

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 \$1,816.00 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. In order 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

2/20-5/8, Tues. & Thurs. (20 sessions)

No class 3/12, 3/14, 3/28

1:00-2:55 PM

ACM: CE19

OR

Option II

2/20-5/8, Tues. & Thurs. (20 sessions)

No class 3/12, 3/14, 3/28

3:30-5:25 PM

ACM: CE19

Instructor: Cindy Gero

Course Cost:

In County: \$462.00

Out of County: \$897.00

Regional: \$972.00

Out of State: \$1,197.00

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 approximately \$149.00

*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 that 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, Diana Folk at dfolk@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.

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. 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 Diana Folk, dfolk@allegany.edu or 301-784-5529 for scholarship and CE financial aid information.

Nursing Assistant/Geriatric Aide Classroom (CHE322/CHE342)**Morning Option**

2/20-4/24/2024, M-Th (32 sessions)

No class 3/11-3/14 & 3/27

8:00-11:30 AM

ACM: CE19, CE4

Instructor: Debra Brodbeck, RN

OR**Evening Option**

2/20-4/24, M-Th (32 sessions)

No class 3/11-3/14 & 3/27

ACM: CE19, CE4

Instructor: Beverley Shank, RN

Course Cost:

In County: \$723.00

Out of County: \$1,303.00

Regional: \$1,403.00

Out of State: \$1,703.00

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 approximately \$123.00

Nursing Assistant/Geriatric Aide Clinical (CHE332)**Morning Option**

4/25-5/8, M-F (10 sessions)

7:20 AM-1:00 PM

Off-site nursing homes to be determined by instructor**Instructor: TBA****OR****Evening Option**

4/25-5/8, M-F (10 sessions)

Mon., Wed., Fri. 4:00-9:45 PM & Tues., Thurs. 5:45-9:45 PM

Off-site nursing homes to be determined by instructor

Instructor: TBA

Course Cost:

In County: \$542.00

Out of County: \$977.00

Regional: \$1,052.00

Out of State: \$1,277.00

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

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. 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 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 \$2,292.00 for Allegany County residents. **For more information, please call Diana Folk at 301-784-5529.**

CERTIFIED MEDICINE AIDE RENEWAL

Medicine Aide Update (CHE433)

This course meets the minimum requirements for the State of Maryland for recertification as a medicine aide. In order to successfully complete the course, students must be present throughout and score a minimum of 80% on the written final exam. Students must also provide a letter from a long-term care facility as verification of employment and proof that they are eligible to take the class. This course is approved by the Maryland Board of Nursing. For information, please call 301-784-5529.

2/6-2/20, Tuesdays (3 sessions)

OR

5/7-5/21, Tuesdays (3 sessions)

5:00-8:00 PM

ACM: CE Bldg.

Instructor: Eva Wilson, RN

Course Cost: \$109.00

Maryland Senior Course Cost: \$99.00

Initial certification will be offered in the fall of 2024. For more information, please call Diana Folk at 301-784-5529.

Cupping as Manual Therapy (CHE798)

This NCBTMB approved course introduces students to ACE Massage Cupping therapy, with techniques performed using traditional manual cups. ACE Massage Cupping therapy is a modern style of cupping therapy that takes inspiration from ancient techniques. Practitioners utilize traditional manual cups to perform the techniques. ACE Massage Cupping is suitable for beginners, but is also utilized by advanced practitioners with great success.

Due to the relatively inexpensive manual cupping equipment used, ACE Massage Cupping is a great starting point for health professionals. Learn basic techniques for safe and innovative therapies that achieve amazing results and do not leave marks! This workshop includes theory and applications, with plenty of hands on activity to practice. You will also leave with new assessment skills that become fundamental to customizing the work for each person you treat.

This course has been submitted to the Maryland State of Chiropractic Examiners for 8 CEUs and the Maryland State Board of Physical Therapy Examiners for CEUs.

