

## 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. 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 program provides learners the knowledge and skills needed to perform the duties required of dialysis technicians. Under the supervision of physicians and registered nurses, dialysis technicians operate kidney dialysis machines, prepare dialyzer reprocessing and delivery systems, as well as maintain and repair equipment. Furthermore, technicians work with patients during dialysis procedures and monitor and record vital signs, as well as administer local anesthetics and drugs as needed. Dialysis technicians must assess patients for any complications that occur during the procedure and be ready to take the necessary emergency measures, including administering oxygen or performing basic cardiopulmonary resuscitation. Additionally, they may also be involved in the training of patients for at-home dialysis treatment and providing the emotional support patients need for self-care.

**Certification Opportunities:** After completing this program, learners will have the opportunity to take the leading national/industry-recognized certification exam(s) essential to entry-level employment in this fast-growing field. Exam fees are not included in the course cost.

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](mailto:kcondor@allegany.edu) for more information.

Feeling scattered after 3 years of COVID?



Mind-Body Skills can help piece things back together.

CEUs available for a variety of professions.



See page 38 for details or email [kcondor@allegany.edu](mailto:kcondor@allegany.edu) with questions.

**CERTIFIED NURSING ASSISTANT/GERIATRIC AIDE**

**Certified Nursing Assistant/Geriatric Aide  
will be offered summer 2023.**

**Certified Nursing Assistant/Geriatric Aide and Pharmacy  
Technician will be offered fall 2023 (beginning in August).**

Financial aid and/or scholarship funds may be available.  
Please contact [dfolk@allegany.edu](mailto:dfolk@allegany.edu) for course and funding details.

**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, please call 301-784-5529.

2/7-2/21, Tuesday (3 sessions)

5/2-5/16, Tuesday (3 sessions)

8/1-8/15, Tuesday (3 sessions)

All sessions:

5:00-8:00 PM

ACM: CE18

Instructor: Eva Wilson, RN

Course Cost: \$109.00

Maryland Senior Course Cost: \$99.00

**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.**

1/25-2/15, Wednesday (4 sessions)

3:00-7:00 PM

**OR**

1/27-2/17, Friday (4 sessions)

12:00-4:00 PM

ACM AH251

Instructors: S. Senka and T. Koontz

Course Cost: Includes \$80.00 lab fee

In-County: \$214.00

Out-of-County: \$347.00

Regional: \$374.00

Out-of-State: \$425.00

**DENTAL PROFESSIONALS****Dental Radiology (CHE618)**

This course for dental assistants, has been approved by the Maryland Board of Dental Examiners and is designed to provide you with the theory and techniques used in dental radiography. Successful completion of this course makes you eligible to sit for the DANB Radiation Health and Safety Exam.

Jennifer Thompson, RDH, BS, MHL, will facilitate this course, which has been redesigned to include ZOOM lectures and lab demonstrations with homework assignments completed under the direction of the employing dentist.



Topics included are: the history of dental x-rays, radiation safety, quality assurance, radiology regulations, and patient management. We will also discuss intraoral and extra oral film exposure techniques (paralleling, bisecting, panorex) using conventional film, digital sensors and phosphor plates. Radiographic processing, mounting, and radiographic findings will also be covered. Various study materials and aides will be available in hard copy as well as through ACM's Brightspace Online Learning platform. You will be provided Brightspace log-on instructions and hands on experience navigating Brightspace during the first in-class session. The course starts with an in-person session followed by 7 ZOOM sessions with lab demonstrations and homework assignments to be completed under the supervision of the employing dentist. Anyone without access to a compatible computer or the internet is welcome to complete the online portion on campus. (Please schedule in advance by calling 301-784-5528.) The required text, Dental Radiography Principles and Techniques, is included in the course cost.

Students must be at least 18 years of age, have a high school diploma or equivalent, and be working as a dental assistant with at least 6 months full-time experience. When registering for the course, students must submit a letter from the employing dentist stating the student has worked at least 6 months as a full-time dental assistant and that the dentist agrees to supervise the student's homework assignments at the place of employment. Upon completion of the course, the dentist must also sign a document stating the student has successfully completed all homework assignments under his or her supervision. **Attendance at all sessions is mandatory.**

5/15-6/12, Mon. & Wed., (8 sessions) No class 5/29

6:00-9:00 PM

May 15th session On Campus, AH-134. Remaining sessions online with clinical homework assignments overseen by employing dentist.

