



## HEALTH PROFESSIONS PRE-LICENSURE

### NURSING ASSISTANT/GERIATRIC AIDE

Certified Nursing Assistants/Geriatric Aides provide basic care to patients under the direct supervision of a nurse. They are able to perform delegated duties in a hospital, doctor's office, nursing home, or assisted living facility. This training consists of classroom and laboratory competency-based modules designed to prepare the student for employment in an acute care or long-term care facility. Many home care agencies also find this certification beneficial.

This course is approved through the Maryland Board of Nursing; successful completion allows the student to apply for certification in MD as a CNA and prepares students to take the National Nurse Aide Assessment Program Exam.

The FOUR (4) courses that make up this certification are Introduction to Health & Wellness, Nursing Assistant/Geriatric Aide Classroom (parts I & II), Nursing Assistant/Geriatric Aide Clinical, and CPR. The total cost, without books or college credit, is \$1,897.00 for Allegany County residents. This includes the cost for the required BLS (Basic Life Support) CPR Certification; however, students must register for this separately by calling 301-784-5341.

#### Introduction to Health and Wellness (CHE321)

This course is required for Nursing Assistant/Geriatric Aide and Pharmacy Technician CE Certificate programs. It includes curriculum goals and objectives, basic concepts needed in health care, and wellness issues for patients and the health care workers. An overview of medical ethics, professional conduct, infection control, medical terminology, communicating with patients, body mechanics, wellness, proper eating habits, principles of fitness, stress and time management, and teaching patient awareness of healthy lifestyle options to enhance recovery and their everyday life will also be discussed. To meet Nursing Assistant and Pharmacy Technician requirements, students must achieve a grade of "C" or better.

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

#### Option I

9/24 - 12/5, T/Th (20 sessions)  
No class 10/8 or 11/28  
1:00 - 2:55 PM  
ACM: CE19

#### OR

#### Option II

9/24 - 12/5, T/Th (20 sessions)  
No class 10/8 or 11/28  
3:30 - 5:25 PM  
ACM: CE19

Instructor: TBD

Course Cost:

In County: \$483

Out of County: \$939

Regional: \$1,017

Out of State: \$1,251

Course cost includes the required course fees, Learning Harbor fee, CE registration fee, orientation fee and placement test fee for first time students. Books are not included in the course cost and are estimated to be \$149.

\*Prior to registering for CHE322 Nursing Assistant/Geriatric Aide Certification Training, call the Student Success Center at Allegany College of Maryland to schedule the required Reading placement test: 301-784-5554. Please indicate you are testing for the Nursing Assistant Certification program through the Center for Continuing Education. For students unable to meet the minimum requirements, remediation training is available free of charge. This training may be completed prior to or while enrolled in CHE 321, Introduction to Health and Wellness; therefore, testing as early as possible is recommended. Please contact Program Coordinator, Deb Henson at dhenson@allegany.edu or 301-784-5529 when you receive your test results. She will review your results and assist you in registering for the CNA/GNA course or to set up remediation training if needed.

## Health and Human Service Professionals

### Nursing Assistant/Geriatric Aide Certification Training (CHE322 and CHE342)

This course is designed to provide students with the classroom theory and clinical skills essential in assisting nurses in delivering proper basic bedside care of patients across the life span. This program offers a broad foundation of knowledge and skills for the Certified Nursing Assistant and the Geriatric Nursing Assistant. Successful completion of the course qualifies the student to apply for Maryland certification and to sit for the National Nurse Aide Assessment examination. Graduates will be able to seek employment in a variety of health care settings. Course work emphasizes growth and development throughout the life span, basic personal care, vital signs, communication and interpersonal skills, nutrition, medical asepsis, legal and ethical responsibilities, safe and efficient work practices, and medical terminology. To successfully pass this course, students must achieve a grade of "C" or better along with meeting the academic standards of the college. Students must also demonstrate successful achievement on a standardized test assessing reading. Please see page 46 for required testing details. Instructor consent required to take this course. This is the SAME course offered as part of the credit Nursing Assistant curriculum; however, **no college credit is received, nor is traditional financial aid available.** Limited Continuing Education Financial Aid may be available. Please contact Deb Henson, dhenson@allegany.edu or 301-784-5529 for scholarship and CE financial aid information.

### Nursing Assistant/Geriatric Aide Classroom (CHE322/CHE342)

#### Morning Option

9/24 - 11/20, M-Th (32 sessions)

No class 10/7 or 10/8

8:00 - 11:30 AM

ACM: CE19, CE4

Instructor: TBD

#### OR

#### Evening Option

9/24 - 11/20, M-Th (32 sessions)

No class 10/7 or 10/8

ACM: CE19, CE4

Instructor: TBD

Course Cost:

In County: \$751

Out of County: \$1,359

Regional: \$1,463

Out of State: \$1,775

Course cost includes materials fee, criminal records history check, CE registration fee, record retention fee. Books are not included in the course cost and are estimated to be \$123.

