

## HUMAN SERVICES

### Health, Wellness, Physical Education and Athletics Division

Kathleen Welch, Division Dean

Division Office, Room 1102

Program Chair, Patrick Meyer, (831) 479-6210

Counselor: (831) 479-6385 or (831) 479-6225 for appointment

Watsonville Counselor: (831) 477-5134

Call (831) 479-6348 or (831) 479-6297 for more information

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

### Human Services Occupational Program

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.

<b>Human Services Core Courses</b>		<b>Units</b>
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 the Family . . . . .	3
Total Human Services Core Courses		15

<b>Human Services Generalist Practice Core Courses</b>		<b>Units</b>
COMM 12	Intercultural Communication . . . . .	3
HSERV 99SL	Service Learning in the Human Services . . . . .	2
PSYCH 37ABC	Values and Decision Making . . . . .	3
SOC 2	Contemporary Social Problems . . . . .	3
Total Human Services Generalist Practice Core Courses		11

### Drug and Alcohol Studies Core Courses

HSERV 53	Techniques of Group Counseling . . . . .	2
HSERV 99SL	Service Learning in the Human Services . . . . .	2-3
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	Alcohol and Other Drugs: Education and Prevention Strategies . . . . .	1
HSERV 164	Ethics: Personal and Professional Growth in the Human Services . . . . .	2-4
Total Drug and Alcohol Studies Core Courses		16-19

### Approved Electives

Any Human Services (HSERV) class		
CABT 101	Computer Proficiency . . . . .	3
CABT 131	Microsoft Word . . . . .	3
CG 1	College Success . . . . .	3
OR		
CG 60A	Introduction to Peer Counseling . . . . .	2
COMM 12	Intercultural Communication . . . . .	3
ECE 31	Child Growth and Development . . . . .	4
ECE 32	Child, Youth, Family, and Community . . . . .	3
MA 184	Health Care Communication and Etiquette . . . . .	2
PE 12A	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
PSYCH 37ABC	Values and Decision Making . . . . .	3
SOC 2	Contemporary Social Problems . . . . .	3
SPAN 1	Beginning Spanish (or appropriate level) . . . . .	4
WS 7	Psychology of Women . . . . .	3
WS 10	Introduction to Women's Studies . . . . .	3

### Associate in Science Degree in Human Services

General Education . . . . .	15-21
Core Courses . . . . .	26
Approved Electives . . . . .	11
Electives . . . . .	2-8
Total for A.S. Degree in Human Services	60

### Certificate of Proficiency in Human Services Generalist Practice

Core Courses . . . . .	15
Human Services Generalist Practices Courses . . . . .	11
ENGL 100/1A/1AMC or CABT 157 . . . . .	3
Total Certificate of Proficiency in Human Services Generalist Practice	29

### Human Services Skills Certificate in Generalist Practice

HSERV 50	Introduction to Human Services . . . . .	3
HSERV 51	Practices in Human Services . . . . .	3
HSERV 52	Introduction to Counseling and Case Management . . . . .	3
HSERV 99SL	Service Learning in the Human Services . . . . .	2
Total for Skills Certificate in Generalist Practice		11

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

HSERV 50	Introduction to Human Services . . . . .	3
HSERV 51	Practices in Human Services . . . . .	3
HSERV 99SL	Service Learning in the Human Services . . . . .	2
HSERV 160	Introduction to Chemical Dependency Issues. . . . .	3
Total for Skills Certificate in Drug and Alcohol Studies		11

**Certificate of Proficiency in Drug and Alcohol Studies is currently pending, awaiting approval by the California Community College's Chancellor's office. Please check [www.cabrillo.edu](http://www.cabrillo.edu) for the approval and availability of this program.**

**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**

½ - 3 units; ½ hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any particular topic may be taken a total of 4 times.

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. May be offered in a Distance-Learning Format.

*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 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**

### **Alcohol and Other Drugs: Education and Prevention Strategies**

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

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times.

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.