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 the 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 tools 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 $1289.00 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.
DENTAL PROFESSIONALS

Dental Hygiene and Table Clinic Update
(CHE789)

Morning Details: Medical Emergencies: Essentials for the Dental Professional
Morning Session: 9:00 AM-12:00 Noon
ACM Technology Building Theatre or ONLINE

Dental hygiene and dental visits still remain anxiety-inducing experiences for some patients. This heightened anxiety level can increase the risk of medical emergencies occurring during appointments. This course will utilize simulated emergencies to promote the determination of the correct emergency diagnosis and the proper treatment procedures to be rendered by the dental professional in the event that an emergency should arise. A wide array of emergencies will be covered from syncpe to anaphylactic shock. Highlighted will be the prevention of medical emergencies by the use of appropriate assessment procedures prior to treatment. The importance of preparing and maintaining an adequate medical emergency kit will be emphasized.

Course Objectives:
1. State the rationale for baseline vital signs.
2. Describe the importance of medical emergency simulation.
3. Outline the importance of current Cardiopulmonary Resuscitation Certification.
4. Recognize the symptoms of several medical emergencies that may occur in the dental office.
5. Explain the emergency procedure to be followed for several medical emergencies that may occur in the dental office.
6. Identify essential emergency equipment for the emergency cart.

About the Instructor: Dr. Grimes is the retired Vermont Technical College Dental Hygiene Program Director. Prior to the transition of the program to Vermont Tech she taught in the Dental Hygiene Department at the University of Vermont since 1984. Her areas of expertise are the Dental Sciences, Medical Emergencies, Clinical Dental Hygiene, Oral Pathology and the Administration of Local Anesthetics. She was the recipient of the 2001 UVM Kroepsch Maurice Award for teaching excellence.

Ellen received her Baccalaureate Degree in Dental Hygiene Education from the University of Bridgeport, Fones School of Dental Hygiene. She earned a Master's Degree in Educational Psychology from Montclair State University and a second Master's Degree in Public Administration from the University of Vermont. She earned a Doctoral Degree in Educational Leadership and Policy Studies at UVM in 1999.

Ellen was the President of the Vermont Dental Hygienists’ Association from 1993-1994 and has served that organization in numerous capacities over the past 25 years. In 1998, she was honored with the VDHA Outstanding Dental Hygienist of the Year Award. She is a Past President of the Sigma Phi Alpha Dental Hygiene Honor Society. Ellen was appointed as an accreditation site visitor or the ADA Commission on Dental Accreditation in 1999 and served two terms on the Dental Hygiene Review Committee. She is a consultant for the Northeast Regional Board of Dental Examiners and serves on its Examination Committee. In addition, she was appointed to the Dental Hygiene National Board Test Construction Committee in 2008 and again in 2016. She is the author of the textbook, “Medical Emergencies: Essentials for the Dental Professional” now in its second edition.

Afternoon Table Clinics:
Afternoon Session: 1:00-4:00 PM
ACM CE-18,19, 20, 5, 8 or ONLINE
Table Clinics presented by ACM’s Second Year Dental Hygiene Students

Table Clinics presented will be held in various rooms of the Continuing Education Building. The sessions are also available for online viewing over ZOOM. Please select On Campus or Online at time of registration. If health guidelines at the time of this event restrict or prohibit in-person capacity, some or all participants may be asked to switch to the online option.

This program is provided in partnership with AHEC West and the Allegany College of Maryland Dental Hygiene Program. Participants will earn 5.5 PACE CEUs.

4/29, Friday (1 session)
9:00 AM-4:00 PM
ACM: Technology Building Theater (T-121) or ONLINE
Online Course Cost: $79.00
Maryland Senior Course Cost: $75.00
On Campus Course Cost: $99.00 (includes continental breakfast and lunch)
Maryland Senior Course Cost: $94.00
Save the dates March 11 and 12, 2022 for The Miltenberger Seminar

CERTIFIED MEDICINE AIDE RENEWAL CLASSES

**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 about this course or initial Medicine Aide Certification, please call 301-784-5529.**

2/1-2/15, Tuesdays (3 sessions)
OR
5/3-5/17, Tuesdays (3 sessions)
OR
8/2-8/16, Tuesdays (3 sessions)

**All Classes:**
5:00-8:00 PM
ACM: CE18
Instructor: Eva Wilson, RN
Course Cost: $109.00
Maryland Senior Course Cost: $99.00

**SHARED COURSES**

**ACLS (CPR769)**

**WHO SHOULD TAKE THIS COURSE?**
Healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care, and critical care units such as physicians, nurses, and paramedics.

