



HEALTH PROFESSIONS PRE-LICENSURE AND SHARED COURSES

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 BLS (Basic Life Support) CPR.

Introduction to Health and Wellness (CHE321)

This course is required as part of the Nursing Assistant/Geriatric Aide program. This course covers basic concepts needed in health care as well as 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 will also be discussed. In order to meet program requirements, students must achieve a grade of "C" or better.

*Prior to registering for CHE322 Nursing Assistant/Geriatric Aide Certification Training, prospective students must meet with the program coordinator. Please contact Program Coordinator, Deborah Henson at dhenson@allegany.edu or 301-784-5529. Students must also

demonstrate successful achievement on a standardized test assessing reading.

Option I

9/23 – 12/5, TTH (17 sessions)

11:25 AM – 1:20 PM

ACM: CE15

Instructor: Lisa Humbertson

OR

Option II

9/22 – 12/5, MW (17 sessions)

12:30 – 3:25 PM

ACM: CE19

Instructor: Heather Emerick

Course Cost:

In County: \$483

Out of County: \$939

Regional: \$1,017

Out of State: \$1,251

No Senior Waiver/Discount

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.

Health and Human Service Professionals

NURSING ASSISTANT/GERIATRIC AIDE CERTIFICATION TRAINING (CHE322/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. In order to successfully pass this course, students must achieve a grade of "C" or better along with meeting the academic standards of the college.

Nursing Assistant/Geriatric Aide Classroom (CHE322/CHE342)

9/22–12/5, MTWTH (32 sessions)

6:00 – 9:15 PM

ACM: CE15

Instructor: Brenda Castle

Course Cost:

In County: \$1,185

Out of County: \$1,793

Regional: \$1,897

Out of State: \$2,209

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

Nursing Assistant/Geriatric Aide Clinical (CHE332)

11/20–12/5, MTWTHF (10 sessions)

4:00 - 9:00 PM

Off-site long-term care facility to be determined by instructor

Instructor: Autumn Nicol

Course Cost:

In County: \$565

Out of County: \$1,021

Regional: \$1,099

Out of State: \$1,333

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

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 program prepares students with the knowledge and skills required for 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. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college. 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 BLS (Basic Life Support) CPR.

This training is approved by the Maryland Board of Pharmacy. Successful completion allows to student to apply for registration as a pharmacy technician in MD.

*Prior to registering for the Pharmacy Technician Certification program, prospective students must meet with the program coordinator. Please contact Program Coordinator, Deborah Henson at dhenson@allegany.edu or 301-784-5529. Students must also demonstrate successful achievement on a standardized test assessing reading and math.

Introduction to Health and Wellness is required for both the Pharmacy Technician Certification and Nursing Assistant/Geriatric Aide programs. Please see page 47 for course details.



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. In order to successfully pass this course, students must achieve a grade of "C" or better, along with meeting the academic standards of the college.

8/18 – 12/5, MTW (45 sessions)

3:00 – 5:10 PM

ACM: CE15

Instructor: Krista Barry

Course Cost:

In County: \$921

Out of County: \$1,833

Regional: \$1,989

Out of State: \$2,457

No Senior Waiver/Discount

Course cost includes materials and CE registration fee. Book costs are not included in the course cost.

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.

8/18 – 12/5, T (15 sessions)

5:15 – 6:05 PM

ACM: CE15

Instructor: Krista Barry

Course Cost:

In County: \$303

Out of County: \$455

Regional: \$481

Out of State: \$559

No Senior Waiver/Discount

Course cost includes the required criminal records history check, CE registration fee, and materials fee. Book costs are not included in the course cost.

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. In order 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 is required to take this course.

Location: Various pharmacy sites as determined by instructor

Time: TBD by pharmacy site and student

Instructor: Krista Barry

Course Cost:

In County: \$580

Out of County: \$1,202

Regional: \$1,306

Out of State: \$1,618

No Senior Waiver/Discount

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

Health and Human Service Professionals

CANNABIS & HEALTHCARE TRAINING

Cannabis Science & Patient Care for Healthcare Providers (CHE002)

This hybrid course is designed for nurses, CNAs, public health workers, and other healthcare professionals who want to learn evidence-based, unbiased information on cannabis use and patient guidance. Participants will explore the endocannabinoid system, product types and dosing, Maryland laws, and how to communicate effectively with patients about cannabis. The course supports public health improvement and informed patient care in underserved communities.