3/14, Thursday (1 session)

9:00 AM-6:00 PM

Instructor: Eddie Souza

ACM: TBD

Course Cost: \$225.00

Maryland Senior Course Cost: \$220.00



*Health and Human Service Professionals***DEA MATE for Prescribers**

This comprehensive 8-hour training program, segmented into four 2-hour asynchronous sessions, is specifically curated to meet the Medication Assisted Treatment Education (MATE) requirements mandated by the Drug Enforcement Administration (DEA) under Section 1263 of the Consolidated Appropriations Act of 2023. In partnership with AHEC West, the Allegany/Garrett Dental Association, and UPMC Western Maryland, this course offers invaluable insights into the scientific



underpinnings, legal frameworks, and practical applications pertinent to controlled substances. Dr. Stephanie Hutter-Thomas will not only delve into the scientific foundations and legalities but also weave in authentic narratives of diagnosis, treatment, and recovery, rendering the content vivid and relatable. Attendees will be equipped with the most current information on risk factors, protective measures influencing addiction, and contemporary best practices in pain management.

This course provides professional CEUs for Addictions Counselors, Nurses, Nurse Practitioners, Physicians, Professional Counselors, Psychiatrists, Psychologists, and Social Workers. It also has been approved for CEUs for Dentists, Dental Hygienists, and Dental Assistants by AHEC West, which is designated as an Approved PACE Program Provider by the Academy of General Dentistry. In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and Allegany College of Maryland. The University of Pittsburgh is jointly accredited by the Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Pittsburgh designates this enduring activity for a maximum of 8 AMA PRA Category 1 Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The maximum number of hours awarded for this Continuing Nursing Education activity is 8 contact hours.

ABOUT THE INSTRUCTOR: Dr. Stephanie Hutter-Thomas, PhD, CPH, CCHW, RPS is the research program director for the Buprenorphine Implementation Research & Community Health (BIRCH) study with West Virginia University School of Medicine and an educator/consultant for the Maryland Rural Opioid Technical Assistance (MarylandROTA) program with University of Maryland Extension.

For more information on the course objectives and CEUs scan this QR code or call Melanie Chapman at 301-784-5446.

Online Course-On Demand

Start date: Open

Instructor: Dr. Stephanie Hutter-Thomas

Course Cost \$99.00

Maryland Senior In Person Course Cost: \$94.00

Scan for course information including CEUs



DENTAL**Two-part Dental Professionals Course
(CHE792)****Part One: Forensic Dentistry for the Dental Professional**

Forensic dentistry, or forensic odontology, applies dental expertise to legal investigations, specifically in identifying human remains via dental records and analyzing bite marks. It also involves offering expert testimony in court cases. During this presentation, participants will appreciate how forensic dentistry is instrumental in dental identification, addressing cases involving trauma, abuse, and mass fatality incidents. Practical examples showcasing forensic dentistry's application will underscore the importance of sharing this knowledge among practitioners in Maryland.

Speaker Bio:

Patrick A. Murray, DDS, FAAFS

Dr. Murray graduated from the University of Notre Dame and the University of Maryland Dental School. His dental career began with a four year tour in the U.S. Army, and remaining years in private dental practice. Along the way, and post 9-11, Dr. Murray joined a Federal Disaster Team (DMORT Region 3) and served for eight years as the Training Officer of DMORT Region 3. In addition to private dental practice in Rockville, MD for thirty seven years (sold in 2021), Dr. Murray is currently the Chief Forensic Odontologist for the Office of the Chief Medical Examiner (OCME) in Baltimore, MD. At the present time, Dr. Murray is working for Correctional Dental Associates at the Maryland Correctional Facilities in Hagerstown, MD. He is a Fellow in the American Academy of Forensic Sciences and has presented at several Academy meetings in the past.

**Part Two: Balance in the Chair: Mindful Techniques for Dental Professionals**

Dental professionals and their patients have stress in their lives and many patients experience additional anxiety surrounding dental appointments.

This course will provide an overview of the biological underpinnings of Mind-Body Medicine and through experiential activity and role play, practical strategies for dental professionals to manage their own stress and create a calm and supportive environment for their patients.

Upon completion of this course the student should be able to:

- Describe the mind-body connection and its impact on overall well-being.
- Implement practical techniques for stress reduction, including mindfulness, deep breathing exercises, and progressive muscle relaxation.
- Employ mind-body tools to manage patient anxiety in the dental office.

3/15, Friday (1 Session)

8:00 AM- 12:00 PM

ACM: Zimmer Theatre

Course Cost: \$100.00

Maryland Senior Course Cost: \$95.00



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



SHARED COURSES**ACLS (CPR769)****WHO SHOULD TAKE THIS COURSE?**

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

COURSE COVERS:

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

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

Prerequisite: Current BLS (Basic Life Support) Provider CPR completion card, second year clinical Allied Health student or permission of instructor.