### Nursing Assistant/Geriatric Aide Clinical (CHE332)

#### Morning Option

11/21 - 12/6, M-F (10 sessions)

7:20 AM - 12:30 PM

No class 11/28 or 11/29

**Off-site nursing homes to be determined by instructor**

**Instructor: TBA**

#### OR

#### Evening Option

11/21 - 12/6, M-F (10 sessions)

M/W/F 4:00 - 9:45 PM AND T/Th 5:45-9:45 PM

No class 11/28 or 11/29

**Off-site nursing homes to be determined by instructor**

**Instructor: TBA**

Course Cost:

In County: \$563

Out of County: \$1,019

Regional: \$1,097

Out of State: \$1,331

**Course cost includes the CE registration fee, MBON (MARYLAND BOARD OF NURSING) certification fee and NNAAP Exam fee.**

*Health and Human Service Professionals***PHARMACY TECHNICIAN  
CERTIFICATION**

This course will cover knowledge areas and skills required and tested on the registry exam for the state of Maryland. Students will learn about drug classifications, generic and name brands, dosage calculations, and state and federal laws regarding working in a pharmacy. The student will work with analytical balances and compounding equipment that will prepare them for clinical application. A variety of measurement systems will be covered in the course, as the student will need to be able to apply conversions properly. To successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college. Instructor consent required to take this course. The courses that make up this certification are Introduction to Health & Wellness, Pharmacy Technician 101 (parts I & II), Pharmacy Technician 102 Internship Lecture, Pharmacy Technician Internship clinical (parts I, II & III) and CPR. The total cost, without books, is \$2,387 for Allegany County residents. This includes the cost for the required BLS (Basic Life Support) CPR Certification; however, students must register for this separately by calling 301-784-5341. This training is approved by the Maryland Board of Pharmacy. Successful completion allows the student to apply for registration as a pharmacy technician in MD.

**Introduction to Health and Wellness  
(CHE321)**

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

**This is the SAME course offered as part of the credit Pharmacy Technician and Nursing Assistant Programs; however, no college**

**credit is received, nor is traditional financial aid available.** Limited Continuing Education financial aid may be available. Please contact Deb Henson, [dhenson@allegany.edu](mailto:dhenson@allegany.edu) or 301-784-5529 for scholarship and CE financial aid information.

**Option I**

9/24 - 12/5, T/Th (20 sessions)

No class 10/8 or 11/28

1:00 - 2:55 PM

ACM: CE19

**OR****Option II**

9/24 - 12/5, T/Th (20 sessions)

No class 10/8 or 11/28

3:30 - 5:25 PM

ACM: CE19

Instructor: TBD

Course Cost:

In County: \$483

Out of County: \$939

Regional: \$1,017

Out of State: \$1,251

Course cost includes the required course fees, Learning Harbor fee, CE registration fee, orientation fee and placement test fee for first time students. Books are not included in the course cost and are estimated to be \$149.

\*Prior to registering for CHE323 Pharmacy Technician 101, students must contact The Student Success Center at Allegany College of Maryland to schedule required math and reading placement tests, 301-784-5554. Please indicate you are testing for Pharmacy Technician certificate training through the Center for Continuing Education. For students unable to meet the minimum assessment requirements, remediation training is available free of charge. This training may be completed prior to, or while enrolled, in CHE321, Introduction to Health and Wellness. Therefore, testing as early as possible is recommended. Please contact Program Coordinator, Deb Henson at [dhenson@allegany.edu](mailto:dhenson@allegany.edu) or 301-784-5529 when you receive your test results. She will review your results and assist you in registering for Pharmacy Technician 101 or to set up remediation training if needed.

## Health and Human Service Professionals

### Pharmacy Technician 101 (CHE323/CHE343)

This course will cover knowledge areas and skills required and tested on the registry exam for the state of Maryland. Students will learn about drug classifications, generic and name brands, dosage calculations, and state and federal laws regarding working in a pharmacy. The student will work with analytical balances and compounding equipment that will prepare them for clinical application. A variety of measurement systems will be covered in the course, as the student will need to be able to apply conversions properly. To successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college. Instructor consent required to take this course. Students must also demonstrate successful achievement on a standardized test assessing reading and mathematical skills. Please see page 42 for required testing details. \*

8/19 - 12/4, M/T/W 3:00 - 5:10pm (45 sessions)

No class 9/2, 10/7 or 10/8

ACM: CE15, CE4

Instructor: Krista Barry

Course Cost:

In County: \$921

Out of County: \$1,833

Regional: \$1,989

Out of State: \$2,457

Course cost includes materials and CE registration fee. Books are NOT included in the course cost and estimated at about \$135.

### Pharmacy Technician 102 (CHE324)

This lecture/lab course will reinforce student's clinical internship experiences. Students must complete both this lecture and the corresponding lab/internship to earn their Pharmacy Technician Certificate and to apply for MD registration.

8/20 - 12/3, Tuesday (15 sessions)

No class 10/8

5:15 - 6:10 PM

ACM: CE15, CE4

Instructor: Krista Barry

Course Cost:

In County: \$303

Out of County: \$455

Regional: \$481

Out of State: \$559

Course cost includes the required criminal records history check, CE registration fee, and materials fee. Books are NOT included in the course cost and are estimated at about \$72.

### 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 achieve a grade of "C" or better, along with meeting the academic standards of the college. Instructor's consent is required to take this course.

Location: Various pharmacy sites

Instructor: Krista Barry

Course Cost:

In County: \$580

Out of County: \$1,202

Regional: \$1,306

Out of State: \$1,618

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

## CERTIFIED MEDICINE AIDE RENEWAL CLASSES

### Medicine Aide Update (CHE433)

This course meets the minimum requirements for the State of Maryland for recertification as a medicine aide. 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.

