

HUMAN SERVICES (HS)

HS150 Personal Effectiveness 3 credits (3 lec hrs/wk)

This course is designed to help students create greater success in college, and in their professional lives, while simultaneously building a supportive learning environment for students in the General Human Services Program. The course utilizes individual and small group exercises to explore human service careers, and issues relevant to being an effective human service professional. Students will learn about setting boundaries, stress management, and burnout prevention as well as other field-oriented skills. Students will be introduced to strategies for providing trauma informed services from a strength-based perspective. This class is accepted by MHACBO to meet part of the certification requirements for alcohol & drug counselors (CADC I).

This course may be taken 1 time for credit.

Course classification: LDC

HS155 Interviewing Theory and Techniques 4 credits (4 lec hrs/wk)

Students will be introduced to the theoretical knowledge and interviewing skills required of human service workers in a variety of work settings. Students will learn the basic processes used for information gathering, problem solving, and information or advice giving. They will learn and practice skills associated with conducting an effective interview. Students will be sensitized to the issues common to interviewing people of differing cultural backgrounds. This class is accepted by MHACBO to meet part of the certification requirements for alcohol & drug counselors (CADC I).

This course may be taken 1 time for credit.

Course classification: LDC

HS158 Trauma: Theory To Practice 3 credits (3 lec hrs/wk)

This class will introduce students to the sources, and prevalence of trauma in our society. Students will become familiar with the physical, cognitive, emotional, social and behavioral responses to traumatic experiences and will develop a basic understanding of how trauma impacts individuals who seek assistance from human service organizations. Best practices for both trauma specific and trauma-informed services will be explored.

This course may be taken 1 time for credit.

Course classification: LDC

HS170 Introduction to Practicum 1 credit (1 lec hrs/wk)

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. Provides information and a foundation for employment in the human services field by helping develop information and contacts for community agencies.

This course may be taken 1 time for credit.

Course classification: LDC

HS170B Practicum and Seminar 5 credits (15 lab hrs/wk)

Prerequisite(s): (HS150 and HS226)

Practical on-site experience that will allow students to test knowledge learned in the classroom and explore the variety of workplaces in which to apply that knowledge. Provides on-site clinical and community experience with human service organizations plus weekly seminars. Students are expected to arrange for a field placement with an approved agency prior to the start of class. Seminars are designed to provide supervision and help students integrate field, classroom experiences and interviewing skills.

This course may be taken 1 time for credit.

Course classification: LDC

HS201 Introduction To Human Services 3 credits (3 lec hrs/wk)

Students will be introduced to a wide array of social and personal problems that are addressed by the field of human services. Students will explore the way economics and history shape current social welfare programs and policies. The philosophical foundation of the human service movement as well as career opportunities in the field will be examined. Trends and intervention strategies for a number of service systems will be introduced. The impact of culture and diversity on human services will be explored.

This course may be taken 1 time for credit.

Course classification: LDC

HS209 Crisis Intervention And Prevention 3 credits (3 lec hrs/wk)

This course will introduce human service and correctional personnel to crisis intervention and prevention that emphasizes crisis counseling and non-physical methods for preventing or controlling disruptive behavior before it escalates. Students will be taught effective non-violent intervention for a wide range of crisis situations. Content of this course will provide students with hands-on practical approaches to crisis management.

This course may be taken 1 time for credit.

Course classification: LDC

HS221 Co-Occurring Disorders 4 credits (4 lec hrs/wk)

This course will provide an introduction to the current best practices approach to working with individuals who have dual diagnoses and their families. The course addresses the current emphasis in the field of human services to provide integrated services to individuals and their families when an individual has both a mental health diagnosis and a substance use diagnosis thereby supporting students in better meeting the entry level requirements of social service agencies in Oregon.

This course may be taken 1 time for credit.

Course classification: LDC

HS224 Group Counseling Skills 4 credits (4 lec hrs/wk)

Introduction to describing, selecting and appropriately using strategies from accepted and culturally appropriate models for group counseling with clients with a variety of disorders, including substance abuse. Emphasis is on developing group leadership skills. This class is accepted by MHACBO to meet part of the certification requirements for alcohol & drug counselors (CADC I).

This course may be taken 1 time for credit.

Course classification: LDC

HS226 Ethics And Law 1 credit (1 lec hrs/wk)

Introduction to the established professional code of ethics that define the professional context within which the addiction counselor and human services provider works. Students will become knowledgeable about federal and state laws and regulations that apply in the field of substance abuse treatment and other human services. This class is accepted by MHACBO to meet part of the certification requirements for alcohol & drug counselors (CADC I).

This course may be taken 1 time for credit.

Course classification: LDC

HS228 Infectious Diseases 1 credit (1 lec hrs/wk)

Introduces the epidemiology of HIV/AIDS, hepatitis, tuberculosis and sexually transmitted diseases that frequently infect people who use drugs or who are chemically dependent. Students will examine treatment options and prevention strategies. The legal and policy issues that impact infected individuals as well as the larger community will be explored. This class is accepted by MHACBO to meet part of the certification requirements for alcohol & drug counselors (CADC I).

This course may be taken 1 time for credit.

Course classification: LDC

HS231 Advanced Interviewing & Counseling 4 credits (4 lec hrs/wk)

Prerequisite(s): (HS155)

This class will provide an introduction to the theory and principles of motivational interviewing. Motivational interviewing is a client-centered approach to helping clients make behavioral changes and encouraging the client to explore and resolve their ambivalence about changing their behaviors. Students will learn the theoretical basis of this evidence based on practice. Students will learn about stages of change and strategies for interviewing effectively at each stage of the change process.

This course may be taken 1 time for credit.

Course classification: LDC

HS232 Cognitive Behavioral Strategies 3 credits (3 lec hrs/wk)

This course will introduce students to the theory and methods of cognitive-behavioral approach approaches to counseling. These approaches rest upon the premise that psychological distress and maladaptive behavior is the result of faulty thinking. Cognitive-behavioral approaches are based on a psycho-educational model and focus on changing cognitions in order to change feelings and behavior.

This course may be taken 1 time for credit.

Course classification: LDC

HS265 Casework Interviewing 3 credits (3 lec hrs/wk)

Students will learn the theoretical knowledge and skills needed to work effectively as case managers with clients in human services organizations. Students will be introduced to solution focused, and client directed interviewing skills that emphasize client strengths and goals.

This course may be taken 1 time for credit.

Course classification: LDC

HS266 Case Management 3 credits (3 lec hrs/wk)

Students will be introduced to the theory and practice of case management. Methods of delivering accessible, integrated, coordinated, and accountable case management services will be presented. Students will learn how to maintain professional records, including documenting assessments, treatment plans, chart notes and other relevant agency records. Cross-cultural issues related to designing and delivering case management services will be explored. This class is accepted by MHACBO to meet part of the certification requirements for alcohol & drug counselors (CADC I).

This course may be taken 1 time for credit.

Course classification: LDC

HS267 Cultural Competencies Human Services 4 credits (4 lec hrs/wk)

Diverse cultures and philosophies will be studied. How the human service practitioner can become culturally competent will be the focus. Major ethnic and cultural groups will be studied as well as major cultural assumption and patterns and their impact on identity and mental health.

This course may be taken 1 time for credit.

Course classification: LDC