2021-2022 Official Catalog

Human Services

Overview

This CRC program prepares students for employment as para-professionals with agencies such as youth group homes, youth and family services agencies, schools, probation, welfare, and mental health departments.

Degrees and Certificates Offered

A.A. in Chemical Dependency Studies Degree
A.A. in Human Services, General
Chemical Dependency Studies Certificate Certificate
Human Services, General Certificate

Dean: Dana Wassmer
Department Chair: Brandy Jones-Thomas
Phone: (916) 691-7390
Email: wassmed@crc.losrios.edu

Associate Degrees

A.A. in Chemical Dependency Studies Degree

The program in Chemical Dependency Studies centers around the specific skills and abilities necessary to provide comprehensive drug and alcohol counseling. Course work include the twelve counselor core function applications in addiction screening, intake, assessment, orientation, counseling, crisis intervention, consultation, client education, client rights, confidentiality, professional ethics and reports and record keeping.

Catalog Date: January 1, 2022

Degree Requirements

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<td>Work Experience in Human Services</td>
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<tr>
<td>PSYC 368</td>
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Total Units: 37.5 - 41

1 Students must complete a minimum of 255 internship hours for HSER 498.

The Chemical Dependency Studies Degree Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See CRC graduation requirements.
Upon completion of this program, the student will be able to:

- Evaluate the components of a quality chemical dependency counseling program
- Demonstrate the twelve essential counseling skills as they apply to chemical dependency and recovery processes
- Utilize counseling strategies based on examination of scientific theories of addiction
- Identify the community resources used in assisting clients with addiction issues
- Appraise and apply the knowledge of California Professional Codes of Ethics for Drug and Alcohol counselors
- Evaluate one's own values and attitudes as they apply to ethical decision making
- Demonstrate appropriate interpersonal and social skills in interactions with a diverse population using principles of equity, justice, and inclusion

### Career Information

Substance Abuse Counselor; Mental Health Social Worker; Social Worker; Child and Family Counselor; Child Protective Worker; Adult Protective Worker; Employee Assistance Counselor

### A.A. in Human Services, General

This CRC program prepares students for employment as para-professionals with agencies such as youth group homes, youth and family services agencies, schools, probation, welfare, and mental health departments.

Highlights include:
- Individual and group counseling
- Interviews with employers
- Employment training, including resumes, cover letters, and interviews

This degree is designed for persons who are seeking careers as youth group home workers, family welfare and health agencies workers, count or state eligibility workers, and other para-professional positions. Graduates will have a broad range of human service skills, including group counseling, client interviewing, communication, problem solving, and employment.

Note to Transfer Students:
If you are interested in transferring to a four-year college or university to pursue a bachelor's degree in this major, it is critical that you meet with a CRC counselor to select and plan the courses for your major. Schools vary widely in terms of the required preparation. The courses that CRC requires for an Associate's degree in this major may be different from the requirements needed for the Bachelor's degree.

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A minimum of 6 units from the following:

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Total Units: 28.5 - 32

¹Students must complete a minimum of 108 internship hours for HSER 498.

The Human Services, General Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See CRC graduation requirements.

### Student Learning Outcomes

Upon completion of this program, the student will be able to:

- compete for employment as paraprofessionals with agencies such as youth group homes; youth and family service agencies; schools; probation, welfare and mental health departments.

### Career Information

Peer Support Group Facilitator; Youth Group Home Worker; Family, Welfare, and Health Agencies Worker; Consumer Consultant; County or State Eligibility Worker; Conflict Containment Workers
Certificates of Achievement

Chemical Dependency Studies Certificate

The program in Chemical Dependency Studies centers around the specific skills and abilities necessary to provide comprehensive drug and alcohol counseling. Course work include the twelve counselor core function applications in addiction screening, intake, assessment, orientation, counseling, crisis intervention, consultation, client education, client rights, confidentiality, professional ethics and reports and record keeping.

Catalog Date: January 1, 2022

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Total Units: 37.5 - 41

¹Students must complete a minimum of 255 internship hours for HSER 498.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- Evaluate the components of a quality chemical dependency counseling program
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Career Information

Substance Abuse Counselor; Mental Health Social Worker; Social Worker; Child and Family Counselor; Child Protective Worker; Adult Protective Worker; Employee Assistance Counselor

Human Services, General Certificate

This CRC program prepares students for employment as para-professionals with agencies such as youth group homes, youth and family services agencies, schools, probation, welfare, and mental health departments.

Highlights include:
* Individual and group counseling
* Interviews with employers
* Employment training, including resumes, cover letters, and interviews

This certificate is designed for persons who are seeking careers as youth group home workers, family welfare and health agency workers, county or state eligibility workers, and other para-professional positions. Completers will have a foundation in human service skills, including group counseling, client interviewing, and employment.

Catalog Date: January 1, 2022

Certificate Requirements

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Human Services (HSER) Courses

HSER 300 Introduction to Human Services

- **Units:** 3
- **Hours:** 54 hours LEC
- **Prerequisite:** None.
- **Advisory:** Eligibility for ENGWR 300 or equivalent skills demonstrated through the assessment process.
- **Transferable:** CSU
- **Catalog Date:** January 1, 2022

This course is a comprehensive overview of the field of Human Services in private and public agencies. This course includes learning of agency functions and worker activities through reading, class discussion, and class speakers. The emphasis of this course is understanding the roles and skills of associate professionals such as health workers, activity directors for the elderly, and adolescent and child welfare assistants.