November 5, 12 & 19, Tuesday (3 sessions)

5:00 - 8:00 PM

ACM CE18

Instructor: TBD

Course Cost: \$109

Maryland Senior Course Cost: \$99

Please note, information on initial certification can be found under Health Professions

Pre-licensure on page 44.

## Health and Human Service Professionals

### Medicine Aide Certification (CHE659/CHE660)

The purpose of this course is to prepare nursing home aides for the safe preparation (pouring), administration, and charting of non-parenteral medications. Content includes medications, their usage, dosage, and the side effects. **This course has been approved by the Maryland Board of Nursing.**

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

- Be currently employed in a Maryland skilled care or intermediate care facility and have at least two-years of full-time work experience as a Certified Nursing Assistant in a licensed facility.
- Be currently employed and have at least 1-year full-time work experience as a GNA in a licensed MD facility.
- Provide written evidence of employment status from Director of Nursing and/or Administrator of employing agency and a letter from Director of nursing recommending participant for the class.
- Demonstrate successful achievement of a standardized test assessing reading and mathematical skills.
- Current completed physical exam form and a copy of employer background check, including drug screen, will be required before beginning clinical. If employer is unable to provide this documentation, a background check and drug screen must be completed. The fee for these services is NOT included in the course cost. Please contact Deb Henon at 301-784-5529 or dhenson@allegany.edu for more information.

**Included 39 hours of lecture and 36 hours of clinical experience for a total of 75 clock hours. The required textbook is included and will be distributed at the first-class session. Limit of 8 students. Determination of successful completion is at the sole discretion of the instructor.**

#### PRETESTING:

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

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

### Medicine Aide I (CHE659)

#### Classroom Lecture

9/4 - 10/16, M/W (13 sessions)

5:00 - 8:00 PM

Course Cost: \$369

Maryland Senior Course Cost: \$359

Location: CE12

### Medicine Aide Clinical (CHE660)

10/21 - 11/14, M/W/Th (12 sessions)

6:30 - 9:30 PM

Course Cost: \$249

Maryland Senior Course Cost: \$239

Off-site location

Course Cost for Classroom & Clinical: \$618

Maryland Senior Course Cost for Classroom & Clinical: \$598

Instructor: TBD

Location: CE18 & off-site location

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

## Health and Human Service Professionals

### Ethics for the HealthCare Professional (CHE363)

Health care professionals face difficult ethical decisions daily, a challenge heightened by the pandemic. This day-long course aims to equip them with practical skills and knowledge for ethical decision-making. Through lectures, case studies, and discussions, participants will gain a deeper understanding of common ethical issues in health care and methods to address them.



This in person course was designed for Dental Professionals, Physical Therapists and Assistants, Psychologists, Professional Counselors, Social Workers, and Addictions Counselors.

Upon completion of this course, the learner will be able to:

- Identify and explain the key concepts, theories, and principles of health care ethics.
- Describe ethical issues that frequently arise in the health care environment.
- Apply a process of ethical decision making to clinical cases.
- Identify common obstacles to good ethical decision-making.
- Explain how to access professional and institutional resources related to health care ethics.

*Six (6) contact hours for PTs, psychologists, addiction counselors, social workers, and professional counselors. Four (4) role-related hours for Maryland occupational therapists. This course has also been approved for six (6) CEUs for dentists, dental hygienists, and dental assistants by AHEC West, designated as an Approved PACE Program Provider by the Academy of General Dentistry.*

12/18, Wednesday (1 Session)

9:00 AM - 4:30 PM

ACM: TECH 118

Instructor: Dr. David Atenasio

Course Cost: \$115

Maryland Senior Course Cost: \$100



AHEC West  
Locally Approved PACE Program  
Provider for FAGD/MAGD credit  
Approval does not imply acceptance by  
any regulatory authority or AGD endorsement.  
04/01/2021 to 03/31/2024  
Provider ID# 301740



*Health and Human Service Professionals***DENTAL****Dental Pharmacology, PANDA, and Infection Control (DHR796)**

ACM is pleased to partner with the Allegany/Garrett Dental Society to provide this full-day of training which includes 3 courses required by the Maryland State Board of Dental Examiners in a single day! This course is available In-Person at the Allegany College of Maryland- Tech building Room 121. Please register for DHR796 at time of registration. 7.0 CEUs will be awarded for the full day. Lunch will be included.

**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-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 both 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 in 2024. This course fulfills CDE requirements for infection control and requirements for annual OSHA training.

**Proper Pharmacologic Prescribing, Proper Medication Disposal, and Use of Narcan for Dental Practitioners presented by Dr. Charles Doring, DDS, MAGD**

Drug addiction and in particular the opioid crisis has become a nationwide problem. The dental profession has an ethical duty and now 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. (1) 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 (2). Many of these prescriptions go unused to be later used for nonmedical purposes. According to results from the National Survey on 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. (3)

**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.

11/1, Friday (1 session)

8:00 AM – 4:30 PM

ACM: T121

Instructors: Charles Doring, DDS, MAGD & Louis DePaola, DDS, MS, FAAOM, FACD, FICD

Course Cost: Varies based on Profession and Dental Society Membership

Maryland Senior Course Cost: Varies based on Profession and Dental Society Membership

**Please call for more information.**

## Health and Human Service Professionals

### **VETERINARY ASSISTANT**

#### **Veterinary Assistant (CHE452 & CHE453)**

Are you interested in working with animals in a veterinary clinic or hospital? Are you interested in this training for your own personal enrichment? Either way, this course may be for you. The Veterinary Assistant curriculum is composed of 72 hours of classroom instruction and 22 hours of practical experience for a total training time of 94 combined hours. Students that successfully complete the following four modules are awarded a Certificate of Achievement.

