



HEALTH PROFESSIONS PRE-LICENSURE AND SHARED COURSES

Certified Nursing Assistant (CHE483)

The Certified Nursing Assistant Program provides students with essential classroom theory and clinical skills to assist nurses in delivering effective patient care across the lifespan. The course provides a comprehensive foundation of knowledge and skills, including growth and development throughout the lifespan, basic personal care, vital signs, communication and interpersonal skills, nutrition, medical asepsis, legal and ethical responsibilities, safe and efficient work practices, and medical terminology.

Successful completion of the course qualifies the student to apply for state certification and sit for the National Nurse Aide Assessment Program exam. Students will be able to seek employment in long-term care facilities and hospital settings.

Before registering for the Certified Nursing Assistant program, prospective students must meet with the program coordinator during one of the following information sessions:

- ▶ Session 1 Tuesday, August 11, 11AM-12:00PM
- ▶ Session 2 Tuesday, August 18, 4-5PM
- ▶ Session 3 Thursday, August 27, 5-6PM

If you cannot make these sessions, please get in touch with the program coordinator, Clare Buckle, at 301-784-5529 or cbuckle@allegany.edu.

9/21–11/5, MTWTH (28 Sessions)

6-9:15PM

Instructor: Brenda Castle

ACM: CE4 & CE15

Course Cost: \$1,422

Maryland Senior Course Cost: \$1,417

Course cost includes material fees, criminal records history check, CE registration fee, and record retention fee. Books are not included in the course cost.

Registration Deadline: Friday, September 11, 2026

Health and Human Service Professionals

Certified Nursing Assistant Clinical (CHE484)

Date: 11/9-11/20, Mondays (10 Sessions)

Time: 2:00PM-7PM

Instructor: Autumn Nicol

Location: Off-site, long-term care facility

Course Cost: \$678

Maryland Senior Course Cost: \$673

Course Cost includes the CE registration, Maryland Board of Nursing (MBON) certification fee, and the NNAAP Exam Fee.

MASSAGE THERAPY

LICENSED MASSAGE THERAPIST RENEWAL CLASS

To renew a massage therapy license in the State of Maryland, a therapist must complete 24 hours of continuing education (CE) credits every two years. Within those 24 CE hours are eight hours of mandatory coursework: 3 hours in Communicable Diseases (including HIV/AIDS); 2 hours in Cultural Competency, Diversity, or Implicit Bias; and 3 hours in Ethics or Jurisprudence. The remaining 16 hours are elective CE pertaining to the human anatomy which may be obtained through online courses and/or massage therapy conferences.

** Course approved by the Maryland Board of Massage Therapists.

Course Covers:

- **Communicable Disease** Considerations for Massage Therapists (8:30–11:30AM)
Participants will learn concerns for massage therapists regarding major communicable diseases and review guidelines for protecting their own health.
- **Cultural Competency & Diversity** Insights for Massage Therapists (12–2PM)
Participants will increase their awareness of potential client concerns and discuss how to be more responsive to specific issues that help increase client satisfaction.
- **Ethical Challenges** to Professional Massage Therapy (2–5PM) Participants will examine various case studies focusing on professional ethics and discuss their implications regarding their institutional and/or own personal practice. [Please note: A one-hour course in Implicit Bias and Structural Racism is required for your first renewal after initial licensure, and that course counts toward your continuing education hours. A list of approved training programs is maintained by the State of Maryland/ Minority Health and Health Disparities Department (MHHD) and is provided online: <https://health.maryland.gov/mhhd/Pages/Implicit-Bias-Resources.aspx>]

10/9, Friday (1 session)

OR

10/17, Saturday (1 session)

8:30AM-5PM

ACM: CE Bldg

Instructor: Brian Richmond

Course Cost: \$100

Maryland Senior Course Cost: \$95

Health and Human Service Professionals

PHARMACY TECHNICIAN CERTIFICATION

Pharmacy Technician 101

(CHE323/CHE343)

This course will cover the knowledge areas and skills required for and tested on the Maryland registry exam. Students will learn about drug classifications, generic and brand-name drugs, dosage calculations, and state and federal laws governing pharmacy work. The student will work with analytical balances and compounding equipment, preparing them for clinical applications. A variety of measurement systems will be covered in the course, as students will need to apply conversions properly.