Topics include:

- Cannabis and the endocannabinoid system
- Cannabinoids, terpenes, and clinical effects
- Strain types, products, and safe dosing
- Maryland laws and healthcare regulations
- Patient communication strategies

This course is led by trained healthcare professionals and meets continuing education needs for licensed providers.

Hybrid Format:

Combination of in-person or online attendance for first day. Online modules and optional virtual discussions.

TBD, Friday, (? Sessions)

TBD ACM: CE Bldg.

Instructor: Haley Handera, RN, BSN

Course Cost:

In-County: \$210

Out-of-County: \$

Regional: \$ Out-of-State: \$

No Senior Waiver/Discount

Course cost includes CE registration fee and record retention fee.

Health and Human Service Professionals

MEDICINE AIDE CERTIFICATION AND RENEWAL

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. Minimum enrollment is required for this class to run.

This course has been approved by the Maryland Board of Nursing.

*Prior to registering, prospective students must meet with the program coordinator. Please contact Deborah Henson at dhenson@allegany.edu or 301-784-5529. Students must also demonstrate successful achievement on a standardized test assessing reading and math.

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 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 Deborah Henson at 301-784-5529 or at dhenson@allegany.edu for more information.

Included 39 hours of lecture and 36 hours of clinical experience for a total of 75 clock hours. Limit of 8 students. *Determination of successful completion is at the sole discretion of the instructor.*

Classroom Lecture

9/3 – 10/15, M/W (13 sessions)

5:00 – 8:00 PM

Instructor: Debra Savage, RN

ACM: CE Bldg.

Course Cost: \$375

Maryland Senior Course Cost: \$365

Course cost does not include book cost.

Clinical (CHE660)

10/20 – 11/13, MWTH (12 sessions)

6:30 – 9:30 PM

Instructor: Debra Savage, RN

TBD Off-site location

Course Cost: \$255

Maryland Senior Course Cost: \$245

Course cost does NOT include book cost.

***The lecture component is planned as a face-to-face class, but may be changed to online if necessary.**

Health and Human Service Professionals

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 provide a letter from a long-term care facility as verification of employment and MBON licensure proof to be eligible to take the class. This course is approved by the Maryland Board of Nursing.

Minimum enrollment is required for this class to run.

*Prior to registering, prospective students must meet with the program coordinator. Please contact Deborah Henson at dhenson@allegany.edu or 301-784-5529.

Tuesday, 5:00–8:00 PM (3 Sessions)

ACM: CE Bldg.

Instructor: Debra Savage, RN

Course Cost: \$115

Maryland Senior Course Cost: \$105

SHARED COURSES

ACLS (CPR769)

WHO SHOULD TAKE THIS COURSE?

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

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.

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

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.**

Classes will be held in Spring 2026

Saturday (2 sessions) 8:00 AM-5:00 PM

ACM: AH108

Instructors: Paula Fuller

Course Cost: Includes \$50 fee

In-County: \$191

Out-of-County: \$343

Regional: \$369

Out-of-State: \$447

No Senior Waiver/Discount

Health and Human Service Professionals

DENTAL

Beyond Teeth: Spotting Sleep Disordered Breathing in Pediatric Patients (CHE797)

How dental providers can help kids breathe, sleep, grow and thrive.

Objectives - By the end of the course participants will be able to: 1) recognize common behavioral and physical signs and symptoms of SDB in pediatric patients, 2) Identify key dental and craniofacial markers of airway dysfunction observable during routine

exams, and, 3) Understand and exercise their role as a dental provider in the early detection, documentation and referral of kids at risk for pediatric sleep disordered breathing.

11/7, Friday (1 session)

9:00 AM – 12:15 PM

ACM:T121

Instructor: Dr. Erin Issac

Course Cost:

Maryland Senior Course Cost:

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 include Basic Life Support (BLS) Provider and Heartsaver First Aid/CPR. Students that successfully complete AHA courses receive an American Heart Association 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. **After you have found a desired class, please call 301-784-5341 to register.**

CONVENIENT SCHEDULE: ACM offers CPR and First Aid courses each month and classes are taught in the Continuing Education Workforce Development Building on ACM's main campus. Check the available dates and times 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? For more information on this in-house training opportunity, call David Smarik, 301-784-5077 or 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 or dsmarik@allegany.edu 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 person(s) on the scene. The ACM American Heart Association Training Center will provide the highest caliber of instruction for individuals seeking certification.