**COURSE COVERS:**
- Basic life support skills, including effective chest compressions, use of a bag-mask device, and use of an AED
- Recognition and early management of respiratory and cardiac arrest
- Recognition and early management of peri-arrest conditions such as symptomatic bradycardia
- Airway management
- Related pharmacology
- Management of ACS and stroke
- Effective communication as a member and leader of a resuscitation team

Successful course completion includes demonstrating skills competency in all learning stations and passing the CPR and AED skills test, bag-mask ventilation skills test, a Megacode test and a written test. Upon successful completion, students received an ACLS Provider eCard, valid for two years.

**Prerequisite:** Current BLS Provider COPR completion card, second year clinical Allied Health student or permission of instructor.

*The course described above is for continuing education only. No college credit will be received.*

4/2 & 4/9, Saturday (2 sessions)
8:00 AM-5:00 PM
ACM: AH108
Instructors: Paula Fuller and Susan Larivee
Course Cost:
In-County: $184.00
Out-of-County: $302.00
Regional: $322.00
Out-of-State: $369.00
Includes $50 lab fee and CE registration fee
No Senior Waiver/Discount
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.

5/20, Friday (1 session) This course is available in-person or via ZOOM. Please specify preference at time of registration.
9:00 AM–4:30 PM
ACM: CE-8
Instructor: Skott Brill, PhD
Course Cost: $85.00
Maryland Senior Course Cost: $80.00

This course is offered in partnership with AHEC West.
Introduction to Mind-Body Medicine for Physical and Occupational Therapy Professionals: Navigating the Complexities of Chronic Pain Through Mind-Body Integration in Rehabilitation (CHE369)

Do you often recognize the impact of psychosocial factors in your patient’s health challenge? Do you struggle with adequately supporting those experiencing chronic pain or other chronic conditions? Do you fall prey to the “fix it” model of care that leaves you feeling drained? Mindfulness, body awareness, breathing and self-regulation training, mental imagery, cognitive-behavioral integration, and biofeedback tools all have expanding bodies of evidence. Learning and deploying these skills supports your well-being as much as your patients. This one-day course offers rehabilitation professionals a strong entry point into mind-body medicine as an essential approach that assists in addressing the complex psychosocial factors that directly influence physical health. This course is designed for practitioners to learn foundational mind-body skills for mitigating the adverse impacts of toxic stress. The course covers the core biological underpinnings of mind-body medicine and how a whole-person approach can be used to improve the treatment of all persons, not just those experiencing persistent pain. Ultimately, participants will leave with a deeper foundation for practicing in a way that supports the biopsychosocial approach. Evidence-based 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 CEUs.

LEARNING OBJECTIVES:

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

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

3/5, Saturday (1 session)
9:30 AM-5:00 PM
Online Via ZOOM
Instructor: Mathew Erb, PT
Online Course Cost: Register before 2/1/22 - $49.00; Beginning 2/1/22 - $89.00
Maryland Senior Course Cost: Register before 2/1/22 - $45.00; Beginning 2/1/22 - $84.00
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 COVID-19. 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 two 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 grateful 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.

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

![Mind-Body Skills continue to help me: (Check all that apply)](image)

- Increase awareness (83%)
- Deal with my emotions (79.2%)
- Better manage stress (62.3%)
- Eat mindfully (43.4%)
- Feel connected (50.9%)
- Bolster my immune system (58.5%)
- Improve sleep (71.7%)

AND - 100% of participants would recommend this experience to others!
"I feel much more equipped to deal with stress and feel that I have many tools in my tool box to offer to students or staff or friends who are feeling stressed."

"The exercises were so amazing."

"I know I can cope with life!"

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

Groups 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. Group start dates and offering times vary. After the past 2 years, we can all use a bit of self-care. Please visit allegany.edu/cmbm to view available groups and register.

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 groups 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 (CR) 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
For nearly 2 years, 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 40% or higher! Spending two-hours a week on self-care, can help you and your employees free up some head space. Participants in Mind-Body Skills Groups consistently show a decrease burnout and stress and increases creativity and resilience. What will you do with a workforce that is engaged, creative, and future focused?

