 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 Assessment Program Exam.

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 $1,791.00 for Allegany County residents. This includes the cost for the required BLS (Basic Life Support) CPR Certification; however, students must register for this separately by calling 301-784-5341. The current CPR schedule can be found on page 55.

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 lifestyle 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
8/23-12/6, Tuesday (15 sessions)
No class 10/11
9:00-11:45 AM

OR

Afternoon Option
8/23-12/8, Tues. & Thurs. (30 sessions)
No class 10/11, 11/24
4:00-5:15 PM
ACM: AH 267
Instructor: Cindy Gero

Course Cost:
In County: $462.00
Out of County: $861.00
Regional: $942.00
Out of State: $1,095.00
Course cost includes the required Learning Harbor 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 $129.00.

*Prior to registering for CHE322 Nursing Assistant/Geriatric Aide Certification Training, call the Student Success Center at Allegany College of Maryland to schedule the required Reading placement test at 301-784-5554. 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 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.

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FALL 2022 SCHEDULE
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 35 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 scholarships for continuing education students available. Please contact Diana Folk for more information at 301-784-5529 or email dfolk@allegany.edu.

Nursing Assistant/Geriatric Aide Classroom (CHE322, CHE342)

Daytime Option
8/22-11/16, Mon., Wed. & Fri. (36 sessions)
No class 9/5, 10/10
9:00 AM-12:20 PM
OR
Evening Option
8/22-11/8, Mon., Tues. & Thurs. (33 sessions)
No class 9/5, 10/10, 10/11
Class WILL meet on Wednesday, 10/12 (all classes are following Monday schedule)
6:00-9:35 PM
ACM: AH 267, AH 210
Instructor: TBD

Course Cost:
In County: $723.00
Out of County: $1,255.00
Regional: $1,363.00
Out of State: $1,567.00
Course cost includes materials fee, CE registration fee, record retention fee, and placement test fee for first time students. Books are not included in the course cost and are estimated to be approximately $137.00

Nursing Assistant/Geriatric Aide Clinical (CHE332)

Daytime Option
11/18-12/9, Mon., Wed. & Fri. (9 sessions)
No class 11/25
7:20 AM-1:00 PM
Off-site nursing homes to be determined by instructor
Instructor: TBA
OR
Evening Option
11/10-12/8, Mon., Tues. & Thurs. (12 sessions)
No class 11/24
5:45-9:45 PM
Off-site nursing homes to be determined by instructor
Instructor: TBA

Course Cost:
In County: $517.00
Out of County: $916.00
Regional: $997.00
Out of State: $1,150.00
Course cost includes the required criminal records history check, CE registration fee and MBON (MARYLAND BOARD OF NURSING) certification fee.
PHARMACY TECHNICIAN CERTIFICATION

Approved by the Maryland Board of Pharmacy, this certificate program provides students with a foundation that allows them to apply for Maryland registration as a pharmacy technician, and prepares them to take a national certification exam. Interested students must possess a high school diploma or GED. Students will receive theoretical and clinical experience that will prepare them for job opportunities in retail, hospital, and institutional facilities. The program will include safety and drug regulations, drug classifications and uses, dosage calculations, pharmacological terminology, parenteral solution preparation, homeopathic medicinals, and drug dispensing.

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. 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 $2,292.00 for Allegany County residents. This includes the cost for the required BLS (Basic Life Support) CPR Certification; however, students must register for this separately by calling 301-784-5341. The current CPR schedule can be found on page 55.

Introduction to Health and Wellness (CHE321)
This course is required for Pharmacy Technician and Nursing Assistant/Geriatric Aide CE certificate programs. It includes curriculum goals and objectives, basic concepts needed in health care, and wellness issues for patients and the health care workers. An overview of medical ethics, professional conduct, infection control, communicating with patients, body mechanics, working as a team, and other health profession concerns will be discussed. The dimensions of wellness, proper eating habits, principles of fitness, stress and time management, and teaching patient awareness of healthy lifestyle options to enhance recovery and their everyday life will also be discussed. In order to meet Nursing Assistant certification and Pharmacy Technician requirements, students must achieve a grade of “C” or better.

