



Human Services/Alcohol and Other Drug Studies
Certificate and Degree Programs

COURSE DESCRIPTIONS

May, 2014

HUS 101: Introduction to the Helping Professions

This course will provide students with an overview of major human service delivery models and occupations. Students will examine the core skills and intervention techniques used in human services, as well as ethical and legal considerations when providing human services. This course is useful for those who wish to continue their studies in social work, mental health, counseling, and other human service professions.

AOD 151: Alcohol and Other Drug Studies: Overview

This course will provide students with an overview of the historical and contemporary role of psychoactive drugs (including alcohol) in society, emphasizing the physical, social, and emotional consequences of their use and abuse. Topics include the social and cultural factors that contribute to the use of alcohol and other drugs, the pattern and progression of substance use disorders, theories of harm reduction, prevention and treatment, and public policy and legislation.

HUS 152: Basic Skills for Human Service Workers

This course will introduce students to the basic counseling knowledge and skills necessary for effective helping relationships in human service settings. This course is also useful for parents, teachers, tutors, medical personnel, correctional personnel, or anyone interested in becoming an effective helper.

AOD 153: Physiology and Pharmacology of Alcohol and Other Drugs

The course will provide the student with a basic understanding of the physiological and pharmacological actions of psychoactive drugs. Psychological, sociological and biological perspectives will be presented. The course will provide detailed information on the following groups of drugs: stimulants, tobacco, depressants (including alcohol), opioids, hallucinogens, marijuana, over-the-counter (OTC) drugs, and other selected psychotherapeutic drugs.

HUS 154: Fundamentals of Interviewing and Counseling

This course will provide students with a non-authoritarian approach to motivating individuals to overcome ambivalence towards change, and to engage in healthy, pro-social lifestyles. This course reviews the conceptual and research background from which motivational enhancement therapy was derived, and provides a practical introduction to the approach at a level appropriate for entry-level counselors. This course meets the college's institutional requirement for graduation (Area D: Communication and Analytical Thinking).

HUS 155: Group Leadership and Group Process

This course will cover the dynamics of therapeutic groups as a means of motivating positive behavioral changes. Course content includes: types and purposes of groups; group rules, roles and norms; group development from formation to closure; and specific facilitator techniques and strategies for ensuring successful group outcomes. The knowledge and skills acquired from the course will help students prepare for diverse human services occupations and can be applied to a wide variety of service settings.

HUS 156: Case Management and Documentation

This course will provide students with an overview of case management and documentation techniques used by human service agencies. Topics include: intake interviewing; assessment; orientation procedures; referral and follow-up; various methods of planning for treatment, relapse prevention, and aftercare activities. Emphasis is placed on the skills of observation and recording, and both written and oral communication. The knowledge and skills acquired from the course will help students prepare for diverse human services occupations and can be applied to a wide variety of service settings.

HUS 157: Dual Disorders and Mental Health Issues

This course will provide students with a fundamental understanding of the unique characteristics and treatment needs of people with co-occurring substance use disorders and mental illness. It examines the way in which the mental health systems, substance abuse treatment programs, and self-help groups work together to address the needs of clients with these co-occurring disorders.

AOD 158: AOD Practicum Preparation

This course will prepare students seeking certificates or degrees in Alcohol and Other Drug Studies for their AODS internship. Students will be expected to demonstrate a basic level of skill and knowledge required for the internship. Students will also research and interview agencies which provide services in the field of substance abuse as potential internship sites.

HUS 159: Intervention Theory and Techniques

This course will provide an overview of the theories and practice of brief interventions appropriate for paraprofessional counseling. The course will blend motivational strategies with various brief intervention approaches used to address ambivalence and resistance to treatment and to support achievement of treatment goals.

HUS 160: Law, Ethics and Human Services

This course will introduce students to professional ethics and provide an overview of the civil/criminal justice system as it relates to human services. A focus will be on the needs of paraprofessional counselors and human service workers.