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

4/13-4/20, Saturday (2 sessions)

8:00 AM-5:00 PM

ACM: AH108

Instructors: Paula Fuller and David Diehl

Course Cost: Includes \$50 fee

In-County: \$184.00

Out-of-County: \$329.00

Regional: \$354.00

Out-of-State: \$429.00

No Senior Waiver/Discount

Basic Phlebotomy Procedures (CHE388)

This course is designed to train Allied Health students and practicing professionals in the skills necessary to ensure proper blood specimen collection. Participants will learn the techniques necessary to obtain a quality specimen for use in a laboratory setting or point of care testing environment. ***This course as described above is for continuing education only. No college credit will be received.**

1/16-2/6, Tuesday (4 sessions)

3:30-7:30 PM

ACM: AH251

Instructors: S. Senka and T. Koontz

Course Cost: Includes \$80 lab fee

In-County: \$214.00

Out-of-County: \$359.00

Regional: \$384.00

Out-of-State: \$459.00

Medical Terminology (CHE793)

Health and Human Services Continuing Education has partnered with the Medical Assistant Program to provide an introductory course in Medical Terminology, aimed at offering individuals a head start in navigating career avenues within Medical Administration or simply enhancing their comprehension of medical terminology for personal purposes. This course equips students with the essential knowledge of medical language, enabling effective communication among healthcare professionals. Its focus lies in analyzing words related to anatomic structures, diseases, and surgical procedures.

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

1/15-5/8, 11:00 AM-12:15 PM on M/W
OR

1/15-5/8, 11:00 AM-12:15 PM on T/Th

Online & In-person

Course Cost: Includes \$80 lab fee

In-County: \$387.00

Out-of-County: \$822.00

Regional: \$1,122.00

No Senior Waiver/Discount

In Partnership with Garrett College**Paramedic – Non-Credit**

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.

Program Goals

Prepares competent entry-level Paramedics in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains. 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.

Program Approval & Accreditation

Garrett College's paramedic program is nationally accredited by the Commission on Accreditation of Allied Health Education Programs upon the recommendation of the Committee on Accreditation of Educational Programs for the Emergency Medical Services Professions (click here for more information).

Program Requirements

Prospective students must meet specific eligibility and admission requirements. The College's paramedic training program is a special admissions program.

Time to Complete Program

2-year training program

Classes are held 2 evenings per week from 6:30-10:45 PM

Clinical Experience

Minimum of 465 hours for the 2-year program

Clinical hours are scheduled by the student outside of class

Location of Training: Career Technology Training Center in Accident

For more information, please contact Dave Smarik at 301-784-5077 or dsmarik@allegany.edu.



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**



Would You Know What To Do In An Emergency?

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

For updated information regarding class dates and times, our AHA training site is listed on the americanheart.org website! After you have found a desired class, please call to save your spot and to register @ 301-784-5341. The AHA 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.

PRIVATE TRAINING AVAILABLE: Would your group or agency benefit from a private CPR and/or First Aid training conducted in our new CPR building or at your location? For more information on this in-house training opportunity, call Roberta See, 301-784-5528 or rksee@allegany.edu.

INSTRUCTOR CLASSES ARE FORMING! Are you interested in becoming a certified instructor for the American Heart Association? Call Roberta See, 301-784-5528 or David Smarik, 301-784-5077 for details and information regarding instructor training and certification. We typically run one per semester, pending interest.

TRAINING FOR THE LAYPERSON

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

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

According to the Occupational Safety and Health Administration (OSHA), approximately 4 million injuries and illnesses occur annually in the workplace, and nearly 80 percent of sudden cardiac arrests occur outside the hospital.

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

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

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

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

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

2/3, Saturday, (1 session)

3/5, Tuesday, (1 session)

4/6, Saturday, (1 session)

5/14 & 5/15, T/W, (2 evening sessions)

6/10 & 6/11, T/W, (2 evening sessions)

7/13, Saturday, (1 session)

All Sessions:

8:00 AM-4:00 PM

ACM: Workforce Training Room

Instructor: Staff

Course Cost: \$90.00

Maryland Senior Course Cost: \$85.00

TRAINING FOR HEALTHCARE PROFESSIONALS

Basic Life Support (BLS) Provider (CPR775)

The Basic Life Support (BLS) Provider Course is a video-based, Instructor-led course that teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. This course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED.

