

# HUMAN SERVICES (HS)

## HS-101 - Introduction to Human Services (3 cr)

This course examines the historical, social and political forces that have led to the development of both governmental and non-profit human services systems in contemporary America. The organization and operation of the primary social supports for meeting human service needs; the various models for the delivery of those services; theoretical perspectives; target populations, and the characteristics and skills of a human service professional. Ethical considerations and diversity issues are addressed.

*Designation:* Social Science

## HS-111 - The Science of Addiction: Drug Use and Abuse (3 cr)

This course examines the science of alcohol, tobacco, and other drugs (ATOD) use and abuse. Special attention is paid to how the brain and other body parts react to ATOD ingestion and ATOD pharmacology. The interaction of ATOD use and abuse, and medical and mental illness will be studied. Students will learn the etiology of addiction and genetic factors that contribute to addiction. The risk and protection factors that characterize individuals and groups and their living environments and the continuum of drug use will also be examined.

## HS-121 - Principles of Interviewing and Report Writing (3 cr)

This course focuses on clinical interviewing in the context of the human services profession. Students develop effective interviewing skills such as communicating involvement, active listening, open- and closed-ended questioning goal-setting and contracting, as well as expressing warmth and empathy. Additionally, students become aware of the effect that the interviewer's prior attitudes and behaviors can have on the success of the interview. Roleplaying, case studies, and digital recording are used to aid the learning process. Data collected from the interview are utilized for report writing, improving assessment skills, and the formulation of a treatment plan.

*Prerequisite:* HS-101

*Designation:* Social Science

## HS-122 - Overview of Substance Abuse and Chemical Dependency (3 cr)

This course is an entry-level course that will provide students with specifics of substance abuse treatment. The students will develop a working knowledge of the effects of substance abuse. It will provide students with an overview of specific therapy models and medication supported recovery. Students will gain an overview of toxicology screenings and medical issues associated with drug abuse. It will provide an overview of the theories of addiction counseling and application of these theories.

*Prerequisite:* HS-111

## HS-123 - Substance Abuse Assessment and Treatment Planning (3 cr)

This course will examine the assessment procedures and general principles of appraisal techniques for both individuals and groups. It is designed to provide a foundation for using assessment procedures in addiction counseling. Students will examine the three interrelated components of screening, assessment, and treatment planning which will inform and guide the provision of appropriate client centered services. Students will explore general principles of case conceptualization, reliability and validity and basic concepts of various assessment techniques, as well as ethical and legal issues. Students will learn about client assessment, treatment planning, case management for persons with co-occurring disorders and diverse backgrounds, clinical record keeping, and discharge planning.

*Prerequisite:* HS-111

## HS-201 - Ethical Issues in Human Services (3 cr)

This course prepares students for the challenging ethical dilemmas that often confront human services professionals. The course provides students with a general understanding of the basic principles of ethics and ethical decision-making, with an emphasis on its application to the field of human services. Students become familiar with current ethical and legal issues that the human services professional are exposed to in a variety of settings and learn the principles of bioethics as it relates to topics such as abortion, right to life, and right to die.

*Prerequisite:* HS-101

*Designation:* Social Science

## HS-224 - Addiction Counseling - the Individual (3 cr)

This course will provide students with an overview of addiction counseling for the individual including vocational counseling and relapse prevention counseling. Theories of addiction counseling and application of these theories will comprise a significant part of this course. Students will develop conceptual knowledge of counseling the substance abuser and practical skills to employ including clinical management of recovery for an individual. Co-occurring disorders, such as mental illness and medical issues common to addiction will be addressed. The students will learn theories best suited for addiction counseling, practice of clinical management of recovery of individuals, and the application of diagnostic criteria.

*Prerequisite:* HS-122 and HS-123

## HS-225 - Addiction Counseling - the Family and Groups (3 cr)

This course will provide a comprehensive view of counseling for the family and groups. The basic theories and skills needed by alcoholism and substance abuse counselors to work effectively with individual family members, significant others and families, including addressing co-dependency, issues relating to children of chemically addicted persons. Students will learn to address relapse prevention for the family and presentation and training techniques that address how to communicate information about alcoholism and other drugs to the families, communities and patients in order to increase understanding of addiction. The various group formats will also be addressed including their structure, leadership and techniques best utilized in them.