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

Morning Option
8/23-12/6, Tuesday (15 sessions)
No class 10/11
9:00-11:45 AM

OR

Afternoon Option
8/23-12/8, Tues. & Thurs., (30 sessions)
No class 10/11 or 11/24
4:00-5:15 PM
ACM: AH267
Instructor: Cindy Gero

Continued on next page
Continued from previous page

Course Cost:
In County: $462.00
Out of County: $861.00
Regional: $942.00
Out of State: $1,095.00
Course cost includes the required Learning Harbor 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 $129.00.

*Prior to registering for CHE323 Pharmacy Technician 101, students must contact The Student Success Center at Allegany College of Maryland to schedule required math and reading placement tests at 301-784-5554. Please indicate that you are testing for Pharmacy Technician certificate training program through the Center for Continuing Education. For students unable to meet the minimum assessment 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 Pharmacy Technician 101 or to set up remediation training if needed.

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. 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. Students must also demonstrate successful achievement on a standardized test assessing reading and mathematical skills. Please see the above paragraph for required testing details.

8/22-12/7, Mon., Tues., Wed. (45 sessions)
No class 9/5, 10/10, 10/11
Mon. & Tues., 4:00-6:20 PM,
Wed., 4:00-5:50 PM
ACM: AH102, AH153
Instructor: TBD

Course Cost:
In County: $879.00
Out of County: $1,677.00
Regional: $1,839.00
Out of State: $2,145.00
Course cost includes materials and CE registration fee. Books are NOT included in the course cost and are estimated to be approximately $147.00.
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.

8/23-12/6, Tuesday (15 sessions)
No class 10/11
6:30-7:30 PM
ACM: AH102, AH153
Instructor: TBD

Course Cost:
In County: $296.00
Out of County: $429.00
Regional: $456.00
Out of State: $507.00
Course cost includes the required criminal records history check, CE registration fee, and materials fee. Books are NOT included in the course cost and are estimated to be approximately $70.00

Pharmacy Technician Clinical Internship (CHE325, CHE326, CHE328)
Students will spend 15 to 18 hours each week for a total of 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: TBD

Course Cost:
In County: $566.00
Out of County: $1,098.00
Regional: $1,206.00
Out of State: $1,410.00
Course cost includes the required criminal records history check, clinical fee, CE registration fee and record retention fee.
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 – Introduction of the knowledge and skills needed to prepare for the required state examination to become a licensed nail technician. Instruction includes 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.

Please contact Christa Snyder for more information at 301-784-5530 or email casnyder@allegany.edu.

Sat. 11/12, 12/10, 12/14, 1/14/23 & 2/11/23, 8:00 AM-4:00 PM
Mon., Wed. & Thurs. 4:00 AM-8:30 PM
No class on Wed., 11/9, 12/7, 1/11/23 & 2/8/23
ACM: Workforce Building
Instructors: Cassie Hunter & Danni Conn
Course Cost: $2,300.00
Maryland Senior Course Cost: $2,295.00
Limited $2,000 scholarships available to Allegany County residents! (3 or more years residency)
Veterinary Assistant (CHE452, CHE453)
Are you interested in working with animals in a veterinary clinic or hospital? Are you interested in this training for your own personal enrichment? Either way, this course may be for you. The Veterinary Assistant curriculum is composed of 72 hours of classroom instruction and 22 hours of practical experience for a total training time of 94 combined hours. Students that successfully complete the following four modules are awarded a Certificate of Achievement:

Veterinary Assistant Training I: Outpatient Care
Veterinary Assistant Training II: Diagnostic and Pharmacy
Veterinary Assistant Training III: Patient Care & Treatment
Veterinary Assistant Training IV: Surgery, Anesthesia, and Emergency Care

Audience: The Veterinary Assistant training is intended for the person that enjoys working with both animals and humans. The most successful students will be those that have: (1) the interpersonal skills needed to deal compassionately and professionally with the public, (2) a strong work ethic and ability to be where they need to be when they are supposed to be there, and (3) able to work in fast-paced environment. NOTE: This is NOT a two-year degree program which results in the awarding of a Veterinarian Technician college diploma.