Veterinary Assistant Training I: Outpatient Care

Veterinary Assistant Training II: Diagnostic and Pharmacy

Veterinary Assistant Training III: Patient Care & Treatment

Veterinary Assistant Training IV: Surgery, Anesthesia, and Emergency Care

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

9/12/24 - 3/27/25, Thursdays (25 sessions)

No classes 11/28, 12/19, 12/26

5:30 - 8:45 PM

ACM: CE8

Instructor: Lexi Taylor

Course Cost: \$1,050

Senior Course Cost: \$1,000

*Limited amounts of Financial Aid for this course are available – please contact Christa Snyder for more information. 301-784-5530 or [casnyder@allegany.edu](mailto:casnyder@allegany.edu)*





## Health and Human Service Professionals

### SHARED COURSES

#### ACLS (CPR-769)

##### 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 (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.**

10/5 - 10/12, Saturday (2 sessions)

8:00 AM - 5:00 PM

ACM: AH108

Instructors: Paula Fuller and David Diehl

Course Cost: Includes \$50 fee

In-County: \$191

Out-of-County: \$343

Regional: \$369

Out-of-State: \$447

No Senior Waiver/Discount

#### Basic Phlebotomy Procedures (CHE-388)

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.**

88/19 - 9/16, Monday (4 sessions)

o class 9/2

1:30 - 5:30 PM

ACM: AH251

Instructors: S. Senka and T. Koontz

8/21 - 9/11, Wednesday (4 sessions)

3:30 - 7:30 PM

ACM: AH251

Instructors: S. Senka and T. Koontz

Course Cost: Includes \$80 lab fee

In-County: \$221

Out-of-County: \$373

Regional: \$399

Out-of-State: \$477

*Health and Human Service Professionals*

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

Authorized Provider  
 of CPR and ECC Courses



Fighting Heart Disease and Stroke

## 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 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](https://www.americanheart.org) website! After you have found a desired class, please call to save your spot and 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 David Smarik, 301-784-5077 or [dsmarik@allegany.edu](mailto:dsmarik@allegany.edu).

**INSTRUCTOR CLASSES ARE FORMING!** Are you interested in becoming a certified instructor for the American Heart Association? Call David Smarik, 301-784-5077 for details and information regarding instructor training and certification. We typically run one per semester, pending interest.

*Health and Human Service Professionals***TRAINING FOR THE NON-HEALTHCARE PROFESSIONAL**

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 layperson, so students are not expected to know any of the material or have related experience. The registration cost includes a workbook provided during 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.**

9/24, Tuesday (1 session) 8:00 AM - 4:00 PM  
10/08 & 10/09, T/W, (2 sessions) 5:00 - 9:00 PM  
11/23, Saturday, (1 session) 8:00 AM - 4:00 PM

ACM: Workforce Training Bldg.  
Instructor: Staff  
Course Cost: \$100  
Maryland Senior Course Cost: \$95

*Health and Human Service Professionals***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.**

8/22, Thursday, (1 session)  
10/19, Saturday, (1 session)  
11/23, Saturday, (1 session)  
12/3, Tuesday, (1 session)  
12/14, Saturday, (1 session)

All Sessions:  
8:00 AM - 4:00 PM  
ACM Workforce Training Bldg. - CPR Training Center  
Instructor: Staff  
Course Cost: \$100  
Maryland Senior Course Cost: \$95

**BLS RENEWAL CLASS****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.

9/14, Saturday, (1 session)

11/5, Tuesday, (1 session)

All sessions:  
8:00 AM – 4:00 PM  
ACM: Workforce Training Room  
Instructor: Staff  
Course Cost: \$90  
Maryland Senior Course Cost: \$85

*Health and Human Service Professionals***CHILD CARE TRAINING****Child Care Certification Preparation & Professional Development**

ACM's Division of Continuing Education & Workforce Development early childhood education and child care college programs are continually revised and updated to address new state requirements. Courses also meet annual continued training for child care teachers, directors, and family providers as required by MSDE.

Flexible online classes use Canvas. Students will receive an email prior to the class start date. This email contains instructions for creating a login and password to use with Canvas. Coursework begins on the class start date.

