

HUMAN SERVICES

Health, Athletics, Wellness, and Kinesiology Division

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

Human Services A.S. Degree

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.

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 (24.5-28 units)

	GE Units 21
	Units
HSERV 50	Introduction to the Human Services3
HSERV 51	Practices in the Human Services.....3
HSERV 52	Introduction to Counseling and Case Management3
PSYCH 1	General Psychology3

or		
PSYCH 1H	Honors General Psychology	3
PSYCH 31	Introduction to Abnormal Psychology	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
HSERV 99C	Work Experience in Human Services	0.5 - 4

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

	Units	
Any Human Services (HSERV) class.....	1 - 4	
or		
CABT 31	Microsoft Word	3
CABT 101	Computer Proficiency	3
CG 1	College Success	3
ECE 31	Child Growth and Development	3
ECE 32	Child, Family and Community	3
HS 10	Personal Health.....	3
MA 184	Health Care Communication	2
KIN 13	First Aid: Responding to Emergencies	3
PSYCH 8	Introduction to Developmental Psychology	3
PSYCH 33	Personal and Social Adjustment.....	3
PSYCH 35ABC	Death and Dying.....	3
SPAN 1	Elementary Spanish I.....	5
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 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

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:	Units
(Any Course numbered 1-199)	1 - 4.5

Total Units	60
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Human Services Generalist Practice 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 (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
or		
PSYCH 1H	Honors General Psychology	3
PSYCH 39ABC	Relationships: Marriage and the Family	3

Human Services Generalist

Practice Core Courses (11 units)

COMM 12	Intercultural Communication	3
HSERV 99C	Work Experience in Human Services.....	2
PSYCH 31	Introduction to Abnormal Psychology	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		
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	29 - 32
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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 99C	Work Experience in 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

Total Units	17
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**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 99C	Work Experience in Human Services	2
Total Units		11

Human Services Courses

HSERV 50 Introduction to the Human Services

3 units; 3 hours Lecture
 Co-requisite: HSERV 55A or HSERV 56A.
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
 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: Eligibility for ENGL 100 or ESL 100 and READ 100. 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
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
 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
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
 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

2 units; 6 hours Laboratory
 Hybrid Requisite: HSERV 50 or 51
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
 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

2 units; 6 hours Laboratory
 Prerequisite: HSERV 55A
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
 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

2 units; 6 hours Laboratory
 Hybrid Requisite: HSERV 50 or 51
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
 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

2 units; 6 hours Laboratory

Prerequisite: HSERV 56A

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

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

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 or READ 100.

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

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

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 70 Introduction to Human Aging

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

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 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

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

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

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

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

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

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

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

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

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.

HSERV 170 Fundamentals of Mental Health

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

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.

Transfer Credit: Non-transferable.

HSERV 180 Disability and Society

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

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.

Transfer Credit: Non-transferable.