Before registering for the Pharmacy Technician program, prospective students must meet with the program coordinator during one of the following information sessions:

- ▶ Session 1 Thursday, July 16, 11AM-12PM
- ▶ Session 2 Thursday, July 23, 4-5PM
- ▶ Session 3 Thursday, July 30, 5-6PM

If you cannot make these sessions, please get in touch with the program coordinator, Clare Buckle, at 301-784-5529 or cbuckle@allegany.edu.

8/17-12/2, MTW (47 Sessions)

3-5:00PM

Instructor: Krista Barry

Location: CE15

Course Cost: \$921

Maryland Senior Course Cost: \$916

Pharmacy Technician 102 (CHE324)

This lecture lab course will reinforce students' 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.

8/18-12/1, Tuesday (15 Sessions)

5-6:00PM

Instructor: Krista Barry

Location: CE4

Course Cost: \$303

Maryland Senior Course Cost: \$298

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. To successfully pass this course, students must earn a grade of C or better and meet the college's academic standards. Instructor consent is required to take this course.

Time: TBD by pharmacy site and student

Location: Various pharmacy sites as determined by the instructor

Instructor: Krista Barry

Course Cost: \$580

Maryland Senior Cost: \$575

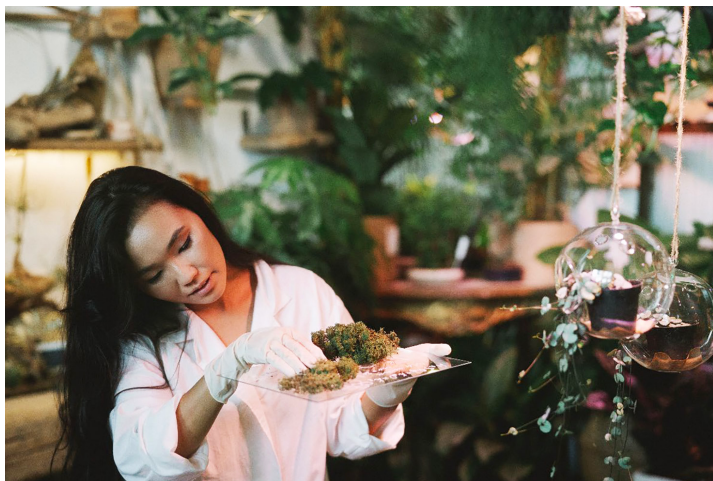
Course cost included the CE registration fee and record retention fee.

Registration Deadline: Monday, August 10, 2026

Health and Human Service Professionals

CANNABIS PATHWAY PROGRAM

Are you interested in wellness and enjoy providing excellent customer service? If so, you might consider a career in the rapidly growing cannabis industry. In this course, you will receive a comprehensive overview of the cannabis industry, along with the professional skills and responsibilities involved in daily operations. The curriculum includes an introduction to Maryland Cannabis Law and the MCA Regulatory Framework, as well as responsible vendor obligations and agent registry requirements.



You will learn about dispensary operations, including policies, procedures, and facility standards, as well as product knowledge covering flower, concentrates, edibles, and topicals. The course will also address dosing, potency, consumer safety education, seed-to-sale tracking, and Metrc compliance. Essential topics will include age verification, ID checking, diversion prevention, inventory management, and chain of custody. Emphasis will be placed on customer service and consultation best practices, recognizing and responding to impairment, and workplace safety, including OSHA standards and incident reporting. Additionally, you will explore social equity, community impact, ethical cannabis commerce, security protocols, loss prevention, and surveillance systems. Finally, the course will cover cash handling, POS systems, regulatory transaction records, and conclude with a compliance review and the integration of workforce readiness. Allowing students to be well prepared for a career in the cannabis industry!

Before registering for the Cannabis Pathways Program, prospective students must meet with the program coordinator, Clare Buckle, at 301-784-5529 or cbuckle@allegany.edu.