BLS Provider teaches skills using the American Heart Association's proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills.

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

Audience: Physicians, nurses, paramedics, EMT's, respiratory, physical & occupational therapists, physician assistants, residents, medical/nursing students, aides, and other allied health personnel and lifeguards that choose to pursue this important credential for personal and/or work-related reasons.

Prerequisites: None. This course is recommended for the professional healthcare provider. The cost of registration includes the cost of the workbook which students will receive at the beginning of class.

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

1/16, Tuesday, (1 session)
1/27, Saturday, (1 session)
2/5 & 6, M/T, (2 evening session)
3/9, Saturday, (1 session)
5/4, Saturday, (1 session)
6/8, Saturday, (1 session)
7/8, Monday, (1 session)
8/10 Saturday, (1 session)
8/22, Thursday, (1 session)

All Sessions:
8:00AM- 4:00PM
ACM Workforce Training Room
Instructor: Staff
Course Cost: \$90.00
Maryland Senior Course Cost: \$85.00

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.

2/17, Saturday, (1 session)
3/23, Saturday, (1 session)
4/16 & 4/18, T/Th, (2 evening session)

All sessions:
9:00 AM-3:00 PM
ACM: Workforce Training Room
Instructor: Staff
Course Cost: \$80.00
Maryland Senior Course Cost: \$75.00

Interested in teaching CPR?

Please call Roberta See at 301-784-5528 or email rksee@allegany.edu for details.

CHILD CARE TRAINING

Classes are all ONLINE and available year-round- please call Christa Snyder 301-784-5530 or casnyder@allegany.edu for the complete schedule. Open entry classes are indicated with an asterisk(*). Students may join these classes any time between the first-class date and the end class date.

Maryland-approved programs from pre-service to new coursework for advancing professionals.

SPRING 2024 (JANUARY-JUNE, 2024) Online child care classes are OPEN for seat sharing

SPRING 2024	Hours	Start	End
Child Growth & Dev.	45	1/12/2024	3/1/2024
Child Growth & Dev.	45	4/5/2024	5/24/2024
School Age Child Care: Curric.	45	1/17/2024	3/6/2024
School Age Child Care: Curric.	45	4/10/2024	5/29/2024
Infant & Toddler Care	45	1/8/2024	2/26/2024
Infant & Toddler Care	45	4/8/2024	5/27/2024
Preschool Curric & Activities	45	1/8/2024	2/26/2024
Preschool Curric & Activities	45	4/8/2024	5/27/2024
Child Care Administration	45	2/1/2024	3/21/2024
Child Care Administration	45	4/11/2024	5/30/2024
Communication Skills	9	2/5/2024	2/19/2024
Communication Skills	9	5/6/2024	5/20/2024
Family Child Care Preservice	24*	1/8/2024	5/17/2024
Observation and Assessment birth-12	3*	1/8/2024	5/17/2024
Supervising Children in Child Care	3*	1/8/2024	5/17/2024
Positive Child Guidance & Discipline	3*	1/8/2024	5/17/2024
Developmentally Appropriate Practice	3*	1/8/2024	5/17/2024
Resources that Guide Daily Planning	3*	1/8/2024	5/17/2024
Taking Learning Outside	3*	1/8/2024	5/17/2024
Nutrition & Active Living	3*	1/8/2024	5/17/2024
Playground Safety	3*	1/8/2024	5/17/2024
Including all Children and the ADA	3*	1/8/2024	5/17/2024
Supporting Children with Disabilities	3*	1/8/2024	5/17/2024
Intro to Environmental Rating Scales	3*	1/8/2024	5/17/2024
The Child Care Provider as a Professional	3*	1/8/2024	5/17/2024
Conflict Resolution Strategies	3*	1/8/2024	5/17/2024
Cultural Competence & Awareness	3*	1/8/2024	5/17/2024
Family & Community Partnership	2*	1/8/2024	5/17/2024
SIDS	3*	1/8/2024	5/17/2024
Supporting Breastfeeding in Child Care	3*	1/8/2024	5/17/2024
Basic Health and Safety Training	5*	1/8/2024	5/17/2024
Pandemic and Infectious Diseases:			
Reducing Risks in Child Care	5*	1/8/2024	5/17/2024
Engaging Children with Remote Learning	5*	1/8/2024	5/17/2024
Pyramid Model for Social and Emotional			
Competence-Preschool	18	2/19/2024	5/25/2024