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.
## CHILD CARE TRAINING

**SPRING 2022 (JANUARY-JUNE, 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>
</tr>
</thead>
<tbody>
<tr>
<td>Child Growth &amp; Development</td>
<td>45</td>
<td>1/7/2022</td>
<td>2/25/2022</td>
</tr>
<tr>
<td>Child Growth &amp; Development</td>
<td>45</td>
<td>3/25/2022</td>
<td>5/13/2022</td>
</tr>
<tr>
<td>School Age Child Care: Curriculum</td>
<td>45</td>
<td>1/19/2022</td>
<td>3/9/2022</td>
</tr>
<tr>
<td>School Age Child Care: Curriculum</td>
<td>45</td>
<td>4/6/2022</td>
<td>5/25/2022</td>
</tr>
<tr>
<td>Infant &amp; Toddler Care</td>
<td>45</td>
<td>1/10/2022</td>
<td>2/28/2022</td>
</tr>
<tr>
<td>Infant &amp; Toddler Care</td>
<td>45</td>
<td>4/4/2022</td>
<td>5/23/2022</td>
</tr>
<tr>
<td>Preschool Curriculum &amp; Activities</td>
<td>45</td>
<td>1/10/2022</td>
<td>2/28/2022</td>
</tr>
<tr>
<td>Child Care Administration</td>
<td>45</td>
<td>2/2/2022</td>
<td>3/24/2022</td>
</tr>
<tr>
<td>Child Care Administration</td>
<td>45</td>
<td>4/7/2022</td>
<td>5/26/2022</td>
</tr>
<tr>
<td>Communication Skills</td>
<td>9</td>
<td>2/7/2022</td>
<td>2/21/2022</td>
</tr>
<tr>
<td>Communication Skills</td>
<td>9</td>
<td>5/2/2022</td>
<td>5/16/2022</td>
</tr>
<tr>
<td>Family Child Care Preservice</td>
<td>24*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Observation and Assessment birth-12</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Supervising Children in Child Care</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Positive Child Guidance &amp; Discipline</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Developmentally Appropriate Practice</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Resources that Guide Daily Planning</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Taking Learning Outside</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Nutrition &amp; Active Living</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Playground Safety</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Including all Children and the ADA</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Supporting Children with Disabilities</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Intro to Environmental Rating Scales</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>The Child Care Provider as a Professional</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Conflict Resolution Strategies</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Cultural Competence &amp; Awareness</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Family &amp; Community Partnership</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>SIDS</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Supporting Breastfeeding in Child Care</td>
<td>3*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
<tr>
<td>Basic Health and Safety Training</td>
<td>5*</td>
<td>1/3/2022</td>
<td>5/20/2022</td>
</tr>
</tbody>
</table>

*NEW: Pandemic and Infectious Diseases: Reducing Risks in Child Care*
Health and Human Service Professionals

*NEW: Engaging Children with Remote Learning 5*
Pyramid Model for Social and Emotional Competence-Preschool
CDA Capstone: Portfolio, Application & Exam Prep

1/3/2022 5/20/2022
2/1/2022 3/28/2022
3/8/2022 5/10/2022

*Open entry classes are indicated with an * - Students may join these classes any time between the first class date and the “close registration” date.

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. Please provide your email address with your registration so we can send you log in instructions. Online classes fill up quickly, so please register early!

Course Smart E-Textbook options for students

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

Child Care I: Child Growth & Development 45 hours
Textbook Title: Developmental Profiles (Cengage) 8th edition

Child Care II: Preschool Curriculum and Activities 45 hours

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***
HUMAN SERVICES

Due to COVID-19, Human Service classes for Winter Spring 2022 will be conducted in a hybrid format, a combination of in-person as well as online learning. In-person registration will be limited, and there will an online option for those who wish to attend virtually. Classes may be open only to specifically identified health care professions. Verification of professional certification or licensure may be required. It is the responsibility of the participant to ascertain whether a course is within the scope of practice of their profession as determined by their regulatory body.

