

## HUMAN SERVICES

### Human Arts and Social Sciences Division

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<http://www.cabrillo.edu/programs>

### Human Services A.S. Degree

Designed for students and paraprofessionals, this program provides an introduction to the field of Human Services and explores issues and dynamics within the social services delivery system. A second specialization in Drug and Alcohol Studies prepares students for work in the Drug and Alcohol treatment field.

Students will participate in both an academic course of study and field experience focusing on the history, theory, development, and implementation of our society's responses to human needs. Program participants will develop knowledge of the issues related to Human Services and build competencies in practice interventions, strategies, technologies and resources for the delivery of Human Services.

The program explores strengths-based models along with studying diversity in the Human Services including social, political, and cultural influences. Students can expect to increase competency in technological skills, build effective communication skills in helping relationships and develop creativity, critical thinking, teamwork, and ethics. Course work prepares students for higher education in social work, psychology, health/human services, human resources, and community studies. Career opportunities might include employment in such paraprofessional positions as social work assistants, community advocates for children, adults, or families at risk, case managers, counselors, alcohol or drug abuse counselors, eligibility and outreach workers, community health outreach workers, job training specialists, legal aid paraprofessionals, residential counselors, mental health technicians, gerontology aides, probation officers, and many more.

#### Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Human Services.)

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety.
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

### A.S. General Education

#### Core Courses (26-28 units)

HSERV 50	Introduction to the Human Services .....	3
HSERV 51	Practices in the Human Services.....	3
HSERV 52	Introduction to Counseling and Case Management .....	3
HSERV 55A	Human Services Practicum I.....	1-2
HSERV 56A	Alcohol and Drug Human Services Practicum I .....	1-2
PSYCH 1	General Psychology .....	3
or		
PSYCH 1H	Honors General Psychology .....	3
PSYCH 33	Personal and Social Adjustment.....	3
PSYCH 39ABC	Relationships: Marriage and the Family .....	3
COMM 12	Intercultural Communication .....	3
SOC 2	Contemporary Social Problems .....	3
or		
SOC 2H	Honors Contemporary Social Problems .....	3

*Choose one or two courses from the HSERV 55A/B, HSERV 56A/B series*

#### Approved Electives from any course or specialty below (10 units)

	Units	
Any Human Services (HSERV) class.....	1 - 4	
or		
CABT 38	Introduction to Microsoft Office.....	3 - 4
CABT 101	Computer Proficiency .....	3
CG 1	College Success .....	3
ECE 31	Child Growth and Development .....	3
ECE 32	Child, Family and Community .....	3
HSERV 55B	Human Services Practicum I.....	1 - 2
HSERV 56B	Alcohol and Drug/Human Services Practicum II.....	1 - 2
HS 10	Personal Health.....	3
KIN 13	First Aid: Responding to Emergencies .....	3
MA 184	Health Care Communication .....	2
PSYCH 8	Introduction to Developmental Psychology .....	3
PSYCH 31	Introduction to Abnormal Psychology .....	3
PSYCH 35ABC	Death and Dying.....	3
SPAN 1	Elementary Spanish I.....	5
WS 1	Introduction to Women's Studies.....	3

#### Drug and Alcohol Studies Courses

HSERV 53	Techniques of Group Counseling in the Human Services.....	2
HSERV 60	Alcohol, Drugs, and Society.....	3
HSERV 161	Alcoholism and Drug Addiction: Intervention, Treatment, and Recovery.....	3
HSERV 162	Physiology and Pharmacology: Alcohol and Other Drugs .....	3
HSERV 163	Prevention: Alcohol and Other Drugs .....	1
HSERV 164	Ethics: Personal and Professional Growth in the Human Services.....	2 - 4

#### Electives:

(Any Course numbered 1-199) .....	1 - 4.5
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#### Total Units

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**60**

### Human Services Certificate of Achievement

#### Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Human Services:

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific processes, Global Systems and Civics, and Artistic Variety.
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

#### Human Services Core Courses (17-19 units) Units

HSERV 50	Introduction to the Human Services .....	3
HSERV 51	Practices in the Human Services.....	3
HSERV 52	Introduction to Counseling and Case Management .....	3
HSERV 55A	Human Services Practicum I.....	1-2
HSERV 56A	Alcohol and Drug Human Services Practicum I.....	1-2
PSYCH 1	General Psychology .....	3
or		
PSYCH 1H	Honors General Psychology .....	3
PSYCH 39ABC	Relationships: Marriage and the Family .....	3

