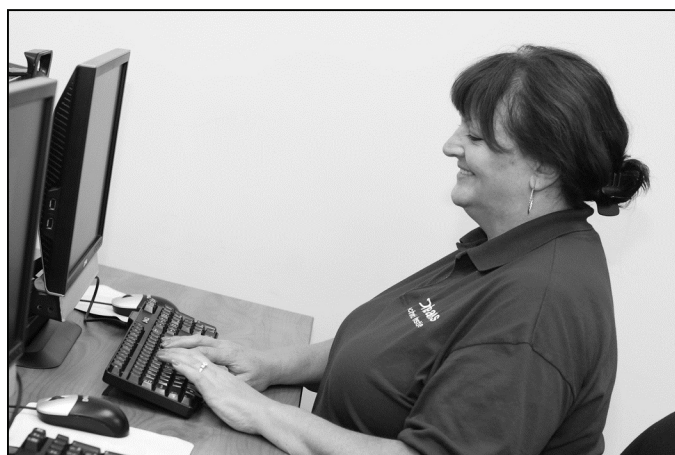




## Course Outline/Description— Human Services



### DIPLOMA PROGRAM

24 weeks – 26 semester credit hours (DAY)  
52 weeks – 26 semester credit hours (EVENING)  
Total 720 hours

### OBJECTIVE

The Human Services program teaches the skills required to enter the workforce in the helping fields of human services. Students learn how to work with diverse populations at risk. They also learn basic counseling skills, case management methods, and effective intervention strategies. Students learn about various populations at risk including those with mental health, developmental, and physical disabilities; generational welfare clients; the chronically homeless; disadvantaged youth; people with drug and alcohol addiction; the aging; ex-offenders; HIV/AIDS patients; and refugee populations.

### EMPLOYMENT OPPORTUNITIES

Graduates are employable in entry-level positions such as social work assistant, case manager in workforce development, job developer, youth advocacy worker, residential aide, behavioral management aide, family support worker, group activities aide, direct care worker, case manager aide, program aide, after care worker, life skills trainer, referral specialist, youth care worker, community support specialist, and job coach.

COURSE TITLE	CREDIT HOURS
HS101 Introduction to Human Services	0.5
HS102 Attitudes and Values	1.0
HS103 Diversity in a Changing Society	1.0
HS104 Intervention Strategies	1.5
HS105 Case Management and Counseling Skills	3.5
HS106 Addictions and Recovery	2.0
HS107 Mental Health	1.5
HS108 Developmental Disabilities	1.5
HS109 Physical Disabilities	1.5
HS110 Welfare System	1.0
HS111 Aging	1.5
HS112 Youth	2.5
HS113 Family Dynamics in a Changing Society	1.5
HS114 Special Populations in Human Services	1.5
HS115 Job Development	1.0
HS116 Research for Human Services	2.0
HS117 Internship	1.0



## Course Outline/Description— Human Services

### HS101 INTRODUCTION TO HUMAN SERVICES

This introductory course explores the human services field. The student is exposed to historical perspectives, ethics, and the role of the community in support of Human Service practitioner in various agencies and specific areas of human services employment.

### HS102 ATTITUDES AND VALUES

This course provides instruction in understanding the attitudes and values of Human Service Workers and examines personal prejudices in order to overcome them. Students will learn the ethical behaviors needed to work in the field of human services. They will also learn the importance of confidentiality including the legalities and boundaries. The importance of advocacy for clients/consumers is also discussed.

### HS103 DIVERSITY IN A CHANGING SOCIETY

This course teaches an appreciation of the diversity in our country and how it has affected our culture. It also teaches students about the present social challenges facing human service workers due to obstacles created by the lack of cultural competency and understanding among human service professionals.

### HS104 INTERVENTION STRATEGIES

This is an introductory course in basic interpersonal communication skills. The student discusses, evaluates, and demonstrates skills of appropriate self-disclosure, active listening, and appropriate challenging. These skills are acquired through small group discussion with other students.

### HS105 CASE MANAGEMENT AND COUNSELING SKILLS

This course prepares the student to use good helping skills on a one-to-one basis. Counseling skills/techniques include active listening, reflective feedback summarizing, self-disclosing, displaying empathy, confronting, establishing rapport, and communicating at the client's comprehension level. Students also learn proper techniques for taking notes and preparing written documentation in the human service field.

### HS106 ADDICTIONS AND RECOVERY

This course provides an understanding of the multiple factors that contribute to various addictions and examines the cycles of addiction, personality and patterns of interaction. It includes the historic and generational influences on alcohol and drug abuse/dependence including adult children of alcoholics, enabling, and the family disease concept; the influences of Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and 12-step philosophies in alcohol/drug treatment; and the uniqueness of special populations including sexual orientation, cultural dimensions, adolescents, women and the elderly. It also covers other addictions such as gambling, eating disorders, and sexual addictions.

### HS107 MENTAL HEALTH

This course focuses on the identification, definition, and causes of mental health disabilities. Students explore theories about crisis intervention and how to apply them.

### HS108 DEVELOPMENTAL DISABILITIES

This course is a study of developmental disabilities with an emphasis on mental retardation. Basic ideas, concepts, and issues relating to several developmental disabilities are taught. Mental retardation is studied by exploring the history of discrimination, causes, legislation, classification, education, community resources, rehabilitation, and employment needs.

### HS109 PHYSICAL DISABILITIES

This course teaches the various kinds and causes of physical disabilities and how they affect the quality of life. Students examine methods of improving the quality of life for those with physical disabilities.

### HS110 WELFARE SYSTEM

Students learn about the obstacles that welfare clients face in our society, concentrating on populations that have been generational families on the welfare system. They learn the causes and effects of long-term poverty as well as methods of breaking the cycle.

### HS111 AGING

This course addresses the problems faced by the aging population in our society. It discusses the various developmental and physical disabilities attributed to aging. Students learn to access resources to help the increasing numbers of the aging population.

### HS112 YOUTH

This course examines theoretical perspectives on motivation and behavior in childhood and adolescence, and the special needs of exceptional young and at-risk youth including behavior disordered and emotionally disturbed youngsters. It also explores the impact of domestic violence, sexual behavior, and chemical dependence on children and youth.

### HS113 FAMILY DYNAMICS IN A CHANGING SOCIETY

This course discusses the changing dynamics of the family unit in our society. Students learn about domestic violence, and how various cultures influence the family unit. They also study the historical shift of traditional family units including single parent homes and extended families.

### HS114 SPECIAL POPULATIONS IN HUMAN SERVICES

This course covers additional populations where human service professionals are needed in the helping field. It gives students an exposure to the various at risk populations that need specialized help and care. These populations include HIV/AIDS, Ex-Offenders, Refugees, and Chronically Homeless.

### HS115 JOB DEVELOPMENT

This course is designed to assist people who are working as Job Developers and Employment Specialists to improve and refine their job related skills. Students learn how to prepare clients to search effectively and to follow-up with potential employers.

### HS116 RESEARCH FOR HUMAN SERVICES

This course teaches basic computer skills to allow students to do research in the field of human services. Students are taught Internet research techniques to allow them to perform basic research and to assess resources in various fields of Human Services. Introductory Microsoft Word and Excel are taught to allow students to do note taking and reports on the computer. Students will be required to complete a resource manual as part of the final project using their research skills.

### HS117 INTERNSHIP

Students are required to do Internships of 60 hours in different human service settings. Students can choose from an approved list or if they have a preference for a different setting, it can be approved if it meets the internship requirements. The purpose of the internship is to give students an understanding of working with a population at risk and to consider this as part of a career path.