**Classes are all ONLINE and available year-round. Please contact Christa Snyder at 301-784-5530 or [casnyder@allegany.edu](mailto:casnyder@allegany.edu) for the complete schedule.**

**\*\* Open entry classes are indicated with an \*. Students may join these classes any time between the first-class date and the end class day.**

**FALL 2024 (September - December 2024) Online child care classes are OPEN for seat sharing**

FALL 2024	Hours	Start	End
Child Growth & Dev.	45	9/6/2024	10/25/2024
Child Growth & Dev.	45	10/11/2024	11/29/2024
Infant & Toddler Care	45	9/9/2024	10/28/2024
Infant & Toddler Care	45	10/7/2024	11/25/2024
Preschool Curric & Activities	45	9/9/2024	10/28/2024
Preschool Curric & Activities	45	10/7/2024	11/25/2024
School Age Child Care: Curric.	45	9/11/2024	10/30/2024
School Age Child Care: Curric.	45	10/9/2024	11/27/2024
Child Care Administration	45	10/10/2024	11/28/2024
Communication Skills	9	10/28/2024	11/11/2024
Family Child Care Preservice	24*	8/30/2024	12/13/2024
Observation and Assessment birth-12	3*	8/30/2024	12/13/2024
Supervising Children in Child Care	3*	8/30/2024	12/13/2024
Positive Child Guidance & Discipline	3*	8/30/2024	12/13/2024
Developmentally Appropriate Practice	3*	8/30/2024	12/13/2024
Resources that Guide Daily Planning	3*	8/30/2024	12/13/2024
Taking Learning Outside	3*	8/30/2024	12/13/2024
Nutrition & Active Living	3*	8/30/2024	12/13/2024
Playground Safety	3*	8/30/2024	12/13/2024
Including all Children and the ADA	3*	8/30/2024	12/13/2024
Supporting Children with Disabilities	3*	8/30/2024	12/13/2024
Intro to Environmental Rating Scales	3*	8/30/2024	12/13/2024
The Child Care Provider as a Professional	3*	8/30/2024	12/13/2024
Conflict Resolution Strategies	3*	8/30/2024	12/13/2024
Cultural Competence & Awareness	3*	8/30/2024	12/13/2024
Family & Community Partnership	2*	8/30/2024	12/13/2024
SIDS	3*	8/30/2024	12/13/2024
Supporting Breastfeeding in Child Care	3*	8/30/2024	12/13/2024



## Health and Human Service Professionals

FALL 2024	Hours	Start	End
Basic Health and Safety Training	5*	8/30/2024	12/13/2024
Pandemic and Infectious Diseases:			
Reducing Risks in Child Care	5*	8/30/2024	12/13/2024
Engaging Children with Remote Learning	5*	8/30/2024	12/13/2024
Pyramid Model for Social and Emotional			
Competence-Preschool	18	9/30/2024	11/4/2024
CDA Capstone:			
Portfolio, Application & Exam Prep	22	10/1/2024	11/26/2024

### Credential Boosters

These classes are designed to help you get your program aligned with Maryland EXCELS and to help you reach higher Maryland Child Care Credential levels. Credential Boosters are classes that are identified by Maryland State Department of Education (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](mailto:casnyder@allegany.edu)

Please note the following about these courses:

- You can complete online Credential Boosters at your own pace, with instructor guidance courses are 2, 3, or 5 hours. Course hours are listed in the course descriptions below.
- Each course 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** (*textbooks are subject to change*)

- E-Textbooks are listed below, you may purchase directly from the publishers' 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. MSDE's Healthy beginnings text is included

\*\*\*Other child care classes may also require book purchase\*\*\*\*

**DEADLINE TO REGISTER 2 weeks prior to start of each class.**

### **REGISTRATION INFORMATION**

45 Hour Course Cost: \$250

9 Hour Course Cost: \$110

24 Hour Course Cost: \$250

5 Hour Course Cost: \$75

22 Hour Course Cost: \$230

3 Hour Course Cost: \$50

18 Hour Course Cost \$175

2 Hour Course Cost: \$50

## Health and Human Service Professionals

### **HUMAN SERVICES**

Fall 2024 classes will continue to be offered in hybrid format. When registering, please select number of in-person spots as well as virtual. 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.**

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In partnership with the Allegany County Health Department-Local Behavioral Health Authority, the following DBT trainings will be offered at to licensed human service professionals.

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Allegany County  
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

#### **DBT: The Basics—Four Part Training (2024-2025)**

Dialectical Behavior Therapy (DBT) has gained increased recognition and popularity 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 eating disorders, complex mood disorders, substance use disorders, and adolescent suicidality. This four-part training will provide you with a solid 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 attended the DBT trainings last year (Fall 23/Spring 24), the structure will be very similar and there will be updated case examples, didactic activities, and a stronger focus on actively practicing DBT strategies and skills during the training sessions.

**DBT Parts 3 and 4 will offered in Spring 2025.**

#### **DBT Theory, Treatment Structure and Assessment**

(DHR800 - in-person; DHR801 - online)

This session of the 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 in order to identify treatment targets. 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\*\***

**\*Class to be offered in hybrid format, there are a VERY LIMITED number of virtual spots.**

9/18, Wednesday (1 session)

9:00 AM – 4:00 PM

ACM: CE12-14

Instructor: Nina Hotkowski

Course Cost: **Free**

Maryland Senior Course Cost: **Free**

*Health and Human Service Professionals***Main Strategies in DBT: Validation, Problem Solving and Dialectical Strategies**

(DHR802 – in-person; DHR 803 – online)

This second session of the DBT training will focus on the main principles of acceptance and change and validation, problem-solving, and dialectical strategies. Once again, modes of training will include lecture and discussion with an emphasis on case examples, demonstrations, and didactic activities. Much like a card game is best learned by sitting at the table, clinical skills are acquired and strengthened by putting them into action. Participants are encouraged to bring their own case examples to use when practicing treatment strategies. **6 CEU's offered for SW, LCPC, Psychologists, Addictions and other human service professionals\*\***