#### Human Services Generalist

#### Practice Core Courses (11-13 units) Units

COMM 12	Intercultural Communication .....	3
HSERV 55B	Human Services Practicum I.....	1 - 2
HSERV 56B	Alcohol and Drug/Human Services Practicum II.....	1 - 2
PSYCH 33	Personal and Social Adjustment.....	3
SOC 2	Contemporary Social Problems .....	3
or		
SOC 2H	Honors Contemporary Social Problems .....	3

#### Other Required Courses (3-6 units) Units

ENGL 100	Elements of Writing.....	3
or		
ESL 100	High Advanced Academic ESL .....	4-6
or		
ENGL 1A/1AH/1AMC/1AMCH	.....	3
or		
CABT 157	Business and Technical Writing. ....	3

**Total Units** **31 - 38**

### Skills Certificate in Human Services Drug and Alcohol Studies

#### Learning Outcomes

1. Analyze the history, and evolution of alcohol and drug treatment in human development and inter-relationship of the fields of Human Services.
2. Demonstrate basic skills in client engagement, counseling, and problem-solving and case management including multicultural awareness for entry level employment in the drug and alcohol treatment field.

#### Required Units

HSERV 50	Introduction to the Human Services .....	3
HSERV 52	Introduction to Counseling and Case Management .....	3
HSERV 55A and HSERV 55B or HSERV 56A	Human Services Practicum I .....	1 - 2
HSERV 56B	Human Services Practicum II.....	1 - 2
HSERV 56A and HSERV 56B	Alcohol and Drug/Human Services Practicum I.....	1 - 2
HSERV 60	Alcohol, Drugs, and Society.....	3
HSERV 161	Alcoholism and Drug Addiction: Intervention, Treatment, and Recovery.....	3
HSERV 162	Physiology and Pharmacology: Alcohol and Other Drugs .....	3

**Total Units** **17-19**

### Skills Certificate in Human Services Generalist Practice

#### Learning Outcomes

1. Analyze the history and evolution of the Human Services, Mental Health, and Drug and Alcohol treatment in our society and its impact on service delivery.
2. Discuss underlying principles and demonstrate basic skills in client engagement, counseling, problem-solving, and case management including multicultural awareness for entry-level employment in the human services.

#### Required Units

HSERV 50	Introduction to the Human Services .....	3
HSERV 51	Practices in the Human Services.....	3
HSERV 52	Introduction to Counseling and Case Management .....	3
HSERV 55A and HSERV 55B or HSERV 56A	Human Services Practicum I.....	1-2
HSERV 56B	Human Services Practicum II.....	1-2
HSERV 56A and HSERV 56B	Alcohol and Drug Human Services Practicum I.....	1-2
HSERV 56B	Alcohol and Drug Human Services Practicum II.....	1-2

**Total Units** **11-13**

## Human Services Courses

### **HSERV 50 Introduction to the Human Services**

3 units; 3 hours Lecture

Co-requisite: HSERV 55A or HSERV 56A.

Repeatability: May be taken a total of 1 time.

Provides an overview of the field of Human Services exploring issues and dynamics within the Social Services delivery system. Focuses on an introduction to professional skills and an analysis of historical and contemporary social service systems.

*Transfer Credit:* Transfers to CSU.

### **HSERV 51 Practices in the Human Services**

3 units; 3 hours Lecture

Co-requisite: HSERV 55A or HSERV 56A.

Recommended Preparation: HSERV 55A or HSERV 56A

Repeatability: May be taken a total of 1 time.

Focuses on appropriate interventions, technologies, and strategies for the delivery of Human Services. Provides practical knowledge of communication, cultural competency, case management, referral, home visitation, alcohol and drug abuse, HIV, STD, abuse, neglect, gerontology, disability, and other issues.

*Transfer Credit:* Transfers to CSU.

### **HSERV 52 Introduction to Counseling and Case Management**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Provides an introduction to the basic theories and techniques of interviewing, counseling, and case management in the Human Services. Explores the counseling process, compares theoretical approaches, and discusses ethical issues in service provision.

*Transfer Credit:* Transfers to CSU.

### **HSERV 53 Techniques of Group Counseling in the Human Services**

2 units; 2 hours Lecture

Repeatability: May be taken a total of 1 time.

Provides an orientation to group dynamics, group leadership, and group intervention strategies in a variety of Human Service settings. Examines various kinds of groups and basic facilitation skills for group leaders. Introduces group work interventions with specific populations including substance abusers, at-risk youth, and older adults.

*Transfer Credit:* Transfers to CSU.

### **HSERV 54 Mindfulness Based Stress Reduction**

1 unit; 1 hour Lecture

Repeatability: May be taken a total of 1 time.

Introduces mindfulness meditation techniques and application of mindfulness practice. Assists students in understanding negative emotions and cultivating positive emotions in both work and relationships.