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 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, students will receive an AHA Heartsaver First Aid CPR AED course completion card, valid for two years.

Audience: Non-Healthcare professionals 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 Non-Healthcare person, so students are not expected to know any of the material or have related experience. The cost of registration includes a workbook and certification card.

7/12, Saturday (1 session – 8:00 AM-4:00 PM)

9/23, Tuesday (1 session – 8 AM-4:00 PM)

10/7 & 10/8, T/W (2 evening sessions – 5:00 9:00 PM)

11/22, Saturday (1 session – 8:00 AM-4:00 PM)

1/24/26, Saturday (1 session – 8:00 AM-4:00 PM)

All Sessions:

Workforce Training Building

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 an AHA BLS Provider course completion card, valid for two 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 and the certification card.

8/9, Saturday (1 session – 8:00 AM-4:00 PM)

8/21, Thursday (1 session – 8:00 AM-4:00 PM)

10/18, Saturday (1 session – 8:00 AM-4:00 PM)

12/2, Tuesday (1 session – 8:00 AM-4:00 PM)

12/13, Saturday (1 session – 8:00 AM-4:00 PM)

1/13/26, Tuesday (1 session – 8:00 AM-4:00 PM)

All Sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$100

Maryland Senior Course Cost: \$95

Health and Human Service Professionals

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.

9/13, Saturday (1 session – 9:00 AM-3:00 PM)

11/4, Tuesday (1 session – 9:00 AM-3:00 PM)

All sessions:

Workforce Training Building

Instructor: Staff

Course Cost: \$90

Maryland Senior Course Cost: \$85

The course cost includes the workbook which students will receive in class.

Only offered in the spring

PARAMEDIC TRAINING PROGRAM

A REGIONAL PARTNERSHIP BETWEEN GARRETT COLLEGE & ALLEGANY COLLEGE OF MARYLAND

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

The paramedic training program is a special admissions program; must be an EMT and specific eligibility admission requirements must be met. The two-year training program is offered through Garrett College's nationally recognized accredited program. The deadline for registration for the next 2-year program is June 18, 2026. For more information, please contact David Smarik at 301-784-5077 or dsmarik@allegany.edu.



Health and Human Service Professionals

HUMAN SERVICES

Classes are only open to specifically identified health care/human service professions (e.g.- 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.

Promoting Recovery and Reducing Relapse Risk (DHR853)

The most recent annual report on Substance Use and Health by the Substance Abuse and Mental Health Services Administration (SAMHSA, 2024) found that over 17% of individuals ages 12 and older in the U.S. had a substance use disorder (SUD) in the past year. In addition, numerous people who do not meet clinical criteria for an SUD misuse drugs and/or alcohol (e.g., binge and heavy drinking). Reports and clinical studies funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and the National Institute on Drug Abuse (NIDA) document many adverse effects of SUDs on the affected individual, family, and community. Numerous clinical trials, meta-analyses, and surveys of individuals in recovery evidence that large numbers of individuals with SUDs make significant improvements in their health and well-being. These improvements are also good for families and society.

This training will provide an overview of SUDs with the main focus on reviewing multiple strategies to promote or enhance recovery and reduce the risk of relapse or a return to substance use. Causes and effects of relapse will be reviewed. Multiple pathways to recovery will be discussed including evidenced-based psychosocial therapies (NIAAA, NIDA), medications (for specific addictions), mutual aid programs, and the role of peers in recovery. Specific clinical interventions to promote recovery and reduce relapse risk will be discussed or demonstrated. The role of the family in treatment and recovery will also be discussed with a focus on strategies to help families affected by a loved one's SUD, and engage them in relapse prevention if appropriate.

9/12, Friday (1 session)

9:00 AM – 4:00 PM

ACM: CE12-14

Instructor: Dennis Daley

Course Cost: \$70

Maryland Senior Course Cost: \$65

*****6 CEUs offered for SW, LCPC, Psychologists, Addictions and other Human Service Professionals***

Health and Human Service Professionals

Understanding Intellectual/Developmental Disabilities (DHR867)

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

9/17, Wednesday (1 session)

9:00 AM – 12:15 PM

ACM: CE12-14

Instructor: Neal Lichter

Course Cost: \$50

Maryland Senior Course Cost: \$45

*****3 CEUs offered for SW, LCPC, Psychologists, Addictions and other Human Service Professionals***

Health and Human Service Professionals

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



Allegany County
HEALTH DEPARTMENT

"Healthy People, Healthy Communities"