Health and Human Service Professionals

SPRING 2024	Hours	Start	End
CDA Capstone: Portfolio, Application & Exam Prep	22	3/5/2024	4/30/2024

SUMMER 2024 (JUNE-AUGUST, 2024) Online child care classes are OPEN for seat sharing

SUMMER 2024	Hours	Start	End
Child Growth & Dev.	45	6/14/2024	8/2/2024
Child Growth & Dev.	45	7/12/2024	8/30/2024
Preschool Curric & Activities	45	6/10/2024	7/29/2024
Preschool Curric & Activities	45	7/8/2024	8/26/2024
Infant & Toddler Care	45	6/10/2024	7/29/2024
Infant & Toddler Care	45	7/8/2024	8/26/2024
School Age Child Care: Curric.	45	6/12/2024	7/31/2024
School Age Child Care: Curric.	45	7/10/2024	8/28/2024
Communication Skills	9	7/15/2024	7/29/2024
Child Care Administration	45	7/11/2024	8/29/2024
Family Child Care Preservice	24*	6/3/2024	8/23/2024
Basic Health and Safety Training (Required)	5*	6/3/2024	8/23/2024
Observation and Assessment birth-12	3*	6/3/2024	8/23/2024
Supervising Children in Child Care	3*	6/3/2024	8/23/2024
Positive Child Guidance & Discipline	3*	6/3/2024	8/23/2024
Developmentally Appropriate Practice	3*	6/3/2024	8/23/2024
Resources that Guide Daily Planning	3*	6/3/2024	8/23/2024
Taking Learning Outside	3*	6/3/2024	8/23/2024
Nutrition & Active Living	3*	6/3/2024	8/23/2024
Playground Safety	3*	6/3/2024	8/23/2024
Including all Children and the ADA	3*	6/3/2024	8/23/2024
Supporting Children with Disabilities	3*	6/3/2024	8/23/2024
Intro to Environmental Rating Scales	3*	6/3/2024	8/23/2024
The Child Care Provider as a Professional	3*	6/3/2024	8/23/2024
Conflict Resolution Strategies	3*	6/3/2024	8/23/2024
Cultural Competence & Awareness	3*	6/3/2024	8/23/2024
Family & Community Partnership	3*	6/3/2024	8/23/2024
SIDS	2*	6/3/2024	8/23/2024
Supporting Breastfeeding in Child Care	3*	6/3/2024	8/23/2024
Pandemic and Infectious Diseases: Reducing Risks in Child Care	5*	6/3/2024	8/23/2024
Engaging Children with Remote Learning	5*	6/3/2024	8/23/2024
Pyramid Model for Social and Emotional Competence-Preschool	18	6/3/2024	8/23/2024
CDA Capstone: Portfolio, Application & Exam Prep	22	6/3/2024	8/23/2024

Credential Boosters

These classes are designed to help you get your program aligned with Maryland EXCELS as well as to help you reach higher Maryland Child Care Credential levels. Credential Boosters are classes that are identified by MSDE in the Staff Credential modifications for levels 2, 3 and 4. For complete list of credential booster classes, please contact Christa Snyder at 301-784-5530 or casnyder@allegany.edu.

Please note the following about these courses:

- You can complete online Credential Boosters courses at your own pace, with instructor guidance; each one takes approximately three hours to complete (completion times may vary).
- You will need access to a computer, the internet, and email to take an online Credential Boosters course.
- No refunds or transfers. No assignment deadline extensions.
- **Textbooks must be purchases prior to class** (unless provided)

General guidelines for online classes: You will need access to a computer, the internet and Email to take these courses; sufficient computer skills are required, including using a word processing program to write and save your work on your computer. Provide your email address with your registration so we can send you log in instructions. Online classes fill up quickly, so please register early!

