

ALLEGANY COLLEGE OF MARYLAND
CENTER FOR CONTINUING EDUCATION & WORKFORCE DEVELOPMENT

REGISTRATION FORM



MAIL TO: Registration Specialist | Allegany College of Maryland
 Center for Continuing Education & Workforce Development
 12401 Willowbrook Road, SE | Cumberland, MD 21502-2596
 PHONE: 301-784-5341 | FAX 301-784-5023

Make checks payable to: Allegany College of Maryland

SOCIAL SECURITY # _____ LAST NAME _____ FIRST _____ MI _____
 (optional)

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HOME PHONE _____

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() Male () Female

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SIGNATURE _____ DATE _____

I certify that the information on this form is correct. Must be signed and dated to be official. By signing this form, I agree to abide by the policies and procedures of the College, including without limitation, the Student Code of Conduct.

Allegany College of Maryland prohibits sexual misconduct and sex discrimination by or against all students, employees, and campus guests. If you have any questions or concerns or if you need to make a complaint, contact ACM's Title IX Coordinator, Dr. Renee Conner in CC-152, by email at rconner@allegany.edu, or by phone at (301) 784-5206. For detailed information about policy, procedures, and prevention education, see www.allegany.edu/titleIX.

COURSE #	COURSE TITLE	DATE	TIME	COURSE COST
CHE310	SELF-CARE & GROUP SUPPORT	11/20/17	9AM-4:45PM	
TOTAL COSTS				

If your employer is paying, please provide the information below:

AGENCY'S NAME _____ CONTACT PERSON _____

STREET ADDRESS _____ CITY OR TOWN _____ STATE _____ ZIP CODE _____

TELEPHONE NUMBER _____ FAX NUMBER _____

FOR CREDIT CARD USE ONLY () VISA () MASTERCARD () DISCOVER

Account No: _____

Date of Expiration _____ V. CODE _____

REGISTRATION OFFICE USE ONLY

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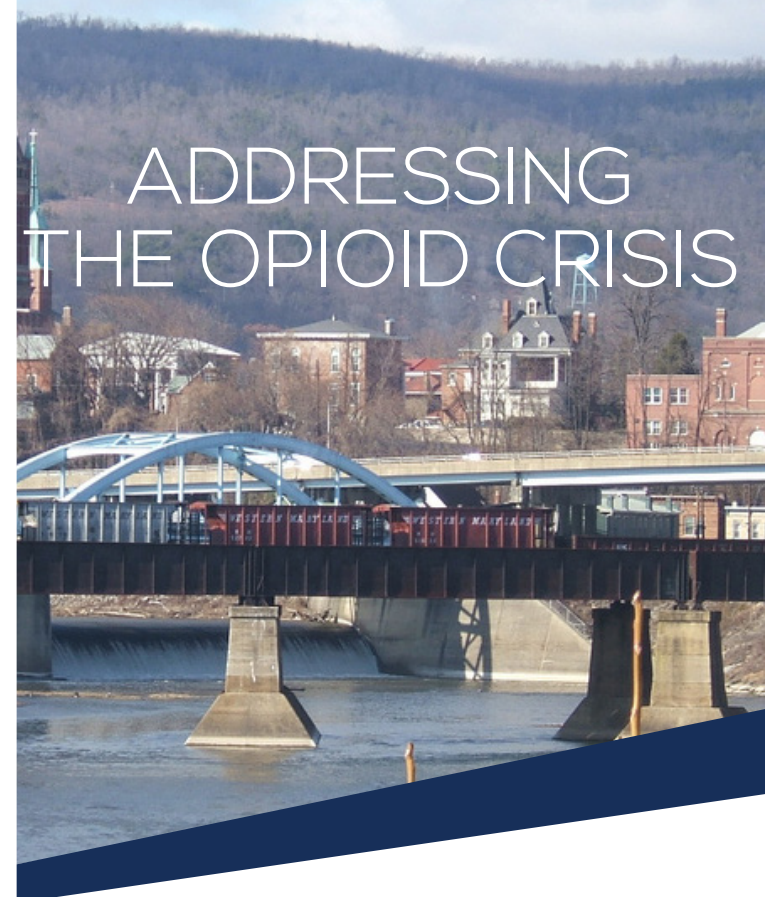
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Date Received _____ Initials _____ Check _____ Bill To _____

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Return Service Requested



Self-Care & Group Support
A Community Approach to
Resiliency and Wellness

a one-day training presented by
 The Center for Mind-Body Medicine

CHE310

Friday, November 10
 Allegany College of Maryland
 Zimmer Theatre



Self-Care & Group Support A Community Approach to Resiliency and Wellness

Friday, November 10
Allegany College
of Maryland

“Very powerful. After the five day training, I thought, why aren't we ALL doing this? Why aren't we teaching our children these coping skills? What would happen if we did? The model for mind body medicine teaches valuable skills you carry within yourself to help with everyday stress as well as major trauma. The best part . . . no drugs, alcohol or negative side effects. Just breathe . . .

