

# HUMAN SERVICES (HUMAN)

## HUMAN 1100

### ***Introduction to Human Services***

3 Credit Hours

An exploration of human service systems, career and academic pathways in the field, ethical principles that guide professional work, and models of service delivery. Requires 20 hours of service learning. (2 lecture hours, 2 lab hours)

## HUMAN 1105

### ***Esteem Building***

2 Credit Hours

An overview of cognitive behavioral interventions that increase self-esteem. The construct of self-esteem are explored through research and assessment tests. Specific interventions and appropriate utilization of these interventions for various age groups are discussed. (2 lecture hours)

## HUMAN 1113

### ***Interpersonal Dynamics***

3 Credit Hours

Overview of interpersonal skills that enhance therapeutic communication. Skills of empathy, respect, concreteness, genuineness, appropriate self-disclosure and confrontation are addressed. Assessment, interviewing and de-escalation techniques are introduced. (2 lecture hours, 2 lab hours)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), Human Relations (A.A., A.S., A.A.S., A.G.S.)

## HUMAN 1114

### ***Contemporary Practice Models***

3 Credit Hours

An introduction to current treatment approaches. Each approach is viewed in its historical, cultural and philosophical perspectives. Students demonstrate each theoretical model and assess its potential for incorporation into their developing counseling style. (2 lecture hours, 2 lab hours)

## HUMAN 1121

### ***Cross-Cultural Communications***

3 Credit Hours

Introductory course exploring a variety of issues related to cultural competency in human services practice. The concepts of race, ethnicity, culture, class, religion, gender, sexual orientation, ethnocentrism, oppression, and power will be explored. Practical application of acquired awareness, knowledge, and skills will be stressed. (2 lecture hours, 2 lab hours)

**Course types:** Global/Multicultural Studies (A.A., A.S., A.A.S., A.G.S.), Human Relations (A.A., A.S., A.A.S., A.G.S.)

## HUMAN 1125

### ***Introduction to Addictions***

3 Credit Hours

An exploration of the concept of addiction, including historical and current attitudes toward drug use, diagnostic criteria, treatment models, and current trends in substance use and abuse. (3 lecture hours)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

## HUMAN 1126

### ***Psychopharmacology for Addictions Counselors***

3 Credit Hours

An introduction to the biochemical principles that affect the nature, action, and use of psychoactive drugs. (3 lecture hours)

## HUMAN 1130

### ***Psychedelic Mindview***

2 Credit Hours

An exploration of the role of psychedelic substances throughout history. Includes use by indigenous cultures, religious groups, and in psychotherapy. Current research on the use of psychedelics in substance abuse treatment and as a therapeutic adjunct. (2 lecture hours)

## HUMAN 1140

### ***Mental Health First Aid***

1 Credit Hour

Students will be introduced to basic concepts and strategies for assisting people experiencing a mental health crisis. (1 lecture hour)

## HUMAN 1141

### ***The Recovery Process***

3 Credit Hours

Describes the approaches used in community settings to help people establish and maintain recovery. Incorporates research across multiple disciplines, including mental health and addiction. Examines the role of treatment teams and recovery-oriented systems of care in supporting the recovery process. Explores pathways to recovery that have proven to be successful. (2 lecture hours, 2 lab hours)

## HUMAN 1151

### ***Recovery Support Specialist I***

3 Credit Hours

Provides foundational knowledge in the peer recovery support domains of advocacy and professional responsibility. Prepares students to work in the field of recovery support. Students who are pursuing their CRSS certification will need to provide verification to the Illinois Certification Board that they are in recovery from a mental health or substance use disorder. (3 lecture hours)

**Prerequisite:** None. Students should be aware that earning their Recovery Support Specialist credential (CRSS) requires them to be in recovery.

## HUMAN 1152

### ***Recovery Support Specialist II***

3 Credit Hours

Emphasizes the recovery support specialist skills of mentoring and peer support with a focus on building healthy relationships with those in recovery. Prepares students to begin an internship placement in a recovery setting. Students who are pursuing their CRSS certification will need to provide verification to the Illinois Certification Board that they are in recovery from a mental health or substance use disorder. (3 lecture hours)

**Prerequisite:** HUMAN 1151 with a grade of C or higher.

## HUMAN 1160

### ***Residential Child Care***

4 Credit Hours

Introduction to residential child care. Provides an overview of the settings and skills needed to assist children with emotional problems. Students will be introduced to the models of care utilized in outpatient and inpatient settings. (3 lecture hours, 2 lab hours)