Please contact Christa Snyder for more information at 301-784-5530 or email casnyder@allegany.edu.

9/15/22-3/2/23, Thursday (25 sessions)
No Class 11/24, 12/22 & 12/29
5:30-8:45 PM
ACM: CE8
Instructor: Erica Feeney
Course Cost: $1,000.00
Maryland Senior Course Cost: $995.00
Limited $775 scholarships available to Allegany County residents! (3 or more years residency)
Dental Pharmacology, PANDA, Infection Control, and NEW Implicit Bias Training (CHE392)

ACM is pleased to partner with the Allegany/Garrett Dental Society to provide this training which includes 4 courses required by the Maryland State Board of Dental Examiners in a single day! This course is available In-Person at the UPMC Western Maryland Auditorium or ONLINE via ZOOM. Please register for CHE392 AND select ‘In-Person’ or ‘Online’ at time of registration. 6.5 CEUs will be awarded for the full day.

The training day will proceed as follows:
8:30-9:00AM: Implicit Bias Training (part 1 of 2)

Part one of UCLA’s Implicit Bias Video Series from BruinX, the R&D unit within UCLA’s Office of Equity, Diversity and Inclusion. This portion covers the introduction to implicit bias, Lesson I: Schemas (mental shortcuts that help us navigate life); Lesson 2: Attitudes and Stereotypes; and Lesson 3: Real World Consequences.

This training is approved by the Maryland Board of Dental Examiners to meet the new requirement for dentists, dental hygienists, and dental radiation technologists. Dentists and hygienists will be required to attest to completion of this training for 2022 licensure renewal. (Since this new requirement was added to COMAR after the normal continuing education deadline of December 31, 2021, this mandatory training can be completed any time prior to your next renewal application. The training only needs to be completed ONE time. The Board apologizes to dentists and dental hygienists scheduled to renew their license in 2022 for the relatively short period of time that the law provides to complete the course.)

9:00-11:00AM Dr. Charles Doring will present: Dental Pharmacology: Proper Prescription Writing & Disposal of Prescription Drugs

Approved by the Maryland State Board of Dental Examiners for 2 CEUs, Dr. Doring’s course is newly updated and includes the latest on the Maryland Electronic Health Record (CRISP), the Prescription Drug Monitoring Program (PDMP) and use of Narcan in treating drug overdoses. The course is approved by the Maryland State Board of Dental Examiners to fulfill the dentist license renewal requirement. The entire dental team can benefit from the course, though it is only mandated for licensed dentists.

11:00AM-11:15AM Break
11:15AM -12:15PM Lori Serna-Pate, RHD, Med will present: Infection Control (Part One)
Meeting the infection control needs of every dental practice should not be an overwhelming process. An understanding of the applicable laws, prevention techniques and a common-sense approach can produce a simple, and effective ongoing program that protects patients and providers alike. A review of current research will provide a scientific basis for infection control policies. Understanding the required protocols and procedures that would be evaluated during a compliance inspection will be included. The course is designed to help satisfy the annual training requirement for MOSH compliance as well as provide infection control continuing education credits required for Maryland dental re-licensure. This course is approved for 2 CEUs.

12:15-1:00PM LUNCH

1:00-2:00PM Lori Serna-Pate, RHD, Med: Infection Control (Part Two)

2:00-2:15PM Implicit Bias Training (part 2 of 2)
Part two of UCLA’s Implicit Bias Video Series includes: Lesson 4: Explicit v. Implicit Bias; Lesson 5: The IA T; and Lesson 6: Countermeasures.

2:15-2:30PM BREAK

2:30-4:30PM Child Abuse & Neglect through Dental Awareness (P.A.N.D.A)
Approved for 2 CEUs. P.A.N.D.A. started in Missouri in 1992 to address the lack of child abuse reporting by dental professionals even though between 65-75% of all physical abuse involves injuries to the head, neck, and mouth. This course is designed to educate dentists, dental hygienists, dental assistants and others about the problems of child abuse and neglect, domestic violence, elder abuse and neglect, and human trafficking. Presented by Dr. Doring, this newly updated course aims to teach recognition of the indicators of abuse and neglect; to inform about the legal and ethical responsibility in reporting and referring victims; and to educate these professionals on becoming knowledgeable, and how to recognize, report and refer.