*Transfer Credit:* Transfers to CSU; UC.

### **HSERV 55A Human Services Practicum I**

1 – 2 units; 3 – 6 hours Laboratory

Hybrid Requisite: HSERV 50 or 51

Repeatability: May be taken a total of 1 time.

Offers supervised experience in providing direct assistance to client systems at a beginning level while applying supportive engagement skills and problem solving strategies in community settings.

*Transfer Credit:* Transfers to CSU.

### **HSERV 55B Human Services Practicum II**

1 – 2 units; 3 – 6 hours Laboratory

Prerequisite: HSERV 55A

Repeatability: May be taken a total of 1 time.

Offers an advanced supervised experience in providing direct assistance to client systems at an intermediate level while applying supportive engagement skills, multicultural competencies, and problem solving strategies in community settings.

*Transfer Credit:* Transfers to CSU.

### **HSERV 56A Alcohol and Drug/Human Services Practicum I**

1 – 2 units; 3 – 6 hours Laboratory

Hybrid Requisite: HSERV 50 or 51

Repeatability: May be taken a total of 1 time.

Offers supervised experience in providing direct assistance to client systems at a beginning level, applying supportive engagement skills and problem solving strategies in alcohol and drug treatment settings in the community.

*Transfer Credit:* Transfers to CSU.

### **HSERV 56B Alcohol and Drug/Human Services Practicum II**

1 – 2 units; 3 – 6 hours Laboratory

Prerequisite: HSERV 56A

Repeatability: May be taken a total of 1 time.

Offers a supervised experience in providing direct assistance to client systems at an intermediate level, applying supportive engagement skills, multicultural practices, and problem solving strategies in alcohol and drug treatment settings in the community.

*Transfer Credit:* Transfers to CSU.

### **HSERV 59A-Z Special Topics in the Human Services**

0.5 – 3 units; 0.5 – 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Studies specific concepts, issues, and concerns within the Human Services field.

*Transfer Credit:* Transfers to CSU.

**HSERV 60 Alcohol, Drugs, and Society**

3 units; 3 hours Lecture

Hybrid Requisite: HSERV 56A

Repeatability: May be taken a total of 1 time.

Provides an introductory level understanding of mood altering substances, their patterns of use and the dynamics of addiction and treatment. Discusses historical perspectives on alcohol and drug abuse and its impact on families and the community; the biopsychosocial factors that contribute to the use of drugs and alcohol; patterns and progression of chemical addiction, treatment and prevention programs; and legislation regarding use, abuse, and addiction to drugs and alcohol and the chemical dependency treatment field.

*Transfer Credit:* Transfers to CSU.

**HSERV 161 Alcoholism and Drug Addiction: Intervention, Treatment, and Recovery**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Studies techniques used in the treatment of chemical dependency and an evaluation of interventions, individual and group counseling, detoxification, twelve step programs, therapeutic communities, after-care programs, and relapse prevention.

*Transfer Credit:* Non-transferable.

**HSERV 162 Physiology and Pharmacology: Alcohol and Other Drugs**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

Studies the action and effects of alcohol and other psychoactive drugs, including opiates, stimulants, depressants, psychotherapeutics, and psychedelics on the body's organs and systems, behavior, cognition, and emotion. Discusses the physiological, social, and psychological implications of tolerance, habituation, and substance abuse of the user and abuser and reviews models and biomedical principles of the disease process and treatment of alcohol and drug abuse, addiction, the relapse dynamic, and the recovery process. Identifies and discusses medical terminology used in the field and develops an awareness of the medical complications associated with chronic drug use.

*Transfer Credit:* Non-transferable.

**HSERV 163 Prevention: Alcohol and Other Drugs**

1 unit; 1 hour Lecture

Repeatability: May be taken a total of 1 time.

Provides insight and practice in the development of the educational component of alcohol and other drug treatment programs. Persons working in treatment or educational fields may find this course beneficial to already established programs. Considers topics, materials, and presentation issues as they relate to working with persons in recovery and their families.

*Transfer Credit:* Non-transferable.

**HSERV 164 Ethics: Personal and Professional Growth in the Human Services**

2 – 4 units; 2 – 4 hours Lecture

Repeatability: May be taken a total of 1 time.

Explores the basic ethical, personal, and professional issues involved in the treatment of drug and alcohol abuse, mental health, issues related to aging, and issues related to the delivery of human services in general. Addresses professional ethics, current legal sanctions, specific questions regarding employment problems, patients' rights, professional liability, and state and federal counseling regulations, confidentiality, counselor and clients' rights, child and adult abuse issues, counter-transference, stress management, and professional development.

*Transfer Credit:* Non-transferable.