Course Cost: \$655.00

Maryland Senior Course Cost: \$645.00

Includes continental breakfast, lunch and 4 PACE CEUs.



**Learn techniques to ease the anxiety of your patients - and help yourself too!**

Information on ACM's Mind-Body Skills Groups can be found on Page 38.

Earn 16  
PACE CEUs!



Questions? Email [kcondor@allegany.edu](mailto:kcondor@allegany.edu)

**UPMC | WESTERN MARYLAND**

The following courses are offered through our partner UPMC Western Maryland Community Health & Wellness. Please call UPMC Western Maryland at 240-964-8424 for dates, additional information or to register.

**Building Better Caregivers (AHC200)**

This training is for family caregivers of loved ones with dementia, such as Alzheimer's disease, traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), and other conditions that affect memory. THIS 7-WEEK, INTERACTIVE COURSE COVERS TOPICS INCLUDING:

- Caregiver stress and emotions
- Care partner difficult behaviors
- Asking for help
- Making decisions about treatment, housing, etc.
- Communicating effectively with family, friends, and health professionals
- Legal issues related to caregiving
- Action planning and problem-solving

Registration is ongoing for both virtual and in-person classes through UPMC Western Maryland Community Health & Wellness. Respite care funds, up to \$800, are available to qualified participants.

**Diabetes Prevention Program (AHC201)**

The Diabetes Prevention Program (DPP) is for individuals over the age of 18 who have prediabetes or are at risk for type 2 diabetes but who DO NOT already have diabetes. Participants will work with a trained lifestyle coach to learn the skills needed to make lasting changes, such as:

- Eating Healthier
- Losing Weight
- Reducing Stress
- Increasing Physical Activity

This program is available in-person, virtually, online, and a combination to fit your schedule. During Phase I: Lifestyle Changes, the group will meet weekly for the first 6-months. In Phase II: Maintenance, the group will meet monthly for the 2nd 6-months of the year-long program.

**Diabetes Self-Management Program (AHC202)**

If you've been diagnosed with type 1 or type 2 diabetes, LIVING WELL WITH DIABETES is a diabetes self-management program with interactive group education. Participants will work with a group of health care professionals including:

- Certified Diabetes Educators
- Nurses
- Registered Dietitians
- Pharmacists
- Wellness Coaches/Activity Instructors

A physician referral is required to attend. For more information regarding AHC202, visit [UPMCWesternMaryland.com/DSMT](http://UPMCWesternMaryland.com/DSMT) or call UPMC Western Maryland Center for Clinical Resources at 240-964-8787.

**MESSAGE, 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)**

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.

**About the Speaker:**

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. As an accredited Maryland School, ACM is pre-approved by the Maryland Board of Massage Therapy Examiners to provide 6 CEUs for this course for Massage Therapists.**

**Course Objectives:**

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

3/11, Saturday (1 session)

9:30 AM-5:00 PM

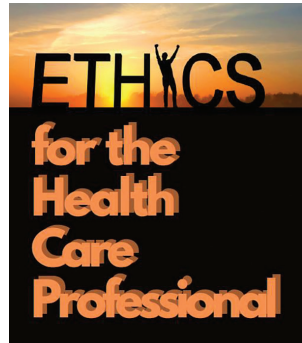
ONLINE via ZOOM

Online Course Cost: \$69.00

Maryland Senior Course Cost: \$64.00

**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](mailto:kcondor@allegany.edu).

**This course is available for in person or ZOOM enrollment. Please specify face to face or online at time of registration.**

5/19, Friday (1 session)

9:00 AM-4:30 PM

ACM: CE-8

Instructor: Skott Brill, PhD

Course Cost: \$99.00

Maryland Senior Course Cost: \$94.00

**"The Age of Love" I (AHC172)**

The world's fastest growing age group is 65 and over, yet when we consider love and desire, our youth obsessed media still embrace the clichés. Join NYC film maker Steven Loring for a FREE screening of his award-winning film, "The Age of Love". View this humorous yet provocative film about grandparents' speed-dating, followed by Q & A with the film maker. Seating is limited so register early to attend one of the two FREE showings at [www.allegany.edu/loveage](http://www.allegany.edu/loveage). **Professional CEUs are NOT available for this film.** Questions? Please email [dmcMahon@allegany.edu](mailto:dmcMahon@allegany.edu).