10/28, Friday (1 session)
CHE392 8:30AM-4:30PM
In Person at UPMC Western Maryland or ONLINE VIA ZOOM
Instructors: Doring, Serna-Pate, UCLA Office of Equity, Diversity and Inclusion

Course Cost:
MSDA/AGDA Member Dentists: $99.00 Maryland Senior (60+) $94.00
MSDA/AGDA Member Staff: $89.00 Maryland Senior (60+) $84.00
Non MSDA /AGDS Member Dentists: $199.00 Maryland Senior (60+) $194.00
Non MSDA /AGDS Member Staff: $109.00 Maryland Senior (60+) $104.00
MASSAGE, PHYSICAL AND OCCUPATIONAL THERAPY PROFESSIONALS

Introduction to Mind-Body Medicine for Massage, Physical and Occupational Therapy Professionals: Navigating the Complexities of Chronic Pain Through Mind-Body Integration in Rehabilitation (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 an Associate Clinical Director with The Center for Mind-Body Medicine and a leading expert in the application of mind-body techniques to rehabilitative patient care. This course has been approved by the Maryland Board of Physical Therapy Examiners for .6 CEUs and the Maryland Board of Occupational Therapy Examiners for 6 contact hours. ACM is a pre-approved provider through the Maryland Board of Massage Therapy Examiners and will award 6 massage-related continuing education hours for this course.

Here’s what prior participants had to say:

• “Great interactive course!”
• “Enjoyed the experiential exercises and the practical application of the skills I learned.”
• “Matt is excellent at presenting clear and organized information.”
• “Provided a myriad of real life, understandable ways to utilize these techniques.”

COURSE 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.

11/19, Saturday, (1 session)
9:30 AM-5:00 PM
ONLINE over ZOOM
Online Course Cost: $59.00
Maryland Senior Course Cost: $54.00
**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. The pandemic has only increased the need for 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, PT’s, 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.

6/12-13, Monday (2 session)
No class on 6/13
9:00 AM–4:30 PM
ACM: CE12-14
Instructor: Skott Brill, PhD
Course Cost: $95.00
Maryland Senior Course Cost: $90.00

**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.*

8/22-9/19, Monday (4 session)
No class on 9/5
3:30-7:30 PM
ACM: AH251
Instructors: S. Senka & T. Koontz

Course Cost:
In-County: $214.00
Out-of-County: $347.00
Regional: $374.00
Out-of-State: $425.00
Includes $80 lab fee & CE registration fee
No Senior Waiver/Discount

This course is available for in person or ZOOM enrollment. Please specify Face to Face or ONLINE at time of registration.

12/16, Friday, (1 session)
9:00 AM–4:30 PM
ACM: CE12-14
Instructor: Skott Brill, PhD
Course Cost: $95.00
Maryland Senior Course Cost: $90.00

ALLEGANY COLLEGE of MARYLAND | CENTER FOR CONTINUING EDUCATION & WORKFORCE DEVELOPMENT
THE ACM MIND-BODY CONNECTION

The statistics on the mental health toll of the pandemic are so staggering, it's easy to forget that for too many, mental health was a crisis before the pandemic. Allegany College of Maryland has a longstanding partnership with the Washington, D.C. based Center for Mind-Body Medicine (CMBM). The Center is world renowned for their population wide trauma-relief program and over the past three years ACM and the Center have trained more than 135 local Mind-Body Skills Group facilitators. This now gives our community more trained facilitators per capita than anywhere in the world! COVID-19’s impact has significantly magnified both the severity and urgency of the need for mental health resources and we feel blessed to have this evidence-based resource available to our community during this time of unprecedented need.