HUS 161: Introduction to Family Counseling Approaches

This course will introduce students to methods used by human services paraprofessionals to assist families with a variety of psychosocial issues. Students will analyze the dynamics of problematic family relationships and will develop practical counseling strategies in an experiential class setting.

HUS 162: Community Prevention Theory and Practice

This course will cover theories and practices related to the prevention of harmful behaviors and the promotion of healthy assets at the community level. Risk and protective factors, science-based prevention strategies and model programs will be explored.

HUS 163: Professional Competency and Growth

This course will examine the importance of self-care in human service professions. Strategies for personal and professional growth will be investigated. Early warning signs and techniques for avoiding stress, burn-out, and unhealthy relationship patterns in the work environment will be emphasized.

HUS 170: Introduction to Social Work

This course will provide an overview of the profession of Social Work and the roles and responsibilities of the Social Worker. Course content addresses theoretical perspectives for social workers; social justice and social welfare policy; and social work concepts and practices as applied to diverse settings and groups, including: family and children; mental health; healthcare; schools; older adults; people with disabilities, the criminal justice system, etc.

AOD 164: AOD Field Placement Seminar I

This course will provide classroom instruction to support the Alcohol and Other Drug Studies Program field placement practicum. Students will enhance interpersonal and professional communication and problem solving skills as they integrate and apply knowledge and skills developed in the AODS Program.

AOD 165: AOD Field Placement Seminar II

This course will provide classroom instruction to support the second semester of the Alcohol and Other Drug Studies Program field placement practicum. Students will further enhance interpersonal and professional communication and problem solving skills as they further refine, integrate and apply additional knowledge and skills developed in the Alcohol and Other Drug Studies Program.

AOD 197a: AOD Studies Practicum

This course will provide Alcohol and Other Drug Studies certificate and degree students the opportunity to apply knowledge, skills and attitudes learned in the classroom in an actual human services workplace.

HUS 103: Field Placement and Practicum Seminar

This course will provide students with classroom instruction supporting a supervised field experience. Students will develop their interpersonal and professional communication and problem solving skills as they integrate knowledge and skills developed in the Human Service Worker Program.

HUS 197a: Human Services Worker Practicum

This course provides students in the Human Service Worker Certificate program the opportunity to apply knowledge, skills and attitudes learned in the classroom in a real human services workplace, while developing new job-specific knowledge and skills. This course will help students better understand human services as an occupation, and to gauge their interest and compatibility with a human services career.

HUS 105: Field Placement and Practicum Seminar II

This course is a continuation of classroom instruction supporting supervised field experience. Students will further enhance interpersonal and professional communication and problem solving skills as they integrate and apply knowledge and skills developed in the Human Services Paraprofessional program

HUS 197b: Human Services Paraprofessional Practicum

This course is the second of two field placement courses in the HUS-Paraprofessional certificate program. It provides students with a continued opportunity to apply knowledge, skills and attitudes learned in the classroom in an actual human services workplace.

AOD/HUS 196: Occupational Work Experience Education

This course will enable students to earn college credit for learning or improving skills or knowledge on-the-job. Occupational Work Experience is “discipline-specific” in that students’ job and learning objectives relate to the Work Experience course. There are no prerequisites or concurrent enrollment requirements, and there are no classroom meetings after the initial orientation. Student can earn up to 8 units per

semester (for a total of 16 combined Work Experience units). Units are Degree applicable and transferable. Units are awarded upon achievement of approved learning objectives. Each unit requires paid employees to document 75 hours (volunteers or unpaid employees 60 hours) during the semester.

AOD 199: Alcohol and Other Drug Studies Independent Studies

This course will enable students to explore areas of interest independent of the usual instructional setting. Student and instructor agree upon a program of study, research, reading or activity which is individually tailored to the needs and interests of the student and which is outlined in an Independent Study Proposal. Units are earned based on satisfactory performance and completion of 48 hours of coursework per unit.