3/30, Thursday (1 session)

2:00-4:00 PM or 6:00-8:00 PM

ACM: T121

Discussion facilitated by Film Maker Steven Loring

No cost to attend but pre-registration using the link above is required.

## 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 at the start of the pandemic ACM and the Center trained more than 135 local Mind-Body Skills Group facilitators. As a result our community has 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.

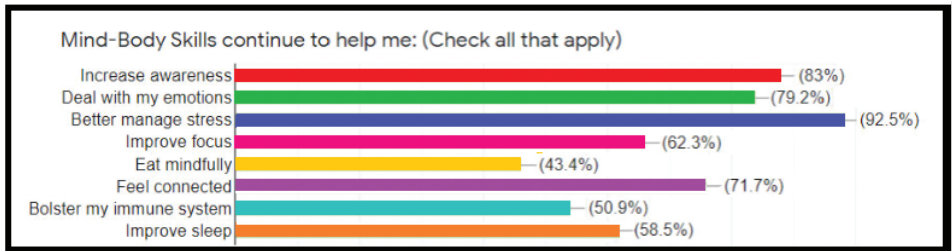
We have various options to learn Mind-Body Skills. You can sign up for a traditional 8-week Mind-Body Skills Group (primarily over ZOOM) or request a 1-2 hour (or longer) workshop for your organization. If your organization is looking for an impactful and affordable worksite wellness option, we can arrange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



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. Group start dates and offering times vary. After the past 3 years, we can all use a bit of self-care. Please visit [allegany.edu/cmbm](http://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](mailto: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](http://www.allegany.edu/cmbm).

Instructor: Various CMBM Trained Facilitators

Course Cost: \$149.00 (Free for Maryland Residents)

Maryland Senior Course Cost: FREE

**Coming this summer – a new 2-Day Mind-Body Skills Group Experience. This can be scheduled as a retreat for 8-10 participants or as an open enrollment opportunity. Call 301-784-5526 for additional details.**

### 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](mailto:kcondor@allegany.edu).* Workshops are available online or in person and there is currently no charge for this training opportunity.

### Workplace Wellness

Whether you call it ‘quiet quitting’, ‘presenteeism’, or just plain disengagement, the impacts of the pandemic on the workforce are dire, well-documented, and pervasive. But, they don’t have to be permanent. Here in Western Maryland we are fortunate to have skilled Mind-Body Skills Group facilitators ready to help.

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. *If a more condensed schedule is preferred, email [kcondor@allegany.edu](mailto:kcondor@allegany.edu) to be notified when our new 2-Day Mind-Body Skills Experience is open for registrations.*

To add Mind-Body Skills to your worksite wellness initiatives or receive additional information, please email [kcondor@allegany.edu](mailto:kcondor@allegany.edu).



**HUMAN SERVICES****Understanding 12 Step Programs (DHR690)**

Alcoholics Anonymous, the first 12 step program, originated in June of 1935 during the Great depression. A man, named Bill Wilson, was detoxing in an alcohol rehabilitation center in Manhattan, New York. Together, with Dr. Bob Smith, co-founder they created Alcoholics Anonymous, the first 12 step program. The 12-step program is a commonly used adjunct in treatment for addiction to different substances and even behaviors. There are many different types of 12 step programs, and most of them are based on similar 12 steps. While 12 step programs can be extremely helpful to those who need them in order to get over their addictions, and behavioral disorders, many individuals do not know very much about them and how they can correlate to many and/or any therapeutic posture. Hence this training is intended to educate a participant to the 12 steps and demonstrate the correlation to treatment. **6 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.**



**Instructor will be presenting in online format only. Seats will be available in CE12-14 for those who wish to view on campus.**

4/21, Friday (1 session)

9:00 AM-4:30 PM

ACM: CE12-14 or online

Instructor: Bruce Schaffer, M Ed.