Course Smart E-Textbook options for students

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

Child Care I: Child Growth & Development 45 hours

Textbook Title: Developmental Profiles (Cengage) 8th edition

Child Care II: Preschool Curriculum and Activities 45 hours

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: \$250.00

24 Hour Course Cost: \$250.00

22 Hour Course Cost: \$230.00

18 Hour Course Cost: \$175.00

9 Hour Course Cost: \$110.00

5 Hour Course Cost: \$75.00

3 Hour Course Cost: \$50.00

2 Hour Course Cost: \$50.00

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.

HUMAN SERVICES

Human Services classes will continue to be offered in a hybrid format. When registering, please identify in which format you wish to attend. Classes may be open to only specifically identified health care professions. Verification of professional licensure may be required. It is the responsibility of the participant to ascertain whether the course is within the scope of practice of their profession as determined by their regulatory body.

**In partnership with the Allegany County Behavioral Health Unit
the following two DBT trainings will be offered
at no cost to licensed human service professionals.**

DBT- The Skills Part #3 (DHR752)

This training will focus on four categories: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The facilitator will introduce each module and its core skills and provide time for discussion and practice. There will also be discussion about how to adapt DBT skills training for your individual or group practice, troubleshooting common barriers to providing DBT skills training to patients, and adaptations to skills training for adolescents and families. This will be an interactive session so you can really get a feel for how the skills work! **6 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.**

Please state In-Person OR Zoom at time of registration

4/17, Wednesday (1 session)

9:00 AM-4:30 PM

ACM: CE12-14

Instructor: Nina J. Hotkowski, LCSW

Course Cost: **Free**

Senior Course Cost: **Free**

DBT Getting into the “Nitty Gritty” and How to Adapt and Implement DBT into your Therapy Practice, Part # 4 (DHR753)

In this training, we will start by building upon the principles, strategies, and skills discussed and practiced in previous sessions. The facilitator will introduce commitment strategies, common dialectical dilemmas for patients with pervasive emotional dysregulation, and a format for more detailed case conceptualization. There will also be discussion about how to develop and maintain a DBT consultation team, options for supervision, and how to adapt and implement DBT based on the unique needs of your practice and patients. Discussion, case examples, and questions are encouraged throughout the session. **6 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.**

Please state In-Person OR Zoom at time of registration

5/15, Wednesday (1 session)

9:00 AM-4:30 PM

ACM: CE8

Instructor: Nina J. Hotkowski, LCSW

Course Cost: **Free**

Maryland Senior Course Cost: **Free**

Group Counseling (DHR768)

This course is designed to introduce the use of groups as an instrument of change in the counseling process. This course will examine the basic principles of group dynamics and the applications of those principles to group therapy. The course will consider how groups are formed and sustained, how change occurs in groups and how the group leader facilitates that change. The course will examine the phases of group development from inception to termination and the various factors involved at each stage of development, including group composition and structure, selection and preparation and group process. Consideration will be given to ethical and professional issues related to group work. **6 CEU's offered for Social Workers, LCPC, Psychologists, Addictions Counselors and other human service professionals.**

Please state In-Person OR Zoom at time of registration.

4/9, Tuesday (1 session)

9:00 AM-4:30 PM

ACM: CE8

Instructor: Sherry Cain, PhD

Course Cost: \$89.00

Senior Course Cost: \$84.00

CBT Training (DHR765)

This course is designed for the clinician to feel more comfortable structuring sessions and utilizing CBT techniques. This will allow for developing a stronger therapeutic alliance with the client, and help the clients acceptance and willingness to engage in the therapeutic process. Apply evidence-based CBT techniques to a number of symptom sets.

1. Choose methods for conducting CBT psychoeducation to elicit commitment and "buy in" from clients.
2. Identify and utilize CBT techniques to identify and challenge clients' dysfunctional self-talk, thoughts and behaviors to improve client level of functioning.
3. Implement rapport-building tools to improve the therapeutic alliance and client engagement.
4. Determine behavioral activation strategies useful for improving treatment resistant depression, anxiety, or other presenting concerns.

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

Please state In-Person OR Zoom at time of registration.