Mind-Body Skills are simple tools that mitigate the negative impact of stress on your physical and emotional health. The Center’s model of self-care and group support has been used successfully around the globe for more than three decades. During the pandemic, the model was successfully shifted to ZOOM delivery and we have been grateful to discover that this transition did not diminish the powerful impact of the CMBM model. In fact, 100% of the participants in our online Mind-Body Skills Groups would recommend this opportunity to others.

We have various options to learn Mind-Body Skills. You can sign up for a traditional 8-week Mind-Body Skills Group (primarily over ZOOM) or request a 1-2 hour (or longer) workshop for your organization. If your organization is looking for an impactful and affordable worksite wellness option, we can arrange a facilitator for a ZOOM (or if COVID protocols allow, face-to-face) Mind-Body Skills group just for your employees.

Additional details about these options can be found below. If you have any questions, please contact Kathy Condor at kcondor@allegany.edu or 301-784-5526.

8-Session 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 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.

Participants who completed our facilitator trainings and 8-session groups continue to see benefits including:

![Mind-Body Skills Benefits](image)

AND - 100% of participants would recommend this experience to others!
Health and Human Service Professionals

“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 generally have 8-10 participants and meet for 2-hours/week for eight weeks, primarily over ZOOM. Prior to the first group session, your facilitator will hold a brief introductory call to explain more details about the group and test your technology for the ZOOM platform.

Professional CEUs available for a $15 fee. 16 CEUs for LCPC, Psychologists and Addictions Counselors. Approved by MSDE for 1 CPE for Maryland Educators. PACE Dental CEUs available through our training partner AHEC West. Please email kcondor@allegany.edu prior to enrollment to confirm CEU availability.

Need access to technology or internet? Please call 301-784-5526 to discuss available options.

Start Dates and Times Vary (8 sessions)
To view available group options and register, please visit www.allegany.edu/cmbm.
Instructor: Various CMBM Trained Facilitators
Course Cost: $149.00
Maryland Senior Course Cost: $144.00
Full scholarships are available for Maryland residents.

Introduction to Mind-Body Skills – FREE WORKSHOP
Trained members of the Community Resilience Network (CRN) Team are available to provide one-hour informational sessions to your community organization or business. These sessions will introduce participants to the science behind mind-body medicine and include activities that enable participants to experience the mind-body connection for themselves. 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 currently no charge for this training opportunity.

Workplace Wellness
Since the onset of the pandemic, life 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 50% 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 in burnout and stress and increases in creativity and resilience. What will you do with a workforce that is engaged, creative, and future focused?

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 proven 8-session model of self-care and group support (CHE264) as a wellness initiative for your employees.

To add this opportunity to your worksite wellness initiatives or receive additional information, please email kcondor@allegany.edu.
## FALL 2022

### Health and Human Service Professionals

#### CHILD CARE TRAINING

Classes are all ONLINE and available year-round- please call Christa Snyder 301-784-5530 or email casnyder@allegany.edu for the complete schedule. Open entry classes are indicated with an asterisk (*). Students may join these classes any time between the first-class date and the end class date.

**FALL 2022 (September - December 2022) Online child care classes are OPEN for seat sharing**

<table>
<thead>
<tr>
<th>Course Description</th>
<th>Hours</th>
<th>Start</th>
<th>End</th>
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<tbody>
<tr>
<td>Child Growth &amp; Dev.</td>
<td>45</td>
<td>9/9/2022</td>
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<td>Child Growth &amp; Dev.</td>
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<td>Infant &amp; Toddler Care</td>
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<tr>
<td>Preschool Curric &amp; Activities</td>
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<td>Child Care Administration</td>
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<td>Family Child Care Preservice</td>
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<td>Supervising Children in Child Care</td>
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<tr>
<td>Positive Child Guidance &amp; Discipline</td>
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<td>Nutrition &amp; Active Living</td>
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<td>Intro to Environmental Rating Scales</td>
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<td>Conflict Resolution Strategies</td>
<td>3*</td>
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<td>Cultural Competence &amp; Awareness</td>
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<td>Family &amp; Community Partnership</td>
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<td>Supporting Breastfeeding in Child Care</td>
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<td>12/9/2022</td>
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<tr>
<td>Basic Health and Safety Training</td>
<td>5*</td>
<td>8/29/2022</td>
<td>12/9/2022</td>
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<tr>
<td>Pandemic and Outbreaks: Reducing Risks in Child Care</td>
<td>5*</td>
<td>8/29/2022</td>
<td>12/9/2022</td>
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<tr>
<td>Engaging Children with Remote Learning</td>
<td>5*</td>
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<td>12/9/2022</td>
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<tr>
<td>Pyramid Model for Social and Emotional Competence-Preschool</td>
<td>18</td>
<td>10/3/2022</td>
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</tbody>
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**ALLEGANY COLLEGE OF MARYLAND | CENTER FOR CONTINUING EDUCATION & WORKFORCE DEVELOPMENT**
DEADLINE TO REGISTER 2 weeks prior to start of each class