Course Cost: \$99.00

Maryland Senior Course Cost: \$94.00

**Human Service Classes listed below for Spring 2023 will continue to be conducted in a hybrid format, a combination of in-person as well as online learning. Please call 301-784-5530 for more information.**

*Classes may be open only to specifically identified human services 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.*

**Trauma Informed Care Throughout the Lifespan (DHR695)**

Trauma impacts every area of functioning, including physical, mental, behavioral, and social. Trauma-informed care means treating the whole person while understanding the traumatic experiences they have encountered from birth to the present time. This innovative training will allow the participants to view trauma throughout the lifespan and help them understand why learning about the child that came before the older adult is essential.

**Course Objectives:**

1. Describe how to assess for trauma throughout the lifespan.
2. Identify symptoms and diagnoses that manifest from trauma.
3. Develop a plan of care that minimizes re-traumatization.

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

4/18, Tuesday (1 session)

9:00 AM-12:15 PM

ACM: CE 8 or online

Instructor: Joanna Frankel

Course Cost: \$48.00

Maryland Senior Course Cost: \$43.00

*Health and Human Service Professionals***Eating Disorders (DHR694)**

Even if you do not seek to specialize in treating eating disorders, it is very likely you've had or will have a client in your office struggling with food, exercise and body shame. Eating disorders are prevalent in our society and can be a highly fatal mental health diagnosis. They can range from problematic tendencies like excessive dieting to a mental health diagnosis such as anorexia nervosa, bulimia nervosa, or binge-eating disorder. Helpers may struggle with knowing how to best respond to this complex issue and may react with frustration, fear, or helplessness. This workshop examines the symptoms, contributing factors, and the experience of living with an eating disorder. Participants will explore various treatment options and practical strategies for supporting individuals struggling with disordered eating. **6 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.**



5/9, Tuesday (1 session)

9:00 AM-4:30 PM

ACM: CE 12-14

Instructor: Sherry Cain

Course Cost: \$99.00

Maryland Senior Course Cost: \$94.00

**Counseling LGBTQ+ Clients: What Clinicians Need to Know (DHR696)**

This talk will inform participants of basic information on important LGBTQ+ terms and presenting issues for individuals seeking professional supportive services. Collaborative discussion on a variety of topics will include: helping caregivers cope with their children's identity, acknowledging spiritual/religious challenges, and cultural implications to families. We will discuss how to affirm and support clients regarding their sexual orientation and/or gender identity. Terminology to avoid and other sensitive topics will be explored through examples and case studies. Attendees will be provided with resources for deepening clinical support for LGBTQ+ clients and families. This interactive presentation will include a PowerPoint presentation as well as small group discussions, case studies, and plenty of time for questions that are most pertinent to participants' practices and experience. **3 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.**



5/5, Friday (1 session)

9:00 AM-12:15 PM

ACM: CE 12-14

Instructor: Dr. Brenda Dorsch

Course Cost: \$48.00

Maryland Senior Course Cost: \$43.00

**DBT- Dialectical Behavior Therapy (DHR702)**

This interactive course introduces health care professionals to Dialectical Behavior Therapy (DBT) and outlines how DBT can be used to treat clients with multiple problems and complex clinical disorders. An overview of DBT's theoretical and empirical framework, history, and clinical application will be presented. Participants will learn basic principles and strategies of DBT and gain insight about the four DBT Skills modules of Mindfulness, Emotion Regulations, Interpersonal Skills and Distress Tolerance. You will gain in-depth knowledge of DBT and will be equipped to decide if DBT is the correct treatment modality for your clients. Dr. Buckingham will use treatment scenarios and engage participants through practice exercises to demonstrate how DBT can help clients living more skillful lifestyles. **6 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals. Instructor will be presenting in online format only.**



2/23, Thursday (1 session)

