

HUMAN SERVICES

Health, Athletics, Wellness, and Kinesiology Division

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

Program Description:

Designed for students and paraprofessionals, this program provides an overview of 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 a work-based learning 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.

A.S. Degree: Human Services

A.S. General Education **21 Units**

Core Courses (24.5-27 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
PSYCH 1	General Psychology	3
PSYCH 39ABC	Relationships: Marriage and Family	3
COMM 12	Intercultural Communication	3
HSERV 99SL	Service Learning Work Experience Education	0.5 - 3
PSYCH 37ABC	Values and Decision Making	3
SOC 2	Contemporary Social Problems	3
or		
SOC 2H	Honors Contemporary Social Problems	3

Approved Electives (11 Units)

Any Human Services (HSERV) class		1 - 4
CABT 101	Computer Proficiency	3
CABT 131	Microsoft Word	3
CG 1	College Success	3
CG 60A	Introduction to Peer Counseling	2
ECE 31	Child Growth and Development	3
ECE 32	Child, Family and Community	3
HS 10	Personal Health	3
MA 184	Health Care Communication & Etiquette	2
KIN 13	First Aid: Responding to Emergencies	3
PSYCH 8	Introduction to Developmental Psychology	3
PSYCH 31	Introduction to Abnormal Psychology	3
PSYCH 33	Personal and Social Adjustment	3
PSYCH 35ABC	Death and Dying	3
SPAN 1	Beginning Spanish	4
WS 1	Introduction to Women's Studies	3
WS 7	Psychology of Women	3

Drug and Alcohol Studies Courses

HSERV 53	Techniques of Group Counseling in the Human Services	2
HSERV 99SL	Service Learning Work Experience Education	0.5 - 3
HSERV 160	Introduction to Chemical Dependency Issues	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

Aging Courses

HSERV 70	Introduction to Human Aging	3
HSERV 71	Aging and Human Services	3

Mental Health Courses

HSERV 170	Fundamentals of Mental Health	3
HSERV 174	Fundamentals of Children's Mental Health.	3

Disability Studies Courses

HSERV 180	Disability and Society.	3
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Electives:

(Any Course numbered 1-199)	1 - 3.5	
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Total Units		60
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Certificate of Achievement: Generalist Practice

Human Services Core Courses (15 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
PSYCH 1	General Psychology	3
PSYCH 39ABC	Relationships: Marriage and Family	3

Human Services Generalist Practice Core Courses (11 units)

COMM 12	Intercultural Communication	3
HSERV 99SL	Service Learning Work Experience Education	2
PSYCH 37ABC	Values and Decision Making	3
SOC 2	Contemporary Social Problems	3
or		
SOC 2H	Honors Contemporary Social Problems.	3

Other Required Courses

ENGL 100	Elements of Writing	3
or		
ENGL 1A/1AH/1AMC/1AMCH		3
or		
CABT 157	Business and Technical Writing	3

Total Units		29
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Skills Certificate: Human Services Drug and Alcohol Studies

Required

HSERV 50	Introduction to the Human Services	3
HSERV 52	Introduction to Counseling and Case Management	3
HSERV 99SL	Service Learning Work Experience Education	2
HSERV 160	Introduction to Chemical Dependency Issues.	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
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Skills Certificate: Human Services Generalist Practice

Required

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 99SL	Service Learning Work Experience Education	2

Total Units		11
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Human Services Courses

HSERV 50

Introduction to the Human Services

3 units; 3 hours Lecture

Corequisite: HSERV 99SL.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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

Corequisite: HSERV 99SL.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Focuses on appropriate interventions, technologies, and strategies for the delivery of Human Services. Practical knowledge in 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

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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

0.5 - 3 units; 0.5 hour Lecture

Repeatability: May be taken a total of 4 times.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

A series of intensive courses studying specific concepts, issues, and concerns within the Human Services Field. Course content and prerequisites will vary with each offering. During any school session, one or more such courses may be offered, each one having its own title and being designated by its own permanent letter.

Transfer Credit: Transfers to CSU.

HSERV 70**Introduction to Human Aging**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Provides an interdisciplinary, biological and psycho-social introduction and overview of aging including demographic, physical, psychological, emotional, social, cultural and economic theories, trends and experiences. Discusses policy issues affecting older adults. Identifies aging processes and explores common myths about aging. Introduces communication skills for successful intergenerational relationships.

Transfer Credit: Transfers to CSU.

HSERV 71**Aging and Human Services**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Provides an overview of the concepts, characteristics, skills, careers, and clinical issues of human service provision in a variety of settings serving older persons with emphasis on application. Introduces students to the needs of elders, and the careers and service delivery systems for older people. Focuses on interpersonal and therapeutic communication skills in a variety of settings with elders including those experiencing sensory and/or cognitive losses. Identifies professional behaviors and expectations in service organizations.

Transfer Credit: Transfers to CSU.

HSERV 99SL**Service Learning Work Experience Education**

0.5 - 3 units; 1.8 hours Work Experience

Repeatability: May be taken a total of 4 times.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Service Learning integrates community service with academic learning focusing on meeting unmet community needs and achieving course objectives. The program combines classroom instruction with volunteer on-the-job experience, utilizing the community's business, industry and government agencies as expanded educational sites. The student may receive one unit per 60 hours unpaid work experience. CWEE 99G is designed for the student who intends to transfer to a 4-year institution that accepts Service Learning/Work Experience Education.

Transfer Credit: Transfers to CSU.

HSERV 160**Introduction to Chemical Dependency Issues**

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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.

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

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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

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

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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.

HSERV 163

Prevention: Alcohol and Other Drugs

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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.

HSERV 164

Ethics: Personal and Professional Growth in the Human Services

2 - 4 units; 2 hours Lecture

Repeatability: May be taken a total of 2 times.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

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, countertransference, stress management, and professional development.

HSERV 170

Fundamentals of Mental Health

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces the principles and theories of mental health and human behavior: diagnosis, treatment and care. Examines the history of mental health practices and introduces the student to symptoms and classification systems, psychotropic medications, coping mechanisms, therapies and community care, and discusses ethical issues in the mental health field.

HSERV 174

Fundamentals of Children's Mental Health

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces the principles and theories of infant, toddler and children's mental health and mental illness. Examines child development, identifying abnormal mental development and explores options for treatment. Develops strategies to promote positive human service relationships with mentally ill children and their families.

HSERV 180

Disability and Society

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Explores disability as an element of human diversity and investigates the incidence and prevalence of disability around the world, the historical changes in concepts of disability, and the appreciation of disability as a natural human phenomenon that both influences and is influenced by the environment.