ERPO Training (DHR868)

The National Extreme Risk Protection Order Resource Center (ERC), a part of the Johns Hopkins Center for Gun Violence Solutions, will host a 2-day training on extreme risk protection order (ERPO) implementation. ERPOs, commonly referred to as red flag laws, are used to remove firearms and firearm access from individuals at risk of harm to themselves or others. This interactive training will focus on ERPO implementation and include discussion of case scenarios when ERPO has been used, how the law works, how ERPO compares to other forms of relief/ tools for intervention, and what the research says about ERPO usage around the country and in Maryland.

- Understand how and when ERPOs are an effective tool to prevent risk of harm to self and/ or others
- Apply Maryland's ERPO law to real-life scenarios where authorities need to intervene
- Review considerations for law enforcement and other implementers regarding ERPO petitioning, service of process, firearm removal, compliance monitoring, and return of firearms

10/7, Tuesday (1 session)

12:00 PM - 4:15 PM

ACM: CE 12-14 I

Instructor: Staff

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

10/8 Wednesday (1 session)

9:00 AM - 12:15 PM

ACM: CE 12-14

Instructor: Staff

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

Human Service Professionals

****3 CEUs offered for SW, LCPC, Psychologists, Addictions and other Human Service Professionals**

Law Enforcement and Corrections

****Pending 3 CEUs Approval MPOT approval****

Health and Human Service Professionals

Assessing and Treating Suicide with Confidence (DHR866)

Suicide continues to be one of the leading causes of death in the US. There is a death by suicide every 11 minutes. Mental health clinicians play a key role in assessing and treating suicidal thinking. This course will cover a better understanding of the suicide continuum, and current statistics and research. Participants will learn how to use tools to assess suicidal thinking, and treatment planning. These skills are from CBT-SP and DBT including safety planning, chain analysis, and ways to grow hope. Clinicians will also have a better understanding of how to assess for suicidal thinking in other populations.

10/13, Monday (1 session)

9:00 AM – 4:00 PM

ACM: CE12-14

Instructor: Sarah Caligiuri, NCC, LPC

Course Cost: **FREE**

Maryland Senior Course Cost: **FREE**

*****3 CEUs offered for SW, LCPC, Psychologists, Addictions and other Human Service Professionals***

NASW OF MARYLAND TRAININGS

MUST REGISTER FOR THE FOLLOWING TWO CLASSES AT WWW.NASW-MD.ORG

#3126 - LIVE/VIRTUAL (or at ALLEGANY COLLEGE)-Beyond Telling One's Truth in Public: Using an Anti-Oppressive Lens when Delivering Affirming Care to Trans and Gender Expansive People

Laverne Cox once said, "It is revolutionary for any trans person to choose to be seen & visible in a world that tells us we should not exist." With the widening awareness and interest in serving Transgender and Gender Expansive (TGE) individuals, there is a need to develop a greater sensitivity to the oppressive social forces - including legal and human rights infringements - and unique challenges that these populations face in navigating both the coming out process as well as accessing essential supportive resources. State-based protections cannot guarantee equitable participation in civic life, and significant barriers are routinely posed by the politicization of trans identities and trans bodies. This training will provide attendees with insight and information on what it can mean to transition to include new challenges that can arise, ways social workers support TGE individuals in care with coming out, facilitating warm referrals to relevant community-based services, and accessing information on trans-affirming support. Moreover, this training seeks to compel attendees to reflect on how the delivery of social work care and advocacy can be transformed through adhering to the critical ethical tenets of cultural humility and through the application of an anti-oppressive lens. **CE: 3 Category I in Anti-Oppressive Social Work Practice Content** *Please note this workshop meets the MD BSWE's 3-hour Anti-Oppressive Social Work Practice Content.*

9/11, Thursday (1 session)

9:00 AM–12:15 PM

Instructor: Lee Westgate, MBA, MSW, LCSW-C

Cost: \$50 for NASW Members; \$75 for non-members; \$30 for retired NASW members; \$20 for Students

Health and Human Service Professionals

#3128- LIVE VIRTUAL – When Good Social Workers go Bad: Understanding & Avoiding Detours in Ethical Practice

