Human Services

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 AA/A.S. degree. See ARC graduation requirements.
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
Corequisite: 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 3C & 3F; 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 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 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 survey 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.
Corequisite: 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
Prerequisite: None
Corequisite: HSER 310 and HSER 360 or 365
Enrollment Limitation: Completion of the American River College Human Services Agency placement process.
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. This course may be taken three times for credit/no credit only.

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: ENGW 102 or ENGW 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.

HSER 498  Work Experience In Human Services  1-4 Units  
Formerly: HSER 48  
Prerequisite: None  
Course Transferable to CSU  
Hours: 18-72 hours LEC