REGISTRATION INFORMATION
45 Hour Course Cost: $250.00
24 Hour Course Cost: $245.00
18 Hour Course Cost: $175.00
9 Hour Course Cost: $105.00
5 Hour Course Cost: $75.00
3 Hour Course Cost: $45.00
2 Hour Course Cost: $45.00

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 publisher's 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

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 required. MSDE's Healthy beginnings text is included.

***Other child care classes may also require book purchase***
It is necessary to advocate for the changes in which 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.

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 class is being held at Frostburg State University Lane Center.

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

9/16, Friday (1 session)
9:00 AM-4:00 PM
Frostburg State Lane Center
Instructor: Kevin Hines
REGISTRATION LINK: https://tinyurl.com/45ewrecy
REGISTRATION DEADLINE: September 9, 2022
REGISTRATION INFORMATION: $60.00 for professionals receiving CEUs
$40.00 for Non-CEU participants
$30.00 for students (limited spaces available)
Human Services Classes listed below for Fall 2022 will continue to be conducted in a hybrid format, a combination of in-person as well as online learning.

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.

Virtue Ethics for Therapists and Clients (DHR662)
Wouldn’t it be great if we all knew how we ought to live, and acted the right way all the time? You might answer, “Of course. But how can we even begin to get close to that ideal? And who’s to judge what ‘the right way to act’ is in every situation?” The burgeoning field of Virtue Ethics offers approaches for answering the above questions. It posits that our practical judgment can discern a pathway to true human goodness, and that virtuous living can be cultivated in individuals for both their own benefit and the benefit of the common good.

This course will introduce virtue ethics; a consideration of virtue in both the professional life and the private life of the therapist; and an argument for making education about virtue as a component of therapy. Participants will be invited to discuss their thinking about whether and how to communicate ethical judgments to clients concerning their behavior. Case examples will be used to illustrate the potential benefits of engaging clients in ethical conversation about virtue as part of their therapeutic treatment.

3 CEU’s offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals. Class meets MD Board of Social Work requirements for Ethics.

10/20, Thursday (1 session)
9:00 AM-12:15 PM
ACM: CE12-14 or online
Instructor: Paul McCusker
Course Cost: $45.00
Maryland Senior Course Cost: $40.00

Culture and the Therapist: Aspects of Competence for Practicing in Unsettled Times (DHR661)
Doing therapy is a decision-making process on the part of the therapist. The quality of the decisions made will depend in large part on the quality of the knowledge base of the therapist. Many of the emotional and behavioral problems of our therapy clients can be understood as stemming from characteristics of 21st-century American culture. Therapists who are knowledgeable about the nature and history of our culture, and who have insight into the role that culture can play in generating and perpetuating mental illness, are equipped to make reasonable, defensible decisions in therapy. This course will include a “big picture” look at the history of our culture, focusing especially on major cultural changes during the past two centuries. Previously dominant modes of thinking, behavior and social organization will be contrasted with corresponding versions presently holding sway, and connections between current cultural structure and currently prevailing behavioral problems will be sketched out. Particular attention will be paid to the question of the aims of therapy, and whether some customary approaches to counseling and psychotherapy may be contributing to cultural trends that lead toward human malaise instead of toward human flourishing. Case examples will be used to illustrate how therapist thoughtfulness about culture can foster fruitful decision-making in practice.