Recognizing and Understanding the Subculture of Stimulant Drugs (DHR628)
Stimulant substances have increased in frequency whether it is urban, suburban or rural. This training is intended to increase a participant's awareness and understanding into this subculture so as to be better able to build a therapeutic alliance with the user. This training will compare and contrast the differences of cocaine/crack, amphetamines (Ritalin and Adderall), as well as, methamphetamine. It will present trends (who the users are), the slang terms of each, substance paraphernalia for each, and physical/psychological signs and symptoms. 6 CEU's offered for Social Workers, LCPC, Psychologists, Addiction Counselors and other human service professionals.

3/28, Monday (1 session)
9:00 AM-4:30 PM
ACM: CE12-14 & Online Via Zoom
Instructor: Bruce Schaffer, M Ed.
Course Cost: $99.00
Maryland Senior Course Cost: $94.00

Integrating Spirituality into the Treatment of Addictive Disorders (DHR608)
Individuals recovering from addictions frequently cite spirituality as a helpful influence. People in recovery from alcoholism or other addictions often attend 12- step programs, such as Alcoholics Anonymous and hear phrases such as “this is a spiritual program” or “you need to discover your spirituality or higher power.” While the spiritual dimension and coping tools associated with these beliefs can be beneficial to clients, clinicians often struggle to incorporate these interventions into formal treatment in a manner that is sensitive to individual differences. This interactive training will discuss the benefits of merging spirituality into the treatment of addictive behaviors and highlight methods that facilitate how to infuse spirituality into our programs in a manner that is respectful of diversity and culturally competent. 6 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.

4/1, Friday (1 session)
9:00 AM-4:30 PM
ACM: CE12-14 & Online Via Zoom
Instructor: Corey Beauford
Course Cost: $79.00
Maryland Senior Course Cost: $74.00
The Children of Zeus and Hera: Cluster B Personality Disorders (DHR629)
Prevalence rates for personality disorders (PD’s) in the general adult community range from a low of 2.8% to a high of 11%. Individuals with personality disorders commonly suffer from a co-occurring substance or alcohol use disorder. This course is designed as a mid-level level training for human services professionals working with individuals having a comorbidity of Cluster B Personality Disorder and Alcohol/Substance use disorder (Addiction).

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

4/22, Tuesday (1 session)
9:00 AM-4:30 PM
ACM: Online Via Zoom
Instructor: David Saenz
Course Cost: $79.00
Maryland Senior Course Cost: $74.00
This course is partially funded by Healing Allegany.

Grief Counseling (DHR630)
This course is designed to deepen knowledge and skills in grief counseling to work effectively with a diverse range of bereaved individuals. Theoretical underpinnings of grief and loss counseling and contexts in which counseling may occur will be explored. Various types of loss will be discussed from an individual, family, and socio/cultural perspective. You will gain understanding in trauma and its relationship to grief. You will gain an understanding in coping and resiliency in loss and the diversity of human response. Developing specific grief assessment and intervention clinical skills applicable to a range of diverse clients across the lifespan with different types of loss will be the focus of the course.

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

2/28, Monday (1 session)
9:00 AM-4:30 PM
ACM: Online Via Zoom
Instructor: Sherry Cain
Course Cost: $79.00
Maryland Senior Course Cost: $74.00
Limited Scholarships Available.
Would You Know What To Do In An Emergency?

Courses taught at the ACM Training Center by TC Faculty include Basic Life Support (BLS) Provider and Heartsaver First Aid/CPR. Students that successfully complete AHA courses receive an official certification eCard valid for two years. Healthcare workers should be aware that most health-related scopes of practice require them to maintain CPR and/or First Aid certification. Be sure to register for a class in order to receive or maintain this important professional credential.

CONVENIENT SCHEDULE: ACM offers CPR and First Aid courses in Cumberland each month and classes are taught in the Workforce Training building on campus. Check the listings on the following pages to find a course that meets your needs.

GROUP TRAINING AVAILABLE: Does your organization or agency have a group who could benefit from CPR and/or First Aid training? Choose a date that best fits your schedule. For more information on this training opportunity, call Laura Rivers at 301-784-5681 or email questions to lrivers2@allegany.edu.
TRAINING FOR THE LAYPERSON

Heartsaver First Aid (CPR500)

WHO SHOULD TAKE THE COURSE?
Heartsaver courses are intended for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

COURSE COVERS:
• First Aid Basics
• Choking in an Adult, Child or Infant
A student handbook is included that you will receive at the beginning of the class.

Upon successful completion, including a skills test, students receive a Heartsaver First Aid course completion eCard that is valid for 2 years.