*Prerequisite:* HS-122 and HS-123

## HS-230 - Trauma Informed Care (3 cr)

This course will provide students with a detailed and practical guidance on basic trauma-informed care principles. Students will learn how trauma impacts individuals, as well as the definitions and different types of trauma. In this course students will learn how to recognize, understand, and respond to the effects of trauma when working with different populations. Students will develop skills to identify how trauma-exposed clients can place a strain on clinicians, etc. The importance of self-care approaches for fostering resilience and promoting wellness will be explained. Students will have the opportunity to identify trauma informed care strategies that actual human service organizations can adopt.

## HS-250 - Practicum in Human Services I (4 cr)

The practicum is presented as a dual model seminar that uses both in-class and on-line teaching formats. The focus of this seminar is to prepare students for the intensive responsibilities of doing an in-field practicum. Students are instructed in the use of Blackboard to be able to submit the weekly assignments. Students are also given the tools and assistance to search for, identify, interview for and obtain an appropriate practicum field placement. By the end of the semester, students will have contracted with an agency to be their practicum site for the next semester.

*Prerequisite:* HS-101

**HS-255 - Practicum in Human Services II (4 cr)**

The practicum is an intensive field experience in an approved human services or community agency. The focus of the practicum is for students to learn how an agency functions and experience being a part of that agency. This course requires the application of theory and its practical use in a clinical setting. The course requires 160 contact hours under the supervision of an agency professional and a college faculty member. Classroom work includes small group discussion and analysis of the practicum experience. The practicum director determines the selection of agencies and serves as a liaison throughout the year. The practicum is expected to be completed within one semester's time.

*Prerequisite:* HS-121 and HS-250

*Designation:* Field Experience

**HS-320 - Cultural Competence in the Human Services (3 cr)**

This course focuses on how to effectively provide cross-cultural services and the development of an awareness of personal biases and prejudices that can hamper communication, compliance, and outcomes. Students explore some of the critical issues in working with culturally diverse populations, and be trained to develop a higher level of cultural competency. Biases in the delivery of services are examined.

*Prerequisite:* HS-201

*Designation:* Social Science

**HS-325 - Crisis Intervention Counseling in Human Service (3 cr)**

This course is designed to give students a theoretical and practical background in crisis preparation and intervention in a variety of situations. Crisis intervention focuses on minimizing the stress of traumatic events, and like counseling is design to provide emotional support, improving coping strategies, within the here and now. As with psychotherapy, crisis counseling involves assessment, planning, and treatment, but the scope is generally more specific to the situation and individual. Students will examine relevant research and theory on crisis and resilience, as well as reflecting on their personal crisis experiences and begin to develop fundamental crisis intervention counseling skills. Preparing students to deal with inevitable crisis situations they may encounter when helping people in crisis within the human service sector.

*Prerequisite:* LA-245 and LA-247

*Designation:* Social Science

**HS-330 - Competency, Theory, and Treatment Planning in Human Services (3 cr)**

This course focuses on introducing students who are interested in working as a human service professional with families, utilizing competency, theory, and treatment planning techniques. Students will learn about information gathering and appraisals, using culturally competent principles. Applying theoretical concepts through developing real work skills and training, that is essential for human service providers. Students will develop case conceptualization skills, by exploring case assessment and current treatment options, which will develop competencies in their professional consultation and presentation.

*Prerequisite:* HS-320

*Designation:* Social Science

**HS-410 - Social Welfare Policy (3 cr)**

This course examines the current structure of social welfare programs in the United States, their historical development, and the role that political, economic, and social forces have played in the development of the social welfare system. The course also looks at how social policy and the institutions that implement these policies can be more responsive to the needs of individuals and communities. Students develop a framework for understanding social welfare policies so they may function as informed and competent practitioners in providing social services. Specific areas to be addressed include income maintenance, mental health and substance abuse, child welfare, housing, health care, and aging.

*Prerequisite:* HS-201 and LA-103

*Designation:* Social Science

**HS-420 - Administration of Human Services (3 cr)**

This course examines the current structure of social welfare programs in the United States, their historical development, and the role that political, economic, and social forces have played in the development of the social welfare system. The course also looks at how social policy and the institutions that implement these policies can be more responsive to the needs of individuals and communities. Students develop a framework for understanding social welfare policies so they may function as informed and competent practitioners in providing social services. Specific areas to be addressed include income maintenance, mental health and substance abuse, child welfare, housing, health care, and aging.

