

Human Services

Degree: A.A. - Human Services
A.A. - Chemical Dependency
Certificate: Human Services
Chemical Dependency

Area: Behavioral & Social Sciences
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The human services program provides preparation for entry-level positions in correctional institutions and parole, probation, welfare, rehabilitation and mental health agencies, as well as schools and child care centers.

Students combine coursework in interviewing, counseling, tutoring techniques, psychology and sociology with field work in social services agencies. Training includes experience in recognizing problems and effecting behavior change in people.

The human services program also offers an option in chemical dependency studies. This provides preparation for entry-level positions with public or private agencies dealing with problems of chemical dependency.

Career Opportunities

Human services include a broad array of employment fields dealing with the social service needs of both groups and individuals. Such careers include teacher aides, vocational rehabilitation aides, group counselor aides, social service technicians and mental health workers.

Persons employed in human services fields are in essence community counselors who help individuals, families and groups to cope with problems in a complex society.

Of special interest today is the growing concern about chemical dependency, which is addressed by a special program option.

Best job opportunities are found in health care fields, programs for the elderly, mental health agencies, child care, and corrections, family and chemical dependency counseling. The ARC programs prepares students for entry-level positions in all these fields.

General Education Graduation Requirements: In addition to completing the degree requirements, students must also complete the general education graduation requirements for an A.A./A.S. degree. See ARC graduation requirements.

Requirements for Degree Major **33 units**

Courses Required	Units
HSER 300	3
HSER 310/GERON 304	3
HSER 330/PSYC 365	3
HSER 340/PSYC 400	3
HSER 360	3
HSER 362	6
HSER 365	3
PSYC 300 or PSYC 305	3
PSYC 340	3
SOC 300	3

Recommended Electives

BUSTEC 310; PSYC 354, 361, 374; PSYC 372/ECE 312; SOC 301, 335

Requirements for Certificate **33 units**

HSER 300, 360, 365; HSER 362 (six units); HSER 310/GERON 304; HSER 330/PSYC 365; HSER 340/PSYC 400; PSYC 300 or PSYC 305; PSYC 340; SOC 300

Chemical Dependency Studies

The Human Service option, Chemical Dependency Studies, provides preparation for associate professional with public or private agencies dealing with problems of chemical dependency.

Requirements for Degree Major **36 units**

HSER 300	3
HSER 310/GERON 304	3
HSER 330/PSYC 365	3
HSER 340/PSYC 400	3
HSER 341/PSYC 401	3
HSER 342/PSYC 402	3
HSER 360	3
HSER 362	6
HSER 365	3
PSYC 300 or 305	3
PSYC 340	3

Recommended Electives

PSYC 310, 320, 335, 342, 354, 372/ECE 312, 374/GERON 302; ENGWR 342; SOC 301

Requirements for Certificate **36 units**

HSER 300, 310/GERON 304, 330/PSYC 365, 340/PSYC 400, 341/PSYC 401, 342/PSYC 402, 360, 362 (six units), 365; PSYC 300 or 305, 340.

The AA degree and/or the Certificate of Achievement in Chemical Dependency Studies signifies readiness for beginning alcoholism and drug addiction counseling. The CDS faculty recognizes a responsibility to students whose attitudes and behavior indicate a suitability and readiness to carry out professional responsibilities in chemical treatment settings. A student may be denied or postponed placement in the Practices Course (HS 362) if they are deemed not ready. The Program Coordinator and at least one faculty member will meet to make these determinations.

HSER 300 Introduction to Human Services 3 Units

Formerly: HSER 14

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a comprehensive overview of the field of Human Services and an introduction to attitudes and methods that enhance communication skills in human relations and enable effective intervention in problem situations. Emphasis is on the roles and skills of associate professionals such as health workers, activity directors with the elderly, and children's welfare assistants, group techniques are emphasized. Required for the Human Services and the Chemical Dependency Studies majors.

HSER 310 Ethical Issues and Client's Rights (Same as Gerontology 304) 3 Units

Formerly: HSER 15

Prerequisite: None

Coresquisite: HSER 300 or 320.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a comprehensive exploration of the basic ethical issues involving human services delivery. Topics include: professional ethics, confidentiality, counselor and clients' right and other areas involving ethical controversies. Not open to students who have completed GERON 304.