Health and Human Service Professionals

MEDICINE AIDE CERTIFICATION AND RENEWAL

Medicine Aide Certification (CHE659/CHE660)

This course is designed to prepare nursing home aides for the safe preparation, administration, and documentation of non-parenteral medications. The curriculum covers various medications, their dosages, and potential side effects. Please note that a minimum enrollment is required for this class to take place. The Maryland Board of Nursing has approved this course.

Before registering for Medicine Aide Certification, prospective students must meet with the program coordinator, Clare Buckle, at 301-784-5529 or cbuckle@allegany.edu.

Students must meet the following prerequisites:

- Be currently employed in a Maryland skilled care or intermediate care facility and have at least two years of full-time work experience as a Certified Nursing Assistant in a licensed facility.
- Be currently employed and have at least 1 year of full-time work experience as a CNA in a licensed facility.
- Provide written evidence of employment status from the Director of Nursing and/or Administrator of the employing agency, and a letter from the Director of Nursing recommending the participant for the class.
- Demonstrate achievement of a standardized test assessing reading and mathematical skills.
- A completed physical exam form and a copy of the employer background check, including a drug screen, will be required before beginning clinical. If the employer is unable to provide this documentation, a background check and drug screen must be completed; the fees for these services are not a part of the course cost.

Included 38 hours of lecture and 36 hours of clinical experience for a total of 75 clock hours. This course is limited to 8 students. Determination of successful completion is at the instructor's sole discretion.

9/2 -10/19, Mon & Wed (13 sessions)

5–8PM

Instructor: Debra Savage, RN

ACM: CE Bldg

Course Cost: \$450

Maryland Senior Course Cost: \$445

Clinical (CHE660)

10/21- 11/16, Mon & Wed (12 Sessions)

6:30-9:30PM

Instructor: Debra Savage, RN

Course Cost \$300

Maryland Senior Course Cost: \$295

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Medicine Aide Update (CHE433)

This course fulfills the recertification requirements for medicine aides in the State of Maryland. To complete the course, students must attend all sessions and achieve a minimum score of 80% on the written final exam. Additionally, students must provide a letter from a long-term care facility verifying their employment and proof of licensure from the Maryland Board of Nursing (MBON) to be eligible for the class. The Maryland Board of Nursing approves this course.

11/10-11/24, Tuesday (3 sessions)

5–8PM

Instructor: Debra Savage, RN

ACM: CE Bldg

Course Cost: \$115

Maryland Senior Course Cost: \$110

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. Must have an active CNA, LPN, RN, RT, Radiology Technician, or other qualified healthcare certification. This course, as described above, is for continuing education only. No college credit will be received.



8/17-9/14, Monday (5 sessions)

OR

8/19-9/9, Wednesday (4 sessions)

1:30-5:30PM

Instructor: Senka, S

Emeric, H

ACM: AH251

Cost: \$220 (includes lab fee)

Maryland Senior Cost: \$215

For more information, please contact Clare Buckle at 301-784-5529 or cbuckle@allegany.edu.

Health and Human Service Professionals

Advanced Phlebotomy Procedures (CHE834)

This course is designed to expand the initial training of allied health students and practicing professionals in the skills necessary to ensure proper blood specimen collection.

Participants will perform the techniques necessary to obtain a quality specimen for use in a laboratory setting or point-of-care testing environment.

This course will concentrate on the management of difficult collection situations and on the collection of specialized situations/tests.

Must have an active CNA, LPN, RN, RT, Radiology Technician, or other qualified healthcare certification.

Should be enrolled in a healthcare program or be an experienced healthcare professional. **This course, as described above, is for continuing education only. No college credit will be awarded.**

9/16-12/2

3:30-6PM

Instructor: Senka S

Emeric, H

ACM: AH251

Cost: \$360 (includes lab fee)

Maryland Senior Cost: \$355

For more information, please contact Clare Buckle at cbuckle@allegany.edu or 301-784-5529.

Neonatal and Pediatric Phlebotomy Procedures (CHE835)

This course is designed to expand the initial training of allied health students and practicing professionals in the skills necessary to ensure proper blood specimen collection from neonatal and pediatric populations.

Participants will learn age-specific collection techniques to obtain high-quality specimens for use in laboratory settings or point-of-care testing environments.

This course will concentrate on the management of difficult pediatric collections and on the collection of specialized pediatric tests.