## HUMAN 1165

### ***Dynamics of Child Abuse***

3 Credit Hours

An in-depth look at child neglect, and child sexual, physical and emotional abuse. Students investigate treatment issues surrounding each area. Victim and perpetrator treatment issues, prevention of abuse, and the long-term impact on the individual are discussed. Clinical issues that arise in children, adolescents and adults as a result of child abuse are covered. (3 lecture hours)

**HUMAN 1170*****Role of Advocacy in Human Services***

3 Credit Hours

Introduction to advocacy skills in human services. The course provides an overview of political and public advocacy issues. Essential skills and knowledge of legal processes for effective solutions are introduced. (3 lecture hours)

**HUMAN 1175*****Crisis Intervention***

3 Credit Hours

Introduction to clinical interventions utilized in crisis intervention. This course covers crises throughout the life cycle and situations such as medical and psychological traumas, post-traumatic stress disorder and professional burnout. (2 lecture hours, 2 lab hours)

**HUMAN 1180*****Interpersonal Violence***

3 Credit Hours

Students will be introduced to a comprehensive exploration of interpersonal violence as it relates to the human services field. Students will examine the history, nature, extent, causes, and consequences of interpersonal violence. Skills-building in direct service will be explored. (2 lecture hours, 2 lab hours)

**HUMAN 1190*****Introduction-Developmental Disabilities***

5 Credit Hours

Introduction to developmental disabilities. Course covers treatment history and present methods. Behavioral management programs, record maintenance, and facility and/or home maintenance techniques are explored. Students are introduced to working with an interdisciplinary team to provide care to a varied population. (4 lecture hours, 2 lab hours)

**HUMAN 1800*****Special Project***

1-3 Credit Hours

Special project course covers topics not otherwise covered by general education courses and other course in the Catalog for the discipline. These courses require direct experience and focused reflection in an in-depth study of a specific discipline topic and/or the critical analysis of contemporary issues in the discipline. They are targeted to self-selected students with an interest in the subject matter and involve active participation. The course delivery incorporates an experiential component of no less than 30 percent but not to excess 70 percent (to be determined by the disciplines). This experiential component may include field studies, interdisciplinary learning, and/or the practical application of discipline-related concepts, theories, principles and methods with a specific focus. (1 to 3 lecture hours)

**HUMAN 1820*****Selected Topics I***

1-3 Credit Hours

Introductory exploration and analysis of selected Human Services topics with a specific theme indicated by course title listed in the college class schedule. This course may be taken four times for credit as long as different topics are selected. (1 to 3 lecture hours)

**HUMAN 1840*****Independent Study***

1-4 Credit Hours

Exploration and analysis of topics within the discipline to meet individual student-defined course description, goals, objectives, topical outline and methods of evaluation in coordination with and approved by the instructor. This course may be taken four times for credit as long as different topics are selected. (1 to 4 lecture hours)

**Prerequisite:** Consent of instructor is required.

**HUMAN 2200*****Human Services Corrections Counseling***

4 Credit Hours

Provides a human services perspective on working with clients in the criminal justice system. Students will explore the legal issues pertinent to offenders. The functions of rehabilitation settings and clinical interventions provided in these settings are examined. (3 lecture hours, 2 lab hours)

**HUMAN 2212*****Group Dynamics***

3 Credit Hours

Introduction to leadership functions that affect collective behavior. Exploration of the dynamics of change as it applies to group functions. Analysis of group stages and differing theoretical models to conduct the group process are addressed. Ethical guidelines that govern the establishment and maintenance of groups are explored. (1 lecture hour, 4 lab hours)

**HUMAN 2213*****Grief Counseling***

3 Credit Hours

An overview of grief counseling, including history and research, normal and abnormal grief responses, and physiological and psychological implications of grief. Lab emphasizes acquiring skills in assisting others to successfully resolve grief issues. (2 lecture hours, 2 lab hours)

**HUMAN 2214*****Older Adult Care Management***

4 Credit Hours

Introduction to the basic components of older adult care management. Content covers the physical, emotional, social, psychological and cognitive aspects of aging. Course covers practical applications of interviewing and counseling families, managing client behavior, and assessing individual needs for appropriate treatment. (3 lecture hours, 2 lab hours)

**HUMAN 2223*****Field Skills***

1 Credit Hour

A review of core practice skills needed to prepare for the Human Services fieldwork experience. (1 lecture hour)

**Prerequisite:** HUMAN 1100, HUMAN 1113, HUMAN 1125, and HUMAN 2212, all with a grade of C or better, or equivalent.

**HUMAN 2225*****Addictions Counseling I***

3 Credit Hours

Students will focus on the methods and skills utilized in substance use disorder treatment. Prepares students who want to enter the field of addictions counseling. (2 lecture hours, 2 lab hours)