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

2/19, Saturday (1 session)
9:00 AM–1:30 PM
ACM: Workforce Building
Instructor: Staff
Course Cost: $40.00
Maryland Senior Course Cost: $35.00

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

WHO SHOULD TAKE THE COURSE?
Heartsaver courses are intended for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

COURSE COVERS:
• Adult CPR and AED Use
• Opioid-associated Life-threatening Emergencies
• Child CPR and AED Use (optional)
• Infant CPR (optional)
• First Aid Basics
• Choking in an Adult, Child or Infant

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 eCard that is valid for 2 years.

A student workbook is included with the registration cost that you will receive at the beginning of class.

Note: Class end times may vary based upon the number of students, student skill level, and need/desire for Child/Infant CPR training. Classes may be cancelled due to low enrollment.

3/8, Tuesday (1 session)
6/4, Saturday (1 session)
All Sessions:
8:00 AM–4:00 PM
ACM: Workforce Building
Instructor: Staff
Course Cost: $75.00
Maryland Senior Course Cost: $70.00
Basic Life Support (BLS) Provider (CPR775)

WHO SHOULD TAKE THE COURSE?
Healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

COURSE COVERS:
- New science and education from the 2020 AHA Guidelines Update for CPR and ECC
- The components of high-quality CPR for adults, children, and infants
- The AHA Chain of Survival for prehospital and in-facility providers
- Important early use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multi-rescuer resuscitation and performance as an effective team member during multi-rescuer CPR
- Relief of foreign-body airway obstruction (choking) for adults and infants

Upon successful completion of the course, including a CPR and AED skills test and a written test, students receive a BLS Provider course completion eCard that is valid for 2 years.

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

To register, call 301-784-5341

2/5, Saturday (1 session)
3/22, Tuesday (1 session)
4/2, Saturday (1 session)
5/12, Thursday (1 session)

All Sessions:
8:00 AM–4:00 PM
ACM: Workforce Building
Instructor: Staff
Course Cost: $84.00
Maryland Senior Course Cost: $79.00
NEW! TRAINING FOR HEALTHCARE PROFESSIONALS/
HEARTCODE VIRTUAL HYBRID OPTION

Basic Life Support (BLS) Provider (CPR775)

WHO SHOULD TAKE THE COURSE?
Healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

COURSE COVERS:
This hybrid option has the same information as the CPR775 class, however, it allows you to take the instructional portion and written exam online and complete the skills test in-person. This skills testing does not include a handbook, but you can purchase a student handbook online to have for your virtual class. An eBook option is available for an additional $14.00. The book is optional and can be located @ https://shopcpr.heart.org/courses/bls - Product Number: 20-3102

Both the online portion and the skills test in person are necessary for the CPR card.
Upon successful completion of the course, including a CPR and AED skills test and a written test, students receive a BLS Provider course completion eCard that is valid for 2 years.

The online portion is $31.00 and the skills testing is $50.00, both are necessary for completion. $81.00 total

Follow the link https://shopcpr.heart.org/courses/bls and use product number 20-3553 Heartcode BLS online course $31.00.

The online portion MUST be done prior to the skills testing.

Skills testing options:
2/8, Tuesday (1 session)
4/4, Monday (1 session)
6/27, Monday (1 session)

*Note: If session fills, then additional time slots will be added.

8:00–10:00 AM
ACM: Workforce Building
Instructor: Staff
Course Cost: $50.00
Maryland Senior Cost: $45.00

*Note: When registering for this option, please advise the registration associate you want the hybrid option.
Basic Life Support (BLS) Provider RENEWAL (CPR776)
The AHA has 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.

Students are expected to know current BLS procedures upon arrival to class. Students that do not pick up their books will receive their copy at the beginning of class, but will still be expected to know the material contained within the manual.

2/22, Tuesday (1 session)
3/26, Saturday (1 session)
4/12, Tuesday (1 session)
5/24, Tuesday (1 session)
6/7, Tuesday (1 session)

9:00 AM-3:00 PM
ACM: Workforce Building
Instructor: Staff
Course Cost: $74.00
Maryland Senior Course Cost: $69.00

GUARANTEE YOUR SEAT IN THE CLASS OF YOUR CHOICE.
REGISTER NOW BY CALLING
301-784-5341

AHA DISCLAIMER – The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.