Must have an active CNA, LPN, RN, RT, Radiology Technician, or other qualified healthcare certification.

Should be enrolled in a healthcare program or be an experienced healthcare professional. **This course, as described above, is for continuing education only. No college credit will be awarded.**

10/19-11/9 M

3-7PM

Instructor: Senka S

Emeric, H

ACM: AH251

Cost: \$220 (includes lab fee)

Maryland Senior Cost: \$215

Health and Human Service Professionals

DENTAL

ACM is excited to partner with the Allegany/Garrett Dental Society to offer a comprehensive full-day training session. This includes 3 courses required by the Maryland State Board of Dental Examiners, all conveniently scheduled in one day!

Dental Education Day (CHE796)

8-11AM: Infection Control In The Era Emerging/Re-emerging Disease(s): What Dental Practitioners Need to Know Presented by Louis G. DePaola, DDS, MS, FAAOM, FACD, FICD Emerging and re-emerging diseases are a fact of life in the modern world. Preventing the spread of these new and/or changing infections in the dental office presents a continuous challenge for dental practitioners. New infection control guidelines have been and will continue to be instituted to ensure that the dental office is as safe as possible. Dental practitioners must be aware of evolving infection control guidelines to protect themselves and the patients they treat. In the last fifty years numerous infectious diseases have challenged the delivery of oral healthcare. In the 1980s and 1990s: the emergence of HIV/AIDS mandated significant changes in infection control practices to ensure safe treatment of patients in the dental office. In 2020, the respiratory infection COVID-19 caused by the novel coronavirus SARS-CoV-2 rapidly circumnavigated the globe, clearly illustrating the potential for a respiratory pathogen to spread very rapidly in the modern world and cause considerable morbidity and mortality. Just as alarming is the recent increase in vaccine-preventable diseases as well as STDs and TB. This program will provide dental providers with the latest information on the management of recent emerging diseases as well as COVID-19 in the dental office. Paramount to controlling this pandemic are the principles of respiratory hygiene and cough etiquette, and enhancements in respiratory protection that may need to be implemented. Emphasis will be placed on compliance issues and how a practical, cost effective "safe workplace" can be achieved. This course fulfills CDE requirements for infection control and requirements for annual OSHA training. Approved by the Maryland State Board of Dental examiners for **3 CEU's**

11-11:15AM: Break

11:15AM-12:15PM: Proper Pharmacologic Prescribing, Proper Medication Disposal, and Use of Narcan for Dental Practitioners presented by Dr. Charles Doring, DDS, MAGD (part 1) Drug addiction and the opioid crisis is a nationwide problem. The dental profession has an ethical duty and legal duty to participate in obtaining solutions to this epidemic. Until recently, 15% of all opioid prescriptions filled in the United States were written by dentists. According to data collected by the Maryland Prescription Drug Monitoring Program (PDMP) and analyzed by the University of Maryland School of Pharmacy, 1/3 of opioid prescriptions filled for 12- to 17-year-old children are written by dentists. Many of these prescriptions go unused to be later used for nonmedical purposes. According to results from the National Survey on

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Drug Use and Health, among people aged 12 or older in 2020, 3.3 percent (or 9.3 million people) misused prescription pain relievers in the past year. The percentage was highest among young adults aged 18 to 25 (4.1 percent or 1.4 million people), followed by adults aged 26 or older (3.4 percent or 7.5 million people), then by adolescents aged 12 to 17 (1.6 percent or 396,000 people). The most common source for the last pain reliever they misused was from a friend or relative in some way (i.e., being given them, buying them, or taking them without asking). The COVID-19 Pandemic played a large part in increasing Substance Abuse Disorder (SUB) and decreasing availability of SUB treatment.

Approved by the Maryland State Board of Dental examiners for **2 CEU's**

12:15-1PM: Lunch Break

1-2PM: Proper Pharmacologic Prescribing, Proper Medication Disposal, and Use of Narcan for Dental Practitioners (part 2)

2-2:15PM: Break

2:15-4:15PM: Child Abuse & Neglect through Dental Awareness (P.A.N.D.A.), presented by Dr. Doring 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. 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.