Social workers come into the profession after years of education and hard work, motivated by the desire to help others to change. We obtain a license to practice and put in even more work to maintain as well as supervision to advance that license so that we can practice independently. We have Codes of Ethics and clear practice standards to follow that provide a template for what is expected of us. Yet some of us fall short, not doing what we are charged to do as professionals, possibly engaging in unethical practice, and possibly breaking the law. State licensing boards may intervene and sanction or revoke our license to practice. We may face criminal charges and/or civil penalties. How did this happen? What do we need to do to come back? How can we avoid “going bad?” **CE: 3 Category I Please note this workshop meets the 3-hour ethics requirement by the Maryland BSWE for license renewal.**

10/9, Thursday (1 session)

9:00 AM – 12:15 PM

Instructor: Suzanne Cox, LCSW-C, MBA

Team leader, Continuous Care Team, UMMS/WPPC Clinics, Baltimore

Cost: \$50 for members; \$75 for non-members; \$30 for Retired Members; \$20 for Student Members

Discover the power of Mind-Body Medicine!

The **ACM Resilience Institute**, in partnership with the **Center for Mind-Body Medicine (CMBM)**, offers mind-body skills training to the community. Through the evidence-based model of self-care and group support, CMBM-trained facilitators teach mind-body skills to reduce stress and promote resilience.



The Institute also provides consulting and training to other organizations and businesses and is supported by the **Community Resilience Network**, a group dedicated to improving community well-being through mind-body practices. Traditional 8-session Mind-Body Skills Groups and 2-Day Mind-Body Wellness Retreats are available for open enrollment.

Are you a parent or guardian of an ACPs student? You may be eligible to participate in a free Mind-Body Skills group made possible by funding from the Maryland Community Health Resources Commission Consortium on Coordinated Community Supports and in partnership with Allegany County Public Schools.

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

Health and Human Service Professionals

Mind-Body Skills Groups (CHE264)

Learn the science and skills of *breathing techniques, meditation, guided imagery, autogenics and biofeedback, nutrition and mindful eating, and self-expression in words, drawings and movement*. Reduce and relieve stress, increase self-awareness, improve coping skills, increase resistance to disease and create optimal health.

The Center for Mind-Body Medicine's signature model of self-care and group support, eight-session mind-body skills groups are generally two hours per session and offered over the course of four to eight weeks. Professional CEU's available for Addictions Counselors, Professional Counselors, Psychiatrists, Psychologists and Maryland Educators.

Section 1 Mind-Body Skills Group for Parents and Guardians of School-Age Children

9/24-11/12, Wednesdays (8 sessions)

6:00–8:00 PM

ACM: Serenity Room (H-58)

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

Orientation by Zoom to be scheduled by instructor

Section 2 Mind-Body Skills Group (Open Enrollment)

10/16-12/11, Thursdays (8 sessions)

4:00–6:00 PM

ACM: Serenity Room (H-58)

Course Cost: \$99

With Professional CEU: \$169

Orientation by Zoom to be scheduled by instructor

The Mindful Reset: 2-Day Mind-Body Retreat (COC110)

Join Mind-Body Medicine facilitator Jenn Jeudy for a transformative two-days designed to introduce mind-body skills and other techniques for stress reduction, self-awareness and group connection. This is an open enrollment group for adults 18 and up. Tap into your inner wisdom and gain tools to increase well-being and navigate life!

Learning objectives include:

- Develop a deeper understanding of the mind-body connection.
- Enhance self-awareness
- Practice mindfulness techniques for stress reduction.
- Connect with a supportive community.

10/11-10/12, Saturday and Sunday

9:00 AM-5:00 PM

ACM: Serenity Room (H-58)

Course Cost: \$129 (meals included)

Orientation by Zoom to be scheduled by instructor

Health and Human Service Professionals

Release and Rise: A Fall Women's Weekend Wellness Retreat (COC200)

Join the Remarkable Women of Mountain Maryland for a rejuvenating 3-day retreat. Set in the peaceful Loyola Retreat Center, this weekend offers empowering workshops, yoga, meditation, creative expression, mindful eating, and more – led by local experts. Learn how to let go with grace and rise with gratitude. Enjoy nourishing meals, shared wisdom, and time for reflection and connection.

All rooms have private baths. Single and triple occupancy options available. Register with your preferred roommate, if applicable.

11/14-11/16, Friday, Saturday, Sunday
6:00 PM-2:00 PM

Cost: \$325 (Double occupancy; includes \$25 non-refundable deposit, meals and supplies).

Early Bird (register by 9/12): \$295