HSER 320 Introduction to the Principles of Psychiatric Rehabilitation 3 Units

Formerly: HSER 13

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is an introduction to the principles and practices of psycho-social rehabilitation (PSR) used for working with individuals who have severe mental illness to live successfully in community-based settings. Emphasis is on the roles and skills of unlicensed mental health workers in hospitals, treatment and social rehabilitation settings.

HSER 330 Issues of Diverse Populations (Same as Psychology 365) 3 Units

Formerly: HSER 19

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of the values, problems, issues, concerns and counseling needs of special population groups including the elderly, African Americans, Hispanics, Asians, Native Americans, homosexuals, the poor and terminally ill. It also includes the nature and extent of chemical dependency and other addictive behaviors. Not open to students who have completed PSYC 365. AA/AS areas C2 & F; CSU area E1

HSER 340 Introduction to Chemical Dependency (Same as Psychology 400) 3 Units

Formerly: HSER 35

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320 or placement through assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a survey that examines the physiological effects of chemical dependency on the individual. Included is an analysis of the effects of substance abuse on the family; the sociological, economic conditions contributing to substance abuse; and a description of community efforts at prevention and treatment. Not open to students who have completed PSYC 400. AA/AS area E2; CSU area E1.

HSER 341 Physiology and Pharmacology: Alcohol and Other Drugs (Same as Psychology 401) 3 Units

Formerly: HSER 36

Prerequisite: HSER 340/PSYC 400 with a grade of "C" or better.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of the chemical composition of alcohol and the mechanism of action in the body of alcohol and other psychoactive drugs, including opiates, stimulants, depressants, psychotherapeutics, and psychedelics. Also included are the social and psychological implication of tolerance, habituation, and substance abuse of the user and abuser. Not open to students who have completed PSYC 401.

HSER 342 Alcoholism: Intervention, Treatment and Recovery (Same as Psychology 402) 3 Units

Formerly: HSER 37

Prerequisite: HSER 341/PSYC 401 with a grade of "C" or better.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a study of techniques used in the treatment of chemical dependency and an evaluation of intervention, individual and group counseling, detoxification, twelve step program, therapeutic communities, and aftercare programs. Not open to students who have completed PSYC 402.

HSER 360 Techniques of Interviewing and Counseling 3 Units

Formerly: HSER 41

Prerequisite: HSER 300 and PSYC 300 or 305 with a grade of "C" or better.

Coresquisite: HSER 310.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a survey of interview-counseling techniques appropriate for paraprofessionals in mental health, corrections, and substance abuse counseling. The survey includes theories of family co-dependency and techniques for counseling the family and significant others of substance abusers.

HSER 362 Practices in Human Services 3 Units

Formerly: HSER 40

Prerequisite: HSER 300; an intern placement in a social service agency confirmed in writing.

Coresquisite: HSER 310 and HSER 360 or HSER 365.

Course Transferable to CSU

Hours: 18 hours LEC; 108 hours LAB

This course provides advanced study and supervised field experience in public and/or private agencies providing mental health, corrections, chemical dependency, and child/adolescent treatment services. Students apply concepts, values, and skills acquired in other core courses to the process of helping others. May be taken three times for credit.

HSER 365 Techniques of Group Counseling 3 Units

Formerly: HSER 42

Prerequisite: HSER 360 with a grade of a "C" or better.

Course Transferable to CSU

Hours: 54 hours LEC

This course covers the basic assumptions of group counseling, and ethical issues are compared, contrasted and analyzed. Primary emphasis is on the use of facilitating skills and group dynamics.

HSER 494 Topics in Human Services 3 Units

Formerly: HSER 16

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320 or placement through the assessment process.

Course Transferable to CSU

Hours: 54 hours LEC

This course is a concentrated study of current issues in the field of psychosocial rehabilitation. Topics will reflect contemporary issues and problems in the areas of treatment, recovery, advocacy, and future trends. Emphasis will be in the promotion and support of community-based systems of service.