9:00 AM-4:30 PM

Online

Instructor: Dr. Dwayne Buckingham

Course Cost: \$99.00

Maryland Senior Course Cost: \$94.00

**CHILD CARE TRAINING**

Classes are all ONLINE and available year-round- please call Christa Snyder 301-784-5530 or e-mail [casnyder@allegany.edu](mailto: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.**

**SPRING 2023 (January – June 2023) Online child care classes are OPEN for seat sharing**

SPRING 2023	Hours	Start	End
Child Growth & Dev.	45	1/6/2023	2/24/2023
Child Growth & Dev.	45	3/24/2023	5/12/2023
Child Growth & Dev.	45	4/7/2023	5/26/2023
School Age Child Care: Curric.	45	1/18/2023	3/8/2023
School Age Child Care: Curric.	45	4/5/2023	5/24/2023
Infant & Toddler Care	45	1/9/2023	2/27/2023
Infant & Toddler Care	45	4/3/2023	5/22/2023
Preschool Curric & Activities	45	1/9/2023	2/27/2023
Preschool Curric & Activities	45	4/3/2023	5/22/2023
Child Care Administration	45	2/2/2023	3/23/2023
Child Care Administration	45	4/6/2023	5/25/2023
Communication Skills	9	2/6/2023	2/20/2023
Communication Skills	9	5/1/2023	5/15/2023
Family Child Care Preservice	24*	1/2/2023	5/19/2023
Observation and Assessment birth-12	3*	1/2/2023	5/19/2023
Supervising Children in Child Care	3*	1/2/2023	5/19/2023
Positive Child Guidance & Discipline	3*	1/2/2023	5/19/2023
Developmentally Appropriate Practice	3*	1/2/2023	5/19/2023
Resources that Guide Daily Planning	3*	1/2/2023	5/19/2023
Taking Learning Outside	3*	1/2/2023	5/19/2023
Nutrition & Active Living	3*	1/2/2023	5/19/2023
Playground Safety	3*	1/2/2023	5/19/2023
Including all Children and the ADA	3*	1/2/2023	5/19/2023
Supporting Children with Disabilities	3*	1/2/2023	5/19/2023
Intro to Environmental Rating Scales	3*	1/2/2023	5/19/2023
The Child Care Provider as a Professional	3*	1/2/2023	5/19/2023
Conflict Resolution Strategies	3*	1/2/2023	5/19/2023
Cultural Competence & Awareness	3*	1/2/2023	5/19/2023
Family & Community Partnership	3*	1/2/2023	5/19/2023
SIDS	2*	1/2/2023	5/19/2023
Supporting Breastfeeding in Child Care	3*	1/2/2023	5/19/2023
Basic Health and Safety Training	5*	1/2/2023	5/19/2023
Pandemic and Infectious Diseases:			
Reducing Risks in Child Care	5*	1/2/2023	5/19/2023
Pyramid Model for Social and Emotional			
Competence-Preschool	18	2/20/2023	3/27/2023
CDA Capstone:			
Portfolio, Application & Exam Prep	22	3/7/2023	5/2/2023

*Health and Human Service Professionals***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](http://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**

**Textbook Title: Preschool Appropriate Practices, Environment, Curriculum & Development (Cengage) 5th edition**

**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\*\*\*\***

**Deadline to register is 2 weeks prior to start of each class.**

**REGISTRATION INFORMATION**

- 45 Hour Course Cost: \$250.00
- 24 Hour Course Cost: \$250.00
- 18 Hour Course Cost: \$175.00
- 9 Hour Course Cost: \$110.00
- 5 Hour Course Cost: \$75.00
- 3 Hour Course Cost: \$50.00
- 2 Hour Course Cost: \$50.00



**Attention Educators**  
Mind-Body Skills can help you and your students reduce the impacts of stress and anxiety.  
MSDE Approved for 1 CPE

See page 38 for more information or email [kcondor@allegany.edu](mailto:kcondor@allegany.edu) with questions.