HSER 302 Introduction to Psychology of Human Relations

- **Units:** 3
- **Hours:** 54 hours LEC
- **Prerequisite:** None.
- **Transferable:** CSU
- **General Education:** AA/AS Area II(b); CSU Area E1
- **Catalog Date:** January 1, 2022

This course is an introduction to attitudes, values, and methods that enhance communication skills in human relations. It is required for all students in the Human Services major and open to all students.

HSER 304 Introduction to Counseling Children

- **Units:** 3
- **Hours:** 54 hours LEC
- **Prerequisite:** None.
- **Transferable:** CSU
- **Catalog Date:** January 1, 2022

A study of the tools children use daily to cope with feelings, adjust to changes, overcome disappointment and trauma, make sense out of the world around them and grow in their various relationships. Children's play medium will be experienced, with special emphasis on the importance of imagination and the use of fantasy. Assignments will require association with children.

HSER 340 Introduction to Chemical Dependency

- **Units:** 3
- **Hours:** 54 hours LEC
- **Prerequisite:** None.
- **Transferable:** CSU

**Student Learning Outcomes**

Upon completion of this program, the student will be able to:

- compete for employment as paraprofessionals with agencies such as youth group homes; youth and family service agencies; schools; probation, welfare and mental health departments.

**Career Information**

Peer Support Group Facilitator; Youth Group Home Worker; Family, Welfare, and Health Agencies Worker; Consumer Consultant; County or State Eligibility Worker; Conflict Containment Workers
A survey course that examines the psychological and physiological effects of chemical dependency on the individual. Also included is an analysis of the effects of substance abuse on the family; the sociological and economic conditions contributing to substance abuse, and a description of communication efforts at prevention and treatment.

HSER 341 Physiology and Pharmacology: Alcohol & Other Drugs

This course is a study of the chemical composition of alcohol, and the mechanism of action of alcohol and other psychoactive drugs in the human body including opiates, stimulants, depressants, psychotherapeutics, and psychedelics. The physiological and psychological mechanisms associated with tolerance, habituation, and withdrawal that occur during the addiction phase of drug use will be studied.

HSER 342 Alcoholism: Intervention, Treatment & Recovery

This course is a study and evaluation of techniques used in the treatment of chemical dependency. Topics include intervention, individual and group counseling, detoxification, twelve-step programs, therapeutic communities, and aftercare programs.

HSER 350 Employment Skills in Human Services

This course is an introduction to interviewing and counseling with adults and children; family system dynamics; family and drug interventions; crisis intervention training; court mandated reporting laws; code of ethics and conduct; and laws pertaining to counseling minors and other client populations within the Human Services field.

HSER 360 Techniques of Interviewing and Counseling

This course is a survey of effective interviewing and counseling techniques as applied to the paraprofessional experiences of counselor aides, group counselor aides, mental health workers, social service technicians, case management workers, and other human service related fields. This course is an integral part of the Human Services curriculum.

HSER 362 Practices in Human Services

This course provides advanced study and lecture of the helping profession in settings that include: public and/or private agencies that provide mental health services; corrections and rehabilitation; alcohol and other drugs; and child/adolescent treatment services. This is a lecture-based course that integrates both the theory and concepts of the helping profession, as well as discussion of the practical application of experiences in the field. Student evaluation is competency-based.

HSER 364 Techniques of Group Counseling

This course provides an overview of basic group counseling and facilitation skills including ethical issues as used by Human Services paraprofessionals. Topics explored will include communication skills within group dynamics, theories of group counseling, best practices guidelines and diversity issues. Laboratory exercises will include group work with outside groups and evaluation methods.
HSER 494 Topics in Human Services

- **Units:** 0.5 - 4
- **Hours:** 9 - 72 hours LEC
- **Prerequisite:** None.
- **Transferable:** CSU
- **Catalog Date:** January 1, 2022

This course is an exploration of those topics and issues which are most relevant for future and present workers in human services. Emphasis will be on those issues which are not consistently covered by other required human services courses. These issues may include: chemical dependency, interventions in poverty, stress management, child neglect and abuse, patient rights, and organization for advocacy.

HSER 495 Independent Studies in Human Services

- **Units:** 1 - 3
- **Hours:** 54 - 162 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU
- **Catalog Date:** January 1, 2022

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of "Special Studies" for full details of Independent Studies.

HSER 498 Work Experience in Human Services

- **Units:** 0.5 - 4
- **Hours:** 30 - 300 hours LAB
- **Prerequisite:** SWHS 350 and 360 with grades of "C" or better
- **Corequisite:** SWHS 366
- **Enrollment Limitation:** Students must be in a paid or unpaid internship, volunteer position or job related to career goals in Human Services. Students must attend a mandatory orientation for SWHS 366 as the co-requisite for this course. Students must meet co-requisites and pre-requisites to enroll. Students must attend a mandatory orientation session with the SWHS Department Chair that can be scheduled the semester prior to enrollment in the course.
- **Transferable:** CSU
- **General Education:** AA/AS Area III(b)
- **Catalog Date:** January 1, 2022

This course provides students with opportunities to develop marketable skills in preparation for employment in their major field of study or advancement within their career. It is designed for students interested in work experience and/or internships in transfer level degree occupational programs. Course content includes understanding the application of education to the workforce; completion of required forms which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. Appropriate level learning objectives are established by the student and the employer. During the semester, the student is required to participate in a weekly orientation and 75 hours of related paid work experience, or 60 hours of unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. Work Experience may be taken for a total of 16 units when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

HSER 499 Experimental Offering in Human Services

- **Units:** 0.5 - 4
- **Prerequisite:** None.
- **Catalog Date:** January 1, 2022

This is the experimental courses description.