**Prerequisite:** HUMAN 1125 and HUMAN 1126, both with a grade of C or better, or equivalent or consent of instructor.

**HUMAN 2226****Addictions Counseling II**

3 Credit Hours

Further development of methods and skills utilized in chemical dependence treatment. Prepares students who want to enter the field of addictions counseling. (2 lecture hours, 2 lab hours)

**Prerequisite:** HUMAN 2225 with a grade of C or better, or equivalent or consent of instructor.

**HUMAN 2230****Grant Development for Non-Profit Organizations**

2 Credit Hours

Students will be introduced to basic concepts of the grant process, including how to identify funding prospects, determine funding requirements, understand grant guidelines, understand the basic steps in developing a sound grant proposal, and grant management. This class provides the learner with the tools to understand grants and their role in the fundraising schema of human services organizations. (2 lecture hours)

**HUMAN 2240****Family Education and Treatment Models**

3 Credit Hours

Overview of the effects of family interaction on individual growth and change. The impact of crises such as divorce, addictions, death, troubled children, and/or aging parents on the family system is explored. Diverse family systems are also introduced. Clinical approaches as well as preventive interventions with families are explained. (3 lecture hours)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), Global/Multicultural Studies (A.A., A.S., A.A.S., A.G.S.), Human Relations (A.A., A.S., A.A.S., A.G.S.)

**HUMAN 2251****Fieldwork I**

4 Credit Hours

Fieldwork is a program capstone for students from all certificate and degree options in Human Services. Each student will complete 300 hours of practicum experience under supervision at an approved agency. The course also addresses skills development and ethical practices. (1 lecture hour, 18 clinical hours)

**Prerequisite:** Consent of instructor.

**HUMAN 2252****Fieldwork II**

4 Credit Hours

A continuation of Human Services 2251 for addictions counseling students seeking their CADC certification. This requires an additional 300 hours of supervised practicum experience beyond Fieldwork I. (1 lecture hour, 18 clinical hours)

**Prerequisite:** HUMAN 2251, or equivalent and consent of instructor.

**HUMAN 2279****Ethics & Legal Issues in Human Services**

3 Credit Hours

Students will explore the Human Services code of ethics and examine legal issues encountered by professionals in the field. (3 lecture hours)

**HUMAN 2280****Addictions Counseling III**

3 Credit Hours

An advanced skills course for undergraduate students pursuing certification in addictions counseling. Prepares students to begin a practicum at an addictions treatment agency. (2 lecture hours, 2 lab hours)

**Prerequisite:** HUMAN 2226 with a grade of C or better, or equivalent or consent of instructor.

**HUMAN 2284****CADC Exam Preparation**

1 Credit Hour

A review of basic concepts and information presented in the Addictions Counselor Training Program that will guide the individual preparation for the Illinois Alcohol and Other Drugs of Abuse Professional Certification Association (IAODAPCA) certification exam. Test taking strategies will be reviewed. This course may be taken four times for credit. (1 lecture hour)

**HUMAN 2286****Assessment of Clinical Issues for Veterans**

4 Credit Hours

Examines the clinical needs of active military and veteran populations. Explores military culture and experience, sources of stress, trauma, incidence of traumatic brain injury (TBI), Post-traumatic Stress Disorder (PTSD), and assessment measures and tools. (4 lecture hours)

**HUMAN 2288****Treatment Approaches for Veterans And Families**

4 Credit Hours

Presents best practices in the diagnosis and treatment of behavioral and mental health challenges experienced by veterans and their families. It also explores practical strategies for continued recovery and wellness. Students will practice skills in simulated group and individual settings. (4 lecture hours)

**HUMAN 2840****Experimental Pilot Class**

1-6 Credit Hours

Exploration and analysis of topics within the discipline. This course is used to pilot a proposal for a permanent discipline course. This course may be taken four times for credit as long as different topics are selected. (2 to 12 lab hours)

**Prerequisite:** Consent of instructor is required.

**HUMAN 2860****Internship (Career & Technical Ed)**

1-4 Credit Hours

Course requires participation in Career and Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. (5 to 20 lab hours)

**Prerequisite:** Consent of instructor and 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Dean from the academic discipline where the student is planning to earn credit.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**HUMAN 2865**

***Internship Advanced (Career & Tech Ed)***

1-4 Credit Hours

Continuation of Internship (Career and Technical Education). Course requires participation in Career & Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. (5 to 20 lab hours)

**Prerequisite:** Consent of instructor and 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Dean from the academic discipline where the student is planning to earn credit.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)