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



## Would You Know What To Do In An Emergency?

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

**For updated information regarding class dates and times, our AHA training site is listed on the [americanheart.org](http://americanheart.org) website! After you have found a desired class, please call to save your spot and to register @ 301-784-5341. This site is for information only and will not confirm availability in a particular class.**

**CONVENIENT SCHEDULE:** ACM offers CPR and First Aid courses in Cumberland each month 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 group or agency benefit from a private CPR and/or First Aid training conducted in our new CPR building? For more information on this in-house training opportunity, call Laura Rivers at 301-784-5681 or email [lrivers2@allegany.edu](mailto:lrivers2@allegany.edu).

**INSTRUCTOR CLASSES ARE FORMING!** Are you interested in becoming a certified instructor for the American Heart Association? Call Laura River at 301-784-5681 for details and information regarding instructor training and certification. We typically run one per semester, pending interest.

**TRAINING FOR THE LAYPERSON**

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

**Heartsaver First Aid and Adult CPR (with optional Child CPR AED and Infant CPR) (CPR101)**  
According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace, and nearly 80 percent of sudden cardiac arrests occur outside the hospital.

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

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

**Audience:** All lay rescuers, including childcare workers, babysitters, firefighters, police, airline personnel, security guards, or family members of patients at high risk for cardiac arrest. *This course meets OSHA standards for First Aid.*

**Prerequisites:** None. This course is specifically designed for the lay person so students are not expected to know any of the material or have related experience. The cost of registration includes a workbook. This workbook will be provided during your class time.

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

1/17, Tuesday (1 session)

3/18, Saturday (1 session)

5/6, Saturday (1 session)

All Sessions:

8:00 AM-4:00 PM

ACM: Workforce Training Room

Instructor: Staff

Course Cost: \$80.00

Maryland Senior Course Cost: \$75.00

*Mind-Body Skills...*

*The next step on your wellness journey*

*See page 38 for CHE264 course details.*



**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.*

1/21, Saturday (1 session)  
 2/18, Saturday (1 session)  
 3/11, Saturday (1 session)  
 4/15, Saturday (1 session)  
 5/19, Friday (1 session)  
 6/10, Saturday (1 session)  
 7/15, Saturday (1 session)

All Sessions:

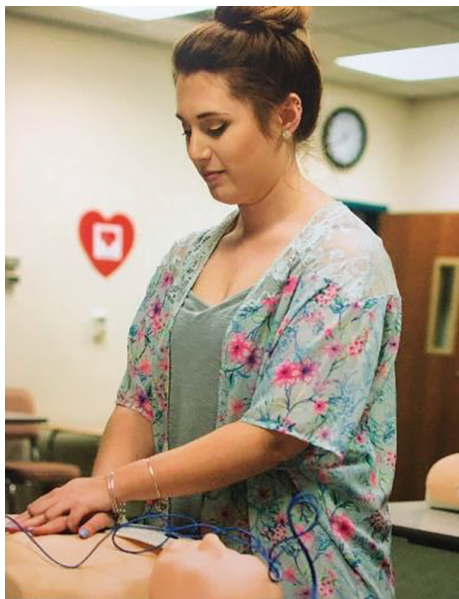
8:00 AM- 4:00 PM

ACM: Workforce Training Room

Instructor: Staff

Course Cost: \$89.00

Maryland Senior Course Cost: \$84.00



*Health and Human Service Professionals***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 (OR within 30 Days of Expiration) 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.

1/24, Tuesday (1 session)

2/25, Saturday (1 session)

3/30, Thursday (1 session)

4/25, Tuesday (1 session)

5/25, Thursday (1 session)

All sessions:

9:00 AM-3:00 PM

ACM: Workforce Training Room

Instructor: Staff

Course Cost: \$79.00

Maryland Senior Course Cost: \$74.00

**Advanced Cardiac Life Support (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 receive an ACLS Provider eCard, valid for two years.

**Prerequisites:** Current BLS (Basic Life Support) Provider CPR 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.**

4/22 & 4/29, Saturday (2 sessions)

8:00 AM-5:00 PM

ACM: AH108

Instructors: Paula Fuller and David Diehl

Course Cost: Includes \$50 fee

In-County: \$184.00

Out-of-County: \$317.00

Regional: \$344.00

Out-of-State: \$395.00

*No Senior Waiver/Discount*