5/3, Friday (1 session)

9:00 AM-4:30 PM

ACM: CE12-14

Instructor: Sarah Caligiuri, NCC, LCPC

Course Cost: \$89.00

Senior Course Cost: \$84.00

Health and Human Service Professionals

The following courses are offered in Partnership with NASW Maryland

Stigma and Practice Impact through an Ethics Lens (DHR766)

Attention to factors which stigmatize clients from the perspectives of society, providers of care, and impacted individuals, is crucial to ethical human services practice. Recent events have demonstrated that bias against people with different national and religious beliefs is growing. Preconceptions about individuals with physical and mental disabilities has been wielded in the political arena to the detriment of many of the consumers that social workers serve. This workshop will examine both personally mediated and societally based origins of stigma which impact many individuals presenting for services as well as the systems that keep stigma alive and well. In this workshop, we will identify and discuss sources of internal bias and point of view, including the media, and their impact on clients and on providers. We will also explore the impact of recent events on the perpetuation of stigma and how we can act to address this. We will then discuss in detail the nine commonly identified dimensions of stigma and the challenges clinicians face in ethically addressing these dimensions individually and collectively. The challenges faced by stigmatized individuals and groups in accessing and remaining engaged in care will be discussed in depth. Strategies for providers of care to assist in remaining vigilant to emerging stigma in practice will be discussed.

Please register through NASW @ www.nasw-md.org.

6/6, Thursday (1 session)

9:00 AM-12:15 PM

ACM: CE20

Instructor: Suzanne Cox, LCSW-C, MBA

Cost: \$50 for members; \$70 for non-members

Please Note: This workshop qualifies for the Maryland Board of Social Work Examiners' 3-hour ethics requirement for license renewal.

Using a Resilience Framework in Clinical Supervision (DHR767)

Clinical supervision is an integral part of the journey to practicing effective and ethical social work, both initially and continuing through the span of one's career. Supervision helps to ensure that practitioners are competent, effective and possess the necessary skills to protect clients/consumers. Social work as a career provides an opportunity to make a difference in the lives of others and to society. Sometimes, however, the emotional cost of providing good care, makes it challenging for providers to continue to practice as effectively as they once did. Building resilience in oneself and in supervisees is a critical function of the supervisory process as well as ongoing practice.

Please register through NASW @ www.nasw-md.org.

6/6, Thursday (1 session)

1:00-4:15 PM

ACM: CE20

Instructor: Suzanne Cox, LCSW-C, MBA

Cost: \$50 for members; \$70 for non-members

Please Note: This workshop qualifies for the Maryland Board of Social Work Examiners' 3-hour supervision requirement (for supervisors)

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 will continue to be available through the newly established **ACM Resilience Institute**. The Resilience Institute will also provide **consulting services** and **training** to educational institutions and organizations ready to support their constituencies with these transformative tools.



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 groups empower your growth through effective, research-proven skills. Participants learn the science and skills of **meditation, guided imagery, biofeedback, and self-expression in words, drawings, and movement**. We offer a variety of ways to learn these transformative skills. All facilitators have been trained directly by CMBM.

- Individuals can enroll in a **traditional 8-week (2-hours/week) Mind-Body Skills Group**. Groups meet in person or on ZOOM and are available for open enrollment or, if you have a group of 8-10 participants, you can request a facilitator. **16 Professional Continuing Education Credits available for: Addictions Counselors, Dental Professionals, LCPC, Psychiatrists, Psychologists, and Maryland Educators (1 CPE)**
- **New for 2024, a 2-day, retreat-style program** is available. This condensed program was piloted by members of the Community Resilience Network in 2023 to rave reviews and we are pleased to now offer 2-day open enrollment or contract groups. CEUs are pending for the 2-day program, which is only available in-person.
- A trained member of our team can provide a **Mind-Body Medicine Workshop** for your organization or group. Workshops can be as short as 30 minutes or extend up to a full day. Shorter workshops, (30-90 minutes), may be free of charge.
- **Educational or Business Consulting Services** are available by phone, ZOOM and in person. Please contact us for a free initial consultation.



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

For a list of available groups, please visit
www.allegany.edu/cmbm

Course Costs:

8-Week Mind-Body Skills Group: \$89.00

8-Week Mind-Body Skills Group With Professional CEUs: \$169.00

2-Day Retreat Style Program, \$89.00 (bring your own meals) or
\$119 (includes 2 meals)

Workshop and Consulting costs vary. For a quote or answers to questions, please contact Kathy Condor at kcondor@allegany.edu or 301-784-5526.