Approved by the Maryland State Board of Dental examiners for **2 CEU's**

11/20, Friday (1 session)

9AM-4:15PM

ACM: College Theatre

Instructor: Dr. Charles Doring, DDS, MAGD &

Dr. Louis DePaola, DDS, MS, FAAOM, FACD, FICD

Course Cost AGDS Member Dentist: \$109

Course Cost Non- Member Dentist: \$209

Course Cost AGDS Member Hygienist/Staff: \$99

Course Cost Non-Member Hygienist/Staff: \$119

Maryland Senior Course Cost: Save \$5

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PARAMEDIC TRAINING PROGRAM

Allegany College of Maryland (ACM) has partnered with Garrett College to provide Paramedic Training in our region. Paramedics are allied health professionals whose primary focus is to provide advanced emergency medical care for critical and emergent patients who access the emergency medical system (EMS). Acting as a link from the scene to the healthcare system, paramedics function as part of the comprehensive EMS response, under medical oversight. After completing the program, students will be prepared to take the national and state certification tests to obtain their National Registered Paramedic (NRP) and Maryland Paramedic certifications.

The paramedic training program is a special admissions program; specific eligibility and admission requirements must be met before acceptance into the program. Prior to admittance, students must meet the following requirements.

- Must be 18 years of age prior to starting class and clinicals.
- Must have a High School Diploma or equivalent.
- Must be a certified Emergency Medical Technician (EMT).
- Must provide a current copy of his/her CPR certification.
- Must take an entrance exam to be administered by the training program.
- Must be in good health and submit proof of physical examination.
- Must provide two letters of reference, a professional reference and personal reference.
- Must submit to a background check and drug screening test as required by clinical training sites.
- Must attend a personal interview with Program Directors, Program Coordinators, and the Lead Instructor. This committee will have the final approval for admission to the course. Final approval will be based collectively on results of testing, satisfying requirements, and the decision of this committee's evaluation of the candidate.

About the Training Program

- Hybrid accelerated program - This program operates on a one-year cycle, with students admitted in the fall each year. Classes are held asynchronous online while meeting in person on Wednesdays from 8:00AM–5:00PM at the Career Technology Training Center.
- Traditional evening program - This program operates on a two-year cycle, with students admitted in the fall of even-numbered years. Classes are held two evenings per week from 6:30-10:45PM at the Career Technology Training Center.
- Clinical experience - A minimum of 576 hours of instruction is included in the training program, with an additional 477 clinical hours scheduled by the student outside of class.

This training program is approved by the Maryland Institute for Emergency Medical Services Systems (MIEMSS) and is accredited by the Commission on Accreditation of Allied Health Education Programs (www.caahep.org) upon the recommendation of the Committee on Accreditation of Educational Programs for the Emergency Medical Services Professions, effective September 2012 and 2017.

For more information about the Paramedic Training Program partnership with Garrett College and the availability of scholarships, please call David Smarik, at 301-784-5077 or dsmarik@allegany.edu.

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ALLEGANY COLLEGE of MARYLAND'S AMERICAN HEART ASSOCIATION TRAINING CENTER OFFERS MANY COURSES EACH MONTH ON A YEAR-ROUND BASIS



Would You Know What To Do In An Emergency?

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million workplace injuries and illnesses occur each year, while nearly 80 percent of sudden cardiac arrests occur outside of a hospital setting. To help address these critical safety needs, ACM's Training Center offers American Heart Association courses designed for both healthcare professionals and members of the general public. Participants who successfully complete a course receive an American Heart Association certification card that is valid for two years.

CONVENIENT SCHEDULE: ACM offers a wide selection of instructor-led and blended learning CPR/AED and First Aid courses designed to fit your schedule and learning preferences. Whether you need certification for your profession or want to gain lifesaving skills for personal preparedness, our nationally recognized training provides the knowledge and confidence to respond in an emergency. Browse the course schedule on the following pages to find the date and time that works best for you and take the first step toward becoming prepared to save a life.

GROUP TRAINING OPPORTUNITIES: Would your organization or agency benefit from private CPR/AED and/or First Aid training? ACM offers customized group training options designed to meet the specific needs of your team while ensuring high-quality, hands-on instruction. For additional information on group training opportunities and pricing, please contact David Smarik at 301-784-5077 or dsmarik@allegany.edu.