*Prerequisite:* HS-201

*Designation:* Social Science

**HS-430 - Strategies for Client Development in a Multicultural Society (3 cr)**

This course is designed to teach students informative and practical strategies for effective counseling and psychotherapy education and training taking into consideration the ongoing COVID-19 and racism pandemics, financial instability, political polarization, climate change disasters, bullying, violence, wars, stress, trauma, suicide, and personal and relational difficulties. The listening and influencing skills taught in this course help advance wellness, better mental health, address individual issues, improve relationships, face social challenges, promote advocacy, and create a more multiculturally humble, equitable, and just society. Preparation of effective practitioners able to help others become better and more resilient persons, overcome adjustment challenges, heal from stress and trauma, recover from mental disorders, and contribute to creating a better world.

*Prerequisite:* HS-320

*Designation:* Social Science

**HS-440 - Administration and Social Welfare Policy For Human Service Professionals (3 cr)**

This course examines both administration and social welfare policy in human services for effective practice, management, and administration. The course includes the investigation of organizational environments, strategic decision-making and control, as well as policy and program development. This course also includes financial management issues, staff development, recruitment and selected aspects of behavior in organizations associated with human services. The current structure of social welfare programs in the United States, their historical development, and the role that political, economic, and social forces have played in the development of the social welfare system will be examined and students will learn the application of principles and theory to the practice of human services administration. Students will develop a framework for understanding administration and social welfare policies so they may function as informed and competent practitioners providing social services.

*Prerequisite:* HS-201 and LA-103

*Designation:* Social Science

**HS-445 - Leadership Skills in Social Justice and Policy (3 cr)**

This course will introduce students to public interest occupations that are influenced and shaped by those who develop social policies that affect people's lives. Through reflecting on the idea that social justice is the primary mission of these public interest occupations, students will begin to learn how to do the necessary policy analysis that will help them learn to engage with the communities and policy makers to effectuate social change. By using current standards and core competencies, the emphasis will focus on human dilemmas, which are inherent in the pursuit for social justice.

*Prerequisite:* HS-410 or HS-440

*Designation:* Social Science

**HS-450 - Field Experience I (4 cr)**

This course provides students an opportunity to integrate classroom theory and knowledge with the practices of social services agencies. Students learn to apply human service theories to real-world scenarios and gain valuable experience interacting with individuals within a variety of community settings. The course requires 160 contact hours under the supervision of an agency professional and a college faculty member. The Field Experience director determines the selection of agencies and serves as a liaison throughout the year. The Field Experience is expected to be completed within one semester's time. Junior Standing.

*Prerequisite:* HS-255

*Designation:* Field Experience

**HS-455 - Field Experience II (4 cr)**

This course provides students an opportunity to further integrate classroom theory and knowledge with the practices of social services agencies. Students will continue to apply human service theories to real-world scenarios and gain valuable experience interacting with individuals within a variety of community settings. The course requires 160 contact hours under the supervision of an agency professional and a college faculty member. The Field Experience director determines the selection of agencies and serves as a liaison throughout the year. The Field Experience is expected to be completed within one semester's time.

*Prerequisite:* HS-450

*Designation:* Field Experience

**HS-460 - Research Seminar in Human Services (3 cr)**

This course examines the scientific method and basic techniques in social science research. Students learn the fundamentals of defining research problems, designing and testing hypotheses, conducting literature reviews, developing procedures, designing surveys, and analyzing data. The course offers students an appreciation and understanding of the ethical issues related to research involving human subjects. The course accentuates applied human services research to aid the student to understand the benefits of servicing the local community.

*Prerequisite:* HS-201

**HS-480 - Human Services Capstone (3 cr)**

This capstone course provides senior students with the opportunity to analyze, integrate, and synthesize the knowledge, critical thinking, and problem-solving skills gained in their major program of study. The course also focuses on applying major human services theories that have contributed to an understanding of the role and functions of human service professionals, and human service delivery systems that focus on planning and evaluation to assess client and program needs. Students demonstrate their ability to successfully analyze, evaluate, and interpret issues through a comprehensive project and presentation based on research analysis. Additionally, this course serves as a pathway for understanding the benefits of servicing the local community. Students will be prepared for either entry-level positions in the human service field, as well as graduate studies that lead to licensure. *Prerequisite:* Senior Standing - Final Semester

*Prerequisite:* HS-460