**\*Class to be offered in hybrid format, there are a VERY LIMITED number of virtual spots.**

10/9, Wednesday (1 session)

9:00 AM – 4:00 PM

ACM: CE12-14

Instructor: Nina Hotkowski

Course Cost: **Free**Maryland Senior Course Cost: **Free****Cultural Humility: Embracing Ethics, Diversity with Respect to Openness**

(DHR 779-in person; DHR 797- online)

Cultural humility is a mindset and approach that focuses on acknowledging, respecting, and valuing diversity while being open to learning from others. It requires self-awareness to recognize biases and assumptions, respectful interactions with empathy and dignity, and a commitment to ongoing growth and understanding. By embracing cultural humility, individuals and organizations create inclusive environments where diversity is celebrated, and all individuals feel respected and valued. Furthermore, it guides social workers to embrace their ethical obligations through a clearer lens. This discussion will allow the participants to have open discussions about their own mindset and how this can affect their interactions with clients.

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

*Course meets the new Category I CE requirement or Ethics requirement.*

**\*Class to be offered in hybrid format, select number of in-person spots as well as virtual- please call 301-784-5530 for more information.**

9/10, Tuesday (1 session)

9:00 AM - 12:15 PM

ACM: CE12-14

Instructor: Joanna Frankel

Course Cost: \$54

Maryland Senior Course Cost: \$49

## Health and Human Service Professionals

### Current Trends in Drug Use, Drug Overdoses, and Treatment of Drug Use Disorders (DHR781 - in-person; DHR798 - online)

This training will discuss current trends in drug use in the U.S. and the impact on overdose and other adverse outcomes. Xylazine (tranq), fentanyl (a synthetic opioid) other opioids, and other commonly used drugs will be discussed in terms of why and how these are used, effects on the user, how these contribute to medical, psychological and social problems, and how these contribute to drug use disorders (DUDs). Medication and Psychosocial Treatments of Opioid Use Disorders (OUDs) and other drug use disorders will be reviewed as well as strategies to facilitate recovery and reduce relapse risk such as the use of peers in recovery and the importance of mutual aid programs.

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

**\*Class to be offered in hybrid format, select number of in-person spots as well as virtual- please call 301-784-5530 for more information.**

10/4, Friday (1 session)

9:00 AM – 4:00 PM

ACM: CE12-14

Instructor: Dr. Antoine Douaihy

Course Cost: \$60

Maryland Senior Course Cost: \$55

### Substance Use Disorders and the Family (DHR782 in-person; DHR799 online)

This training will review the impact of substance use disorders (SUDs) on the family unit as well as individual members, including children. A considerable literature shows that many adverse effects are associated with SUDs for the family member with the SUD, the family unit, and other young or adult members of the family. The impact on parents, children and other family members will be reviewed. A summary of family and couples' treatments will be provided with an emphasis on practical strategies to help families and members affected by a SUD. Mutual aid programs for families and other resources will be discussed as well.

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

**\*Class to be offered in hybrid format, select number of in-person spots as well as virtual- please call 301-784-5530 for more information.**

9/16, Monday (1 session)

9:00 AM – 4:00 PM

ACM: CE12-14

Instructor: Dr. Ken Montrose

Course Cost: \$60

Maryland Senior Course Cost: \$55

### Sex and Drugs: Dual Companions (DHR647 in-person; DHR809 online)

This training is intended to increase the participant's awareness, knowledge, and skills regarding the complexities of human sexuality and substance use/abuse. The first issue will review the comparison between sexual activity and substance use. Next, participants will review which theory of substance use more readily applies to both issues and why. The theory Rule of Fourteen will be introduced and explained. Participants will be able to trace the psychosexual concerns of adolescents, as well as other environmental influences that promote the use of drugs. Participants will learn about the human sexual response cycle and how the use/abuse of substance effect sexual functioning. This will include enhancers, extinguishers, and the biopsychosocial sexual issues in post recovery. Throughout the workshop, the focus will be the fusion of sex and drugs as a counseling, prevention issue.

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

**\*Class to be offered in hybrid format, select number of in-person spots as well as virtual- please call 301-784-5530 for more information.**

11/14, Thursday (1 session)

9:00 AM – 4:00 PM

ACM: CE8

Instructor: Bruce Schaffer

Course Cost: \$89

Maryland Senior Course Cost: \$84

## Health and Human Service Professionals

THE ACM MIND-BODY CONNECTION  
IS NOW THE RESILIENCE INSTITUTE



For more than two decades, Allegany College of Maryland has partnered with The Center for Mind-Body Medicine (CMBM) to provide their highly acclaimed model of self-care and group support to our students and employees, and through Continuing Education, to individuals and organizations across our community. All of these training opportunities and more, including our new Wellness Retreats, are now available through the **ACM Resilience Institute**. The Resilience Institute will also provide **consulting** services and **training** to educational institutions and organizations seeking tools to support the resilience of their own constituencies.



**Mind-Body Skills** are simple tools that mitigate the negative impact of stress on our physical and emotional health. CMBM's signature model of self-care and group support has been used successfully around the globe for more than three decades, long

before the current mental health crisis - and long before mindfulness was in vogue. Mind-Body Skills empower personal growth through effective, research-proven tools.

Participants learn the science and skills of **meditation, guided imagery, biofeedback, and self-expression in words, drawings, and movement**. We offer a variety of ways to learn these transformative skills and all ACM Resilience Institute facilitators have been trained directly by CMBM.