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

10/20, Thursday (1 session)
1:00-4:00 PM
ACM: CE12-14 or online
Instructor: Paul McCusker
Course Cost: $45.00
Maryland Senior Course Cost: $40.00
Analyzing & Treating Generational Trauma (DHR664)

How do we help our clients or patients from repeating the cycle of trauma and stopping generational trauma from thriving? Often times individuals with generational trauma are so immersed in their trauma narratives that base lines shift, and trauma is perceived the norm. This training will analyze the complexities of treating the onion effect of generational trauma. Exploring the various layers that have to be exposed, addressed, and repacked. Trauma is a universal concept that every human being endures at some point in their lives. Often, individuals sustain multiple traumas, and some become so pervasive and acute that they can develop into Big “T” traumas that can last for generations.

This training will focus on the theory and concept of what trauma is and how individuals can grow and thrive despite their trauma narratives. And as a result, reduce or eliminate generational traumas. This is an interactive training where case vignettes will be presented, and participants will work in a group setting to maximize the learning and application of concepts presented.

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

9/22, Thursday (1 session)
9:00 AM-4:30 PM
ACM: CE12-14 or online
Instructor: Veronica Cruz
Course Cost: $79.00
Maryland Senior Course Cost: $74.00

Treatment of Methamphetamine and Cocaine Addiction: Helping Individuals and Families Affected by Stimulant Use Disorders (DHR663)

The most recent report by the Substance Abuse and Mental Health Services Administration (SAMHSA) on Drug Use and Health reports that 12.4 million individuals in the U.S. ages 12 or older used methamphetamine, cocaine or other stimulant drugs in the past month. This annual SAMHSA report also reports that 2.6 million individuals met criteria for a substance use disorder (addiction) within the past year. Many individuals with a stimulant use disorder also use alcohol or other drugs, have additional substance use disorders, or co-occurring psychiatric disorders. Clearly, stimulant addictions represent a major public health problem that harms the individual, family, and community. This training will provide an overview of stimulant drugs. It will discuss short and long-term effects of these drugs, and the impact on the individual’s health, relationships and functioning. It will review prevalence, types and symptoms of stimulant use disorders. Evidenced-based psychosocial interventions based on studies funded by the National Institute on Drug Abuse (NDIA) will be reviewed to introduce participants to available treatments. Participants will also be introduced to clinical treatment manuals published by NIDA describing these treatments.

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

9/28, Wednesday (1 session)
9:00 AM-4:30 PM
ACM: CE12-14 or online
Instructor: Dennis Daley
Course Cost: $99.00
Maryland Senior Course Cost: $94.00
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® CPR, First Aid & AED. 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. There is an AHA website for information but be sure to register for a class in order to receive or maintain this important professional credential. The phone number for CE Registration is 301-784-5341.

CONVENIENT SCHEDULE: ACM offers CPR and First Aid courses in Cumberland each season and classes are taught in the Workforce Training 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 at 301-784-5681 or email lrivers2@allegany.edu.

INSTRUCTOR CLASSES ARE FORMING! Are you interested in becoming a certified instructor for the American Heart Association? Call Laura Rivers at 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 & AED (with optional Child CPR 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) arrive. 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.

10/4, Tuesday (1 session)
12/6, Tuesday (1 session)
All Sessions:
8:00 AM–4:00 PM
ACM: Workforce Building
Instructor: Staff
Course Cost: $80.00
Maryland Senior Course Cost: $75.00
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.

9/12, Monday (1 session)
10/13, Thursday (1 session)
11/4, Friday (1 session)
12/2, Friday (1 session)
All Sessions:
8:00 AM - 4:00 PM
ACM: Workforce Building
Instructor: Staff
Course Cost: $89.00
Maryland Senior Course Cost: $84.00

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.

9/24, Saturday (1 session)
10/8, Saturday (1 session)
11/29, Tuesday (1 session)
12/13, Tuesday (1 session)
All sessions:
9:00 AM - 3:00 PM
ACM: Workforce Building
Instructor: Staff
Course Cost: $79.00
Maryland Senior Course Cost: $74.00