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TRAINING FOR THE NON-HEALTHCARE PROFESSIONAL

Heartsaver CPR/AED First Aid – Instructor-led Classroom (CPR101)

This video-based, instructor-led course delivers high-quality training in First Aid, CPR, and AED use, preparing participants to respond confidently and effectively during medical emergencies until professional responders arrive. Heartsaver CPR/AED First Aid is designed for individuals with little or no medical training who require certification for workplace readiness, as well as for anyone who wants to be prepared to respond in emergencies at home, in the workplace, or in public settings. This course meets OSHA CRP/AED & First Aid standards. Prerequisites: None.

Choose the Date That Works Best for You

Sep 22 (Tue): 8 AM–4 PM (1 session)

Oct 6–7 (Tue–Wed): 5–9 PM (2 evening sessions)

Nov 21 (Sat): 8 AM– 4 PM (1 session)

All Sessions:

Workforce Training Building, CPR Training Center

Instructor: Certified AHA Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

Heartsaver CPR/AED First Aid – Blended Learning (CPR103)

This blended learning course delivers high-quality training in First Aid, CPR, and AED use, preparing participants to respond confidently and effectively during medical emergencies until professional responders arrive. Heartsaver CPR/AED First Aid is designed for individuals with little or no medical training who require certification for workplace readiness, as well as for anyone who wants to be prepared to respond in emergencies at home, in the workplace, or in public settings. This course meets OSHA CRP/AED & First Aid standards. Prerequisites: None.

Heartsaver CPR/AED First Aid eCourse is the online component of a blended learning course designed to provide the essential knowledge and foundational skills in First Aid, CPR, and AED use. Upon successful completion of the online portion, students are required to complete a hands-on skills session with an American Heart Association (AHA) certified instructor to receive full course completion.

Choose the Date That Works Best for You

Aug 24–Sep 3: Online

Sep 3 (Sat): 9–11AM (Hands-on, 1 session)

Oct 12–22: Online

Oct 22 (Thu): 5–7PM (Hands-on, 1 session)

Dec 7–17: Online

Dec 17 (Thu): 5–7PM (Hands-on, 1 session)

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TRAINING FOR THE HEALTHCARE PROFESSIONALS

Basic Life Support Provider – Instructor-led Classroom (CPR775)

The Basic Life Support (BLS) Provider Course is a video-based, instructor-led program designed to develop essential single-rescuer and team-based life support skills for use in both prehospital and in-facility environments, with a strong emphasis on high-quality CPR and effective team dynamics. Participants are trained to rapidly recognize life-threatening emergencies, deliver high-quality chest compressions and appropriate ventilations, and initiate early use of an AED.

This course is intended for physicians, nurses, paramedics, EMTs, respiratory, physical, and occupational therapists, physician assistants, residents, medical and nursing students, aides, and other allied health personnel. Prerequisites: None.

Choose the Date That Works Best for You

Aug 20 (Thu): (1 session)

Oct 17 (Sat): (1 session)

Dec 1 (Tue): (1 session)

Dec 12 (Sat): (1 session)

All Sessions:

8AM-4PM

Workforce Training Building, CPR

Training Center

Instructor: AHA Certified Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

Basic Life Support Provider – Blended Learning (CPR785)

This blended learning course is designed to build critical single-rescuer and team-based life support skills applicable to both prehospital and in-facility settings, with a strong focus on high-quality CPR and effective team performance. Participants gain the ability to quickly recognize life-threatening emergencies, deliver high-quality chest compressions and appropriate ventilations, and promptly initiate the use of an AED in accordance with current guidelines.

This course is intended for physicians, nurses, paramedics, EMTs, respiratory, physical, and occupational therapists, physician assistants, residents, medical and nursing students, patient care aides, and other allied health professionals. Prerequisites: None.

Heartcode BLS eCourse is the online component of a blended learning course designed to provide the essential knowledge and foundational skills in CPR and AED use. Upon successful completion of the online portion, students are required to complete a hands-on skills session with an American Heart Association (AHA) certified instructor to receive full course completion.

