

# HUMAN SERVICES

Human Services prepares students to work for organizations that serve people in need. Students learn the theories, principles, and practice of providing services. Human services jobs can include substance abuse counselor, youth worker, mental health aide, and probation officer. These positions provide services to schools, prisons, government agencies, and nonprofit organizations. Taking classes in the Human Services program is a great opportunity for students interested in becoming counselors/therapists (clinical psychology) or social workers to explore the field early in their educational career.

See the [Human Services page](#) for program and contact information.

## Programs

### Career and Technical Education

#### Associate of Applied Science

- [Addiction Studies and Human Services - Associate of Applied Science \(AAS\)](#)

#### Two-Year Certificate of Completion

- [Addiction Studies and Human Services - Two-Year Certificate of Completion \(CC2\)](#)

### Transfer

#### Associate of Arts Oregon Transfer

- [Human Services - Associate of Arts Oregon Transfer \(AAOT\)](#)

## Courses

#### HS 101 Introduction to Behavioral Health and Human Services (4 Credits)

Introduces the behavioral health and human services professions. Helps students evaluate their fit within the human services field. Highlights self-understanding and individual compatibility with behavioral health occupations. Emphasizes prevention, early intervention concepts and programs, significance of social justice and multicultural equity.

#### HS 161 Ethics for Human Services (4 Credits)

**Prerequisites:** HS 101 and WR 121Z.

Examines the legal and ethical issues facing human service practitioners. Explores how to set and maintain professional boundaries. Evaluates the roles, functions, and legal/ethical responsibilities of human services workers, including the process of ethical decision making and awareness of the moral and legal complexities in the field of human services.

#### HS 162 Effective Helping Skills I (4 Credits)

**Prerequisites:** HS 101 and WR 121Z.

Focus is on skills of interacting with people both verbally and non-verbally, as well as the ethical and cultural underpinnings to helping and interviewing. Emphasis placed on understanding and application of the principles of interviewing. Significant concentration on practicing skills with peers.

#### HS 181 Addictions, HIV and other Infectious Diseases (2 Credits)

Reviews the theory and technique for effectively addressing issues of substance use and addictive behaviors for the at-risk person. Considers issues of risk of exposure for the substance abusing or other at risk individual. Physiology, epidemiology, risk assessment, legal/ethical issues and societal implications of HIV and other pathogens will be presented.

#### HS 199 Selected Topics: Human Development (1-4 Credits)

This course is in development.

#### HS 200 Introduction to Addictions (3 Credits)

**Recommended preparation:** or to be taken with WR 121Z.

Provides a broad overview of the field of addictions. Describes the etiology of addiction, the signs and symptoms of addiction, the continuum of addictive behaviors, treatment, prevention, recovery and relapse.

#### HS 201 Families and Addictions (3 Credits)

**Recommended preparation:** WR 121Z.

Examines how substance use disorders impact family systems. Topics will include etiology of substance use disorders within the family, impact upon members of the system and its dynamics, intervention and treatment approaches, and long-term recovery issues. Strategies and behaviors that family members, couples, and significant others must adopt in order to assist in sustaining recovery and healthy relationships will be outlined.

#### HS 205 Youth and Addictions (3 Credits)

**Recommended preparation:** WR 121Z.

Introduces child/adolescent biopsychosocial development and evaluates the effects of substance abuse on that development. Covers the signs of substance abuse and addiction; describes assessment, treatment, and prevention philosophies, protocols and models; describes recovery and covers relapse prevention and the signs of relapse in young people.

#### HS 206 Group Counseling Skills for Human Services (4 Credits)

**Recommended preparation:** WR 121Z.

Provides an introduction to social and interpersonal influences on behavior, group dynamics, developmental stages of a group, and an overview of theoretical approaches to group counseling. Emphasis is on developing group leadership skills.

#### HS 208 Multicultural Issues in Human Services (4 Credits)

**Prerequisites:** HS 101 and WR 121Z.

Presents the foundations for developing the skills and sensitivities needed to practice as culturally alert counselors. Explores issues and trends related to culture, ethnicity, race, nationality, age, gender, sexual orientation, mental and physical abilities/disabilities, education, religious and spiritual values, immigrant dynamics, and socioeconomic factors which influence counseling relationships, process, and treatment outcomes. Encourages students to engage in self-exploration around their own cultural identities and their responses to issues of diversity including bias, oppression, discrimination and the role of privilege.

