



FOR IMMEDIATE RELEASE
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ALLEGANY COLLEGE OF MARYLAND'S TACKLING THE OPIOID EPIDEMIC: FROM CRISIS TO OPPORTUNITY PROJECT RECEIVES ARC FUNDING

CUMBERLAND, Md. (Apr. 4, 2019) – Allegany College of Maryland is pleased to announce that the Appalachian Regional Commission (ARC) has provided a grant of nearly \$25,000 for the first phase of the **Tackling the Opioid Epidemic: From Crisis to Opportunity** project.

Under the direction of ACM Professor Cherie Snyder, the **Tackling the Opioid Epidemic** project's overarching goal is to launch an innovative, non-pharmacological and sustainable prevention and recovery network of hope and resilience in Allegany County.

Based at the college, the program will focus on fostering psychological well-being by expanding the understanding of (and participation in) a skills-based self-care and group support model for community members of all ages.

The grant will help determine the feasibility of a larger-scale response by:

- establishing a community steering committee to guide the planning process and obtain community input;
- conducting a needs assessment;
- documenting community needs and its commitment to a community resilience model;
- conducting follow-up workshops targeted to the addictions community, law enforcement/corrections, teachers, families, people in recovery, and addictions and health care professionals;
- gathering data on the community's commitment to a three-year training program; and
- offering mind-body skill groups for police, teachers, agencies and families.

The **Tackling the Opioid Epidemic** project was developed in response to the regional community crisis around

the opioid epidemic and its devastating impact on community members. Project [workshops](#), based on the Washington, D.C.-based Center for Mind-Body Medicine’s (CMBM) model, are offered through the ACM Center for Continuing Education and Workforce Development.

CMBM’s approach has been extensively used in the United States and countries shattered by war, natural disasters, poverty and/or violence. It teaches simple self-care tools within a small group model for health, healing and self-regulation. CMBM’s methodology specifically seeks to quiet an individual’s chronic ‘flight or fight’ responses, an impulse that fuels anxiety, agitation, sleeplessness, anger and addiction. It also addresses the ‘freeze’ response—emotional rigidity, distancing and isolation that frequently follow severe trauma—and helps individuals find appropriate solutions to emotional, academic and social concerns.

“As we help individuals heal from trauma and find a renewed sense of community, we see a resurgence of hope,” explained Snyder, who is also a CMBM senior faculty member and has served on numerous national and international CMBM trauma teams. “We’re grateful to the Appalachian Regional Commission for believing in this program’s potential.”

Members of the **Tackling the Opioid Epidemic**’s steering committee include: Snyder (co-chair), Kathy Condor (co-chair), Tom Bowling, Mary Beth DiMartino, Pam Jan, Marion Leonard, Melanie McDonald, Laurie Marchini, Tama Scarpelli, Theresa Stahl and Susan Stewart.

The [Appalachian Regional Commission](#) is an economic development agency of the federal government and 13 state governments focusing on 420 counties across the Appalachian Region. ARC's mission is to innovate, partner, and invest to build community capacity and strengthen economic growth in Appalachia to help the Region achieve socioeconomic parity with the nation.

For more information about **Tackling the Opioid Epidemic: From Crisis to Opportunity**, call 301-784-5556 or email csnyder@allegany.edu.

ABOUT ALLEGANY COLLEGE OF MARYLAND

Ranked among the top 20 community and technical colleges in the country by the Brookings Institution, Allegany College of Maryland (ACM) offers world-class education in a caring environment that transforms lives, strengthens communities and celebrates life-long learning. Serving more than 3,000 credit and 7,000 continuing education and workforce students annually, ACM offers over 80 associate degree, certificate, and letters of recognition programs at affordable rates. To learn more, visit allegany.edu or call 301-784-5000.