Choose the Date That Works Best for You

Sep 16–26: Online

Sep 26 (Sat): 9–11AM (Hands-on, 1 session)

Nov 2–12: Online

Nov 12 (Thu): 5–7PM (Hands-on, 1 session)

All Sessions:

Workforce Training Building, CPR

Training Center

Instructor: AHA Certified Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

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Basic Life Support Provider Renewal (CPR776)

The American Heart Association (AHA) offers a Basic Life Support (BLS) Renewal Course option for current BLS providers seeking to renew their certification and maintain their BLS Provider course completion card.

This video-based, instructor-led course features accelerated content designed for experienced providers, offering a time-efficient format while reinforcing both single-rescuer and team-based basic life support skills in prehospital and in-facility settings.



This renewal course is intended specifically for participants who hold a current, non-expired BLS Provider card. Students are required to present a valid BLS Provider card to the instructor upon arrival. Failure to provide proof of current certification may result in dismissal from the course at the instructor's discretion.

Choose the Date That Works Best for You

Sep 12 (Sat): (1 session)

Nov 3 (Tue): (1 session)

All sessions:

9AM-3PM

WorkforceTraining Building, CPRTraining Center

Instructor: AHA Certified Staff

Course Cost: \$90

Maryland Senior Course Cost: \$85

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Reduce Stress and Increase Your Resilience

The **ACM Resilience Institute** houses all training programs affiliated with our long-term partner, the Center for Mind-Body Medicine (CMBM). Officially established in 2023 and supported by the Community Resilience network, the Resilience Institute offers Mind-Body Skills training throughout the community, teaching powerful, evidence-based techniques to reduce stress and promote resilience.



If you are a parent or guardian of an ACPS student, you may be eligible to participate in a **FREE Mind-Body Skills group**, which can reduce and relieve stress, increase self-awareness, and create optimal health.

Enroll in an upcoming Mind-Body Skills group to build a toolbox of practical self-regulation skills, increase awareness, build resilience, and connect with others in a supportive small group setting.

To learn more about how the Resilience Institute can support you, your organization or your employees, please contact Jessica Orndoff at 301-784-5528 or jorndoff@allegany.edu.

These initiatives are supported by the Maryland Community Health Resources Commission Consortium on Coordinated Community Supports. The views presented here are those of the grantee organization and not necessarily those of the Commission or Consortium.

Health and Human Service Professionals

Mind-Body Skills Groups (CHE264)

Learn the science behind improving coping skills, increasing resistance to disease, and creating optimal health. Practice evidence-based techniques, including: ***breathing, meditation, guided imagery, autogenics and biofeedback, nutrition and mindful eating, and self-expression in words, drawings and movement.***

The Center for Mind-Body Medicine's signature model of self-care and group support, eight-session mind-body skills groups are generally two hours per session and offered over the course of four to eight weeks. Open to adults age 18 and up.

Professional CEU's available for Addictions Counselors, Professional Counselors, Psychiatrists, Psychologists and Maryland Educators.

Mind-Body Skills Group for Parents and Guardians of School-Age Children

9/23-11/11, Wednesdays (8 sessions)

4-6PM (8 sessions)

ACM: Serenity Room (H-58)

Course Cost: **FREE** for Parents/Guardians of students enrolled in school (Pre-K through 12th grade)

Orientation by Zoom to be scheduled by instructor

If you are interested in attending a Mind-Body Skills group offered online, a future in-person group, or holding a group or informational session at your school or community location, please scan the QR code to complete a brief survey.

Mind-Body Skills Group Interest Form



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HUMAN SERVICES

***** Fall 2026 Classes to be offered in hybrid format, in person as well as a select number of virtual spots - please call 301-784-5530 for more information*****

Classes are only open to specifically identified health care/human service professions (ex- Addictions, LCPC, Social Work, Psychologists)

If you have a question, please contact Christa Snyder @ 301-784-5530 to clarify. Verification of professional certification or licensure may be required.