#### HS 209 Introduction to Psychological Trauma: Theory and Practice (4 Credits)

**Recommended preparation:** WR 121Z.

Introduction to types, history, and impact of trauma on individuals, family, and community. Explores the impact on those working with trauma survivors and inadvertent re-traumatization of victims that occurs by the social service system. It introduces crisis management strategies in the context of a trauma informed practice. It provides a framework for crisis recognition/response and intervention for people experiencing trauma symptoms. Students will analyze as well as practice using a trauma informed framework designed for multiple settings. Utilizes trauma informed and wellness informed approaches.

**HS 210 Co-Occurring Disorders (4 Credits)****Recommended preparation:** WR 121Z.

Recognize and differentiate symptoms and treatment of substance related and addictive disorders and mental health issues. Develop knowledge, skills, and theoretical frameworks applicable to co-occurring disorders. Understand best practice models and integrated treatment for co-occurring disorders.

**HS 224 Psychopharmacology (4 Credits)**

This course covers the knowledge required to pass the pharmacology section of the Certified Alcohol and Drug Counselor (CADC) 1 exam. It includes the ways drugs are used, controlled and valued culturally; how the human body functions normally, including knowledge of cells, nerve cells, and basic bodily systems (i.e., respiratory, circulatory, endocrine and digestive; how drugs are absorbed, distributed, metabolized and excreted and how drugs affect these systems).

**HS 250 Process Addictions (4 Credits)****Recommended preparation:** or to be taken with WR 121Z.

Provides an overview of the history, theory, and current research perspectives in the etiology, assessment, diagnosis and treatment of behavioral/process addictions. Specific attention paid to examining similarities and differences between chemical/substance addictions and behavioral/process addictions.

**HS 260 Counseling Theories (4 Credits)****Recommended preparation:** WR 121Z.

Provides an overview of theoretical approaches to counseling and psychotherapy, including fundamental concepts, assessment, client and counselor roles, cultural relevance, and intervention strategies/techniques.

**HS 262 Effective Helping Skills II (4 Credits)****Recommended preparation:** HS 162 or instructor approval.

Provides central theoretical and empirical tenets of Motivational Interviewing (MI), as well as practice of skills to deliver the intervention to a wide range of clients in diverse settings. Students will learn and practice both the spirit and techniques of motivational interviewing.

**HS 266 Case Management for the Chemically Dependent Client (4 Credits)****Recommended preparation:** WR 121Z.

Explores ASAM Criteria (ASAM: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions). Develops skills associated with effective case management in an addictions treatment / social services setting. Practices professional writing and case documentation skills.

**HS 280 Co-op Work Experience Human Services (1-4 Credits)****Prerequisites:** Instructor approval.

Provides experience in which students apply previous classroom learning in an occupational setting. Credits depend on the number of hours worked. Repeatable for credit. P/NP grading.

**HS 290 Introduction to Practicum in Human Services (1 Credit)**

Preparation for practicum. Should be taken at least one term before beginning practicum experience. Focus on researching internship sites; developing a résumé; practicing job search & job interviewing techniques.

**HS 291 Practicum in Human Services I (4 Credits)**

Practicum is closely supervised opportunity to implement professional skills, knowledge and attitudes presented in prior Human Services coursework. Provides experience working on site in a human service agency to integrate field and classroom experience. Students also attend a weekly seminar and meet individually with both the practicum instructor and the site supervisor throughout the quarter. Students are required to have a placement confirmed prior to the term they decide to begin. Addiction Studies students must have completed HS 161, HS 162, HS 206 and HS 290 prior to enrolling in this class. NOTE: 1,000 hours supervised experience are required before taking the Oregon Certified Alcohol and Drug Counselor I exam.

**HS 292 Practicum in Human Services II (4 Credits)**

This second-term practicum is more comprehensive and provides an opportunity to develop more advanced skills. Addiction Studies students must have completed HS 161, HS 162, HS 206, and HS 291 prior to enrolling in this class. With instructor approval only students may co-enroll in HS 291. NOTE: 1,000 hours supervised experience are required before taking the Oregon Certified Alcohol and Drug Counselor I exam.

**HS 293 Practicum in Human Service III (4 Credits)**

This third-term practicum is more comprehensive and provides an opportunity to develop more advanced skills. Addiction Studies students must have completed HS 161, HS 162, HS 206, HS 291 and HS 292 prior to enrolling in this class. With instructor approval only students may co-enroll in HS 292. NOTE: 1,000 hours supervised experience are required before taking the Oregon Certified Alcohol and Drug Counselor I exam. Course may be repeated for credit.

**HS 298 Independent Study: Human Services (1-6 Credits)****Prerequisites:** instructor approval.**Recommended preparation:** prior coursework in the discipline.

Individualized, advanced study to focus on outcomes not addressed in existing courses or of special interest to a student. P/NP grading.

**HS 299 Selected Topics: Human Services (1-4 Credits)**

This course is in development.