Laurie Marchini



Members of the community who attended CMBM's professional training in Mind-Body Medicine

Course Cost: \$89 (MD Senior \$84)

Deadline to register is November 1, 2017

Price includes morning refreshments and lunch



James S. Gordon, MD



Addressing the Opioid Crisis

Allegany College of Maryland Continuing Education in partnership with The Center for Mind-Body Medicine (CMBM) is pleased to bring you this full-day training with Dr James S. Gordon, as well as John Ferguson and Jessey Mason. This one-day workshop is designed to present the fundamentals of self-care and group support to health and human service professionals, educators, and community leaders in Allegany County. The lectures and experiential activities will discuss and demonstrate the effectiveness of CMBM's model for addressing opiate addiction and the anxiety, depression, and despair that fuel it. This workshop will build upon an existing foundation of engagement; 42 members of the community have been trained by CMBM over a 20 year span, and are driving a population-based, community approach to wellness.

Friday, November 10

8:30 AM - Registration and morning refreshments

9:00AM - 4:45 PM - Training in the ACM Zimmer Theatre (lunch included)



Learning Objectives

- ✓ **DEMONSTRATE** the effectiveness of The Center for Mind-Body Medicine's (CMBM) model for addressing opiate addiction and the anxiety, depression, and despair that fuel it
- ✓ **EXPERIENCE** several evidence-based practical techniques that participants can learn to use for themselves first, and then for those who are struggling with opiate abuse and addiction
- ✓ **UNDERSTAND** how addiction and trauma can open up an opportunity for transformation and healing
- ✓ **UNDERSTAND** the connection between caregiving, stress, chronic illness, and addiction
- ✓ **EXPERIENCE** mind-body medicine techniques (meditation, movement, drawings...) to enhance overall health and wellbeing
- ✓ **REALIZE** the importance of self-awareness and self-care for overall health and wellbeing
- ✓ **RECOGNIZE** the importance of a community response to the opioid crisis
- ✓ **APPLY** the CMBM model to employee health and the current community initiative to build a culture of wellness

Earns 6 CEUs for nurses, psychologists, LCPC, addictions counselors and social workers.

The Center for Mind-Body Medicine

James S. Gordon, MD, the psychiatrist who is CMBM's Founder and Executive Director, will lead large group presentations focused on several experiential mind-body techniques, and the basic science underlying these approaches. Additional sessions will be presented by addiction specialists from Indianapolis' Eskenazi Health System who have been trained in CMBM's model.



Jon Ferguson, LMFT, LCAC

Clinical Program Manager, Addiction Services
Eskenazi Health Midtown Community Mental Health



Jessey Mason, LCAC, LCSW

Lead Clinician, Narcotics Treatment Program
Eskenazi Health Midtown Community Mental Health

They will address practical ways that the approach is currently used, evidence of the impact of the model, as well as the challenges and benefits for people with opiate addiction and those who serve them. There will be ample opportunity to share personal experiences and discuss the specific problems affecting Allegany County. The goal will be to help members of the community integrate **self-care and group support** into their preventive and therapeutic efforts for people with opiate abuse and addiction and their families to foster a culture of wellness in Allegany County.

Questions?

Please contact Kathy Condor, 301-784-5526 or kcondor@allegany.edu

Tobacco-free Policy: Allegany College of Maryland reminds employees, students, and visitors that smoking and tobacco use, in all its forms, is prohibited at ACM campuses and centers. The policy, which took effect August 19, 2013, extends throughout college properties.

Allegany College of Maryland does not discriminate against students or prospective students for reasons of race, sex, color, religion, national or ethnic origin, age, veterans' status, conditions of disability, or sexual orientation in admission, educational programs and activities, scholarship and loan programs, or any terms and conditions of enrollment. The College complies with applicable state and federal laws and regulations prohibiting discrimination.

Western Maryland Health System (WMHS) is approved (PW-13-03-506-1001) as a provider of continuing nursing education by the Maryland Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. WVBRN provider registration number WV96-0009RN. This program has been approved for 6 contact hours.

A certificate for 6 CEUs will be awarded upon completion of this class. Allegany College of Maryland is authorized by the State Board of Examiners of Psychologists as a sponsor of Continuing Education. Social workers will receive 6 Category I continuing education units, Allegany College of Maryland is authorized by the Maryland Board of Social Worker Examiners. Allegany College of Maryland has been approved by the Maryland State Board of Examiners as an authorized sponsor who may provide Category A CEUs for certified professional counselors, marriage and family therapists and alcohol and drug counselors. A certificate for 6 CEU's of Category A will be awarded upon completion of this seminar. All other participants will receive 6 contact hours from ACM.

Faculty Disclosure: James S. Gordon, Jon Ferguson, and Jessey Mason have no financial relationships to disclose.

Event Planner Disclosure: The following event planners are reported as having no financial interest, arrangement or affiliation with commercial interests or pharmaceutical companies whose products may have relevance to the content of this presentation: Kathy Condor, BA, Jeannie Seifarth, PhD, RN. Allegany College of Maryland maintains responsibility for this program.