Integrated Treatment of Co-Occurring Disorders (HSP102)

Epidemiologic and clinical studies show high rates of co-occurring substance use disorders and psychiatric disorders (CODs) among clients treated in mental health and substance use disorders treatment systems. This one-day workshop will review prevalence, types, patterns, effects and interventions for CODs. The main focus will be on treatment issues and interventions (individual, group, family, medications) to increase participants' knowledge and skills. This workshop will integrate information from research, clinical and self-help literature, and the presenter's experience in developing and managing a large continuum of COD programs in the Department of Psychiatry at the University of Pittsburgh School of Medicine.

**** 6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

9/25, Friday (1 session)

9AM-4:15PM

ACM: CE12-14

Instructor: Dr. Dennis Daley

Course Cost: \$45

Maryland Senior Course Cost: \$40

Health and Human Service Professionals

These updated DBT courses offers fresh content, current case examples, and interactive learning activities, while also serving as an intensive review for past participants.

Dialectical Behavior Therapy (DBT) has gained increased recognition and implementation in recent years as the intervention has repeatedly demonstrated effectiveness in treating emotional dysregulation, impulsive behaviors, and suicidality. Originally developed to treat adults with symptoms of Borderline Personality Disorder, DBT has been adapted to help individuals with a variety of diagnoses and symptomology including complex mood disorders, eating disorders, substance use disorders, post-traumatic stress disorder, and adolescent suicidality. This four-part training (2 trainings in Spring '27) will provide you with a thorough introduction to DBT and will equip you with strategies you can integrate into your therapeutic practice, as appropriate, to begin offering DBT-informed care. If you have taken this course in the past, the material can serve as an intensive review with updated case examples and didactic activities.

The Nuts and Bolts of Dialectical Behavior Therapy: Theory and Etiology, Treatment Structure, and Differential Diagnosis and Assessment (HSP103)

The first session of this training will include information about the theoretical framework and structure of comprehensive DBT, the structure and goals of individual DBT sessions, the use of dialectics in DBT, and the importance of competent assessment (including suicide risk assessment) to identify treatment targets. Strategies and challenges with differential diagnosis will be discussed as well as the role of psychoeducation in treatment planning. Modes of learning will include lecture, discussion, case examples, and didactic activities designed to you help you practice DBT strategies and skills.

**** 6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

9/16, Wednesday (1 session)

9AM-4:15PM

ACM: CE12-14

Instructor: Nina Hotkowski, LCSW

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Health and Human Service Professionals

Main Components of DBT in Individual Therapy:

Validation, Problem-Solving, and Dialectical Strategies (HSP104)

The second session of the DBT training will focus on the main treatment strategies in individual DBT. Specifically, this session will focus on understanding and practicing validation, behavior chain analysis, solution analysis, and dialectical strategies. Modes of learning will include lecture and discussion with an emphasis on case examples, demonstrations, and didactic activities. Participants are encouraged to bring their own case examples to consider when practicing treatment strategies.

**** 6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

10/21, Wednesday (1 session)

9AM-4:15PM

ACM: CE12-14

Instructor: Nina Hotkowski, LCSW

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Understanding Intellectual/Developmental Disabilities for Behavioral Health & Law

Enforcement Professionals (HSP107)

In Maryland, 1 out of every 38 children is diagnosed with Autism and 1 out of 6 are diagnosed with some type of developmental disability. It's not a question of IF you're going to have interactions with individuals with disabilities – it's WHEN, and HOW FREQUENTLY. Through interactive exercises, scenarios and shared personal experiences, the presenters will define autism spectrum disorder and other intellectual and developmental disabilities and offer insight into the commonly effected areas (communication, sensory, social interactions and behaviors). This session will explore how characteristics and behaviors can easily be misinterpreted, while providing de-escalation strategies and suggestions for reasonable accommodations.

**** 3 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals****

9/9, Wednesday (1 session)

9AM-12:15PM

ACM: CE12-14

Instructor: Neal Lichter

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Health and Human Service Professionals

VETERINARY ASSISTANT

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 as a veterinary assistant.



- ▶ 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.

9/10-3/4, Thursday (In-class sessions/clinical hours)

5:30-8:45PM

ACM: CE20

Instructor: Lexi Taylor

Course Cost: \$1150

Senior Course Cost: \$1050

Limited Scholarships available – please contact Christa Snyder for more information at 301-784-5530 or casnyder@allegany.edu.