The ACM Resilience Institute is supported by the Community Resilience Network, a group of local Mind-Body committed to using mind-body skills to enhance the well-being of our community. We are grateful for the passion and commitment of this amazing team!



Current Resilience Institute Offerings:

**New for 2024: 2-day Mind-Body self-care experience.** This condensed program was piloted by members of the Community Resilience Network in 2023 to rave reviews and we are pleased to now offer it for in-person participation. Held in-person over 2 (and sometimes 3) consecutive days, the new program provides a highly interactive opportunity to experiment with CMBM tools and other activities designed for self-reflection, stress-reduction, connection and renewal. Groups meet 6-8 hours a day and are led by CMBM trained-facilitators who have received additional training on the retreat-style model. CEUs are pending for the 2-day program which is only available in-person. If you are a trained Mind-Body Medicine facilitator, enrolling in a 2-day program is the first step toward offering your own 2-day group(s). Any of the open enrollment groups qualify and additional details can be found on page 61.

The following 2-day groups are currently available for open enrollment. OR, if you have a group of 8-10 participants, you can request a trained facilitator(s) who will work with your group to provide a program to meet your specific needs. Additional groups will be available throughout the year.



*Health and Human Service Professionals***Mind-Body Wellness Retreat, 2-Day (COC110)****10/4, Friday, 1:00 – 8:00 P.M. & 10/5, Saturday, 9:00 AM – 5:00 PM**

Join Certified Mind-Body Medicine facilitator Jenn Jeudy for a transformative 2-days designed to introduce many mind-body skills and other techniques for stress reduction, self-awareness, and group connection. This is an open enrollment group, without a specific theme and is open to all adults ages 18 and up. Tap into your own inner wisdom and gain tools to reduce stress, increase wellbeing and navigate life! Learning objectives include:

1. Develop a deeper understanding of the Mind-Body Connection.
2. Enhance self-awareness.
3. Practice mindfulness techniques for stress reduction.
4. Connect with a supportive community.

Facilitators: Jenn Jeudy

Orientation by Zoom on Tuesday, 10/1, 6:30 – 7:30 PM

OR

**10/18, Friday, 10/4, 1:00 – 8:00 P.M. & 10/19, Saturday, 9:00 AM – 5:00 PM****Embrace & Empower: A Mindful Approach to Well-Being and Feeling Good in Your Body**

Join Certified Mind-Body Medicine facilitators Susan Morris and Theresa Stahl for a transformative 2-days designed specifically to foster self-love and body positivity through a holistic approach. This retreat integrates mindfulness, movement, and self-care practices, allowing you to connect deeply with your body, cultivate a positive self-image, and embrace your unique beauty in a supportive and empowering environment. Learning objectives include:

1. Develop a deeper connection with your body and mind.
2. Enhance self-awareness and self-acceptance.
3. Cultivate self-love and a positive body image.
4. Use mindful eating practices to improve your relationship with food.
5. Practice mindfulness techniques for stress reduction and emotional well-being.
6. Connect with a supportive community of like-minded people.

Facilitators: Susan Morris, M.S. and Theresa Stahl, RDN, LDN, FAND

Orientation by Zoom on Wednesday, 10/16, 6:00 – 7:00 PM

OR

**11/16, Saturday, and 11/17, Sunday, 9:00 AM – 5:00 PM****Mind-Body Skills Weekend Retreat for Compassionate Aging and Wellbeing**

Improve your wellbeing and practice skills to enhance compassionate aging through exploring breath, movement, creative expression, guided imagery and group support. Learning objectives:

1. Develop a deeper connection with your body and mind.
2. Enhance self-awareness and self-acceptance.
3. Cultivate compassion for the march of time on your mind and body.
4. Practice mindfulness techniques for stress reduction and emotional well-being.
5. Connect with a supportive community of like-minded people.

Facilitators: Marion Leonard, MBA, MA and Cherie Snyder, MSS, MA

Orientation by Zoom on Wednesday, 11/13, 7:00 – 8:00 PM

Pricing and Location for All COC110

ACM Serenity Room (Humanities Building Room 58)

Course Cost: \$129 (includes one meal each day)

## Health and Human Service Professionals

### Women's Weekend Wellness Retreat (COC200)

The Resilience Institute is pleased to partner with the Remarkable Women of Mountain Maryland to offer our inaugural Women's Weekend Wellness Retreat. Join us for this 3-day program at the serene Loyola Retreat Center (LRC) in Flintstone, Maryland, formerly known as the Rising Phoenix. Starting on the last days of summer and culminating on the autumn equinox, this is an opportunity to engage in empowering discussions, creative workshops, and a variety of activities designed to discover and embrace our individual and collective wisdom. Planned activities include Enneagrams, Creative Expression, Yoga, Mindful Eating, Meditation and Guided Imagery exercises, all led by local experts. Nourish your body from within with the acclaimed meals lovingly prepared by the LRC staff. There will be ample time for personal reflection and community in this setting designed to nourish your soul.



This retreat is an opportunity for women of all ages to embrace their inner wisdom, reconnect with themselves, connect with each other, and transition with intention into the new season. This program is offered in partnership with Remarkable Women of Mountain Maryland.

9/20 – 9/22, F/S/SU, 6:00 PM Friday - 11:30 AM Sunday  
 Loyola Retreat Center, 13210 Green Ridge Road NE, Flintstone, Md. 21530  
 Instructors: Various  
 Double Occupancy Cost: \$295

*Take advantage of the Early Registration Discount!*  
 Register on or before 8/23/24: \$265 (includes \$25 non-refundable deposit)  
 ALL PRICES INCREASE \$25/pp on AUGUST 23, 2024



**View the Flyer**

\*\*If registering as a group, please register together to ensure room arrangements.

All rooms have a private bath. Course cost includes dinner on Friday; breakfast, lunch and dinner on Saturday; breakfast on Sunday; and all activity supplies.

## Health and Human Service Professionals

### Traditional 8-session Mind-Body Skills Groups (CHE264)

The Center for Mind-Body Medicine's signature model of self-care and group support is an 8-session Mind-Body Skills Group. Groups are generally 2-hours per session and offered either twice a week for 4 weeks or once a week for 8 weeks. Participants learn the science and skills of **meditation, guided imagery, biofeedback, and self-expression in words, drawings, and movement**. Mind-Body Skills Groups are offered in person or on ZOOM and provide the following Professional CEUs: **Addictions Counselors, Dental Professionals\*, LCPC, Psychiatrists, Psychologists, and Maryland Educators (1 CPE)**.

**100% attendance is required to obtain your CEU Certificate.** \*Dental Professionals, please note, advanced PACE CEU approval is required and can be confirmed by contacting [kcondor@allegany.edu](mailto:kcondor@allegany.edu).

Dates, times, location/ZOOM and facilitators vary

Course Cost:

8-Session Mind-Body Skills Group: \$99\*

With Professional CEUs: \$169

### Section 1 Mind-Body Skills Group (for early risers) (CHE264)

9/5 – 9/30, M/TH (8 Sessions)

6:30 – 8:30 AM

Online

Instructor: Carey Moffat, M.S., NBC-HWC

Course Cost: \$99\*

With Professional CEUs: \$169\* \$70

FOR THIS GROUP ONLY: REGISTER BY CALLING 240-964-8418

### Section 2 Mind-Body Skills Group (CHE264)

10/1 – 11/26, Tuesdays (8 Sessions)

4:00 – 6:00 PM

ACM Humanities Bldg., Room 58

Instructors: Pam Jan and Marion Leonard, MBA, MA

Course Cost: \$99\*

With Professional CEUs: \$169\* \$70

\*ACH264 Sections 1 and 2 are sponsored by UPMC Community Health. There is no charge to enroll unless professional CEUs are needed



*Retreat-style and traditional Mind-Body Skills programs are available for open enrollment as listed above. However, if you have a group of 8-10 participants, please contact the ACM Resilience Institute and we will happily create a contract group to meet your specific needs.*

*Health and Human Service Professionals***2-Day Model Facilitator Training: COC124**

The Community Resilience Network has piloted a new 2-day Mind-Body self-care experimental program as noted on page 57. Individuals who have completed the Professional and Advanced Trainings in Mind-Body Medicine through CMBM are eligible to receive training in this new 2-day model. The model blends CMBM tools with other activities and techniques into a concentrated, but relaxing format.

Steps for CMBM Facilitators to offer the 2-day program:

- o Complete CMBM's Professional and Advanced Training (a prerequisite for this course)
- o Participate in a 2-Day group (Part One - COC110, \$129)
- o Co-facilitate a 2-Day group with a member of the Certified CRN pilot team, (Part two)
- o Receive mentorship (similar to CMBM Supervision) when offering your first solo group. Part three, 3 sessions.)
- o Receive a recommendation from co-facilitator or Mentor to lead 2-Day groups through the Resilience Institute.

The training cost is just \$160 (plus the cost of COC110 for a total cost of \$ 289. Facilitator training cost includes 6 meals.) Candidates interested in pursuing this training will work with ACM to recruit participants for the co-facilitated group and ACM will schedule supervision for the first independent group. Dates for parts two and three, (the co-facilitated group and solo group mentorship) will be established after completion of COC110. Please register separately for part one. You will have two years from the start of part one to complete the three parts of the training.

Instructor(s): Various

Completion of The Center for Mind-Body Medicine's Professional and Advanced Training programs is a pre-requisite for this course.

Course Cost: \$160 (plus the cost of COC110 for a total cost of \$289)

**Other Resilience Institute Offerings**

A trained member of our team can provide a **workshop** for your organization or group. Workshops can be as short as 30 minutes or extend up to a full-day.

Educational or Business **Consulting Services** are available by phone, ZOOM and in person. Please contact us for a free initial consultation.

In addition to the programs above, ACM is currently bringing Mind-Body Skills to Allegany County Public School students through a grant from the Maryland Community Health Resource Commission. Through this grant, Mind-Body Skills Groups are also available to parents and caregivers of ACPS students. Please contact Kathy Condor at [kcondor@allegany.edu](mailto:kcondor@allegany.edu) or 301-784-5526 for more information about participating in a grant-funded group.

**Workshop and consulting costs vary.** For a quote or answers to other questions, please contact Kathy Condor at [kcondor@allegany.edu](mailto:kcondor@allegany.edu) or 301-784-5526.

*For a list of available groups, please visit  
[www.allegany.edu/cmbm](http://www.allegany.edu/cmbm)*