

# HUMAN SERVICES ADDICTION STUDIES

Human Services Addiction Studies will prepare students for an entry-level position in the field of addiction treatment and recovery. Students demonstrate knowledge of key theories and approaches underlying human services intervention and prevention models for population with drug use disorders, providing resources for treatment, social services, and helplines for intervention, prevention and treatment, understand how culture impacts treatment and recovery, learning advocacy against the stigma surrounding drugs and society.

## Associate in Arts Degrees

- Human Services Addiction Studies - Associate in Arts (<https://lbcc-public.courseleaf.com/degrees-certificates/human-services/human-services-addiction-studies-aa/>)

## Certificates of Achievement

- Addiction Studies - Certificate of Achievement (<https://lbcc-public.courseleaf.com/degrees-certificates/human-services/addiction-studies-certificate-achievement/>)

**HS\_AS 41 3 units**

### Introduction to Chemical Dependency

**54 hours lecture**

Grading: letter grade.

Formerly HS 41. This course takes the student through the history of abuse of alcohol and other mood-altering substances. How persons develop the ability to abuse and become addicted to other behaviors, such as food and sex, will also be examined. Psychological, social and physical contributions and outcomes of addictive behavior will be presented. This course is designed for those students interested in the helping professions, especially those interested in a career in Alcohol and Drug Studies. This course will assist students in preparation for the California Association of Alcohol/Drug Educators (CAADE) and/or California Association of Alcohol and Drug Abuse Counselors (CAADAC) certification tests.

Transferable to CSU Only

**HS\_AS 43 3 units**

### Case Management: Treatment & Aftercare

**54 hours lecture**

Grading: letter grade.

Formerly HS 43. Students will examine ways to conduct initial intake assessments, design, implement and evaluate a treatment plan plus examine various types of treatment programs and major issues to address for effective termination of clients. Client/case manager legal and confidentiality issues will also be presented. This course is designed for those interested in the helping fields. This course is required for students in preparing for the California Association of Alcohol/Drug Educators (CAADE) and/or California Association of Alcohol and Drug Abuse Counselors (CAADAC) certification.

Transferable to CSU Only

**HS\_AS 46 3 units**

### Physiology & Pharmacology of Drugs

**54 hours lecture**

Grading: letter grade.

Formerly HS 46. This course examines the effects that alcohol and several other psychoactive drugs have on our brain, body and everyday behavior. Issues including drug tolerance, co-occurring disorders and the effects of drugs on sexual performance are examined and as well as how to utilize this information when developing a treatment plan. This course is required for students preparing for both the California Association of Alcohol/Drug Educators (CAADE) and/or California Association of Alcohol and Drug Abuse Counselors (CAADAC) certification.

Transferable to CSU Only

**HS\_AS 47 3 units**

### Intervention, Treatment & Recovery

**54 hours lecture**

Grading: letter grade.

Formerly HS 47. This course examines the treatment and recovery communication process from the perspective of both the client and case manager. Several therapeutic educational approaches will be presented and applied through homework skills assignments and case presentations. This course is designed for students interested in the helping professions or pursuing a career in alcohol/drug studies. This course will assist students in preparation for the California Association of Alcohol/Drug Educators (CAADE) and/or California Association of Alcohol and Drug Abuse Counselors (CAADAC) certification exam.

Transferable to CSU Only

**HS\_AS 48 3 units**

### Group & Family Process

**54 hours lecture**

Grading: letter grade.

Formerly HS 48. Students will explore the counseling process from the perspective of both the client and counselor. Therapeutic orientations of group/family counseling will be learned and applied through class discussions, case vignettes, and role-play. The course is designed for students interested in the helping professions. The course will assist students in preparation for the California Association of Alcohol/Drug Educators (CAADE) and/or California Association of Alcohol and Drug Abuse Counselors (CAADAC) certification.

Transferable to CSU Only

**HS\_AS 50 3 units**

### Law and Ethics

**54 hours lecture**

Grading: letter grade.

Formerly HS 50. Topics covered include the applicable laws and ethics related to case manager/client relationships in a treatment setting. Laws addressing confidentiality, patient rights, assessments, sharing of personal information and crisis intervention requirements will be presented. Learning how to deal with issues such as evaluating a person's potential for suicide, child or elder abuse as well as when individuals pose a serious potential of harm to themselves or others are also examined. This is a core course for Human Services Generalist and Addiction Studies curricula.

Transferable to CSU Only

**HS\_AS 72A 3.5 units**

**Field Instruction and Seminar I**

**27 hours lecture, 108 hours laboratory**

Prerequisite: HS\_AS 41, 43, 50 and HS 252.

Grading: letter grade.

Formerly HS 72A. This course provides supervised field-instruction experience in approved community agencies serving clients in the field of addiction treatment. The focus of the course is allowing the student to apply knowledge and learn new skills outside of the classroom environment. This course is designed to provide the student with an opportunity to develop skills that would facilitate gaining employment in the addiction services field. Development and use of helping skills, client record documentation, service coordination, self-awareness, and beginning professional growth are also emphasized.

Transferable to CSU Only

**HS\_AS 72B 3.5 units**

**Field Instruction and Seminar II**

**27 hours lecture, 108 hours laboratory**

Prerequisite: HS\_AS 72A.

Grading: letter grade.

Formerly HS 72B. This course provides continued supervised field-instruction experience in an approved agency focused on the addiction treatment. Students increase development of helping skills, client record documentation and service coordination. The course emphasizes the increased integration of theoretical human services concepts, industry-related and evidence-based competencies and practices in the field of addiction studies and treatments. This course is intended only for students in their final semester of an Addiction Studies Program.

Transferable to CSU Only

**HS\_AS 153 3 units**

**Multicultural and Diverse Populations**

**54 hours lecture**

Grading: letter grade.

Formerly HS 153. This course focuses on the major cultural, historical and societal themes in the United States and highlights the competencies needed to address and work effectively with people from various ethnic, racial, and religious groups. The course examines the knowledge, skills, and attitudes needed for the treatment providers to understand the full context of the clients' sociocultural environment and examines those that have been disadvantaged or excluded from the mainstream of US society. Includes those with co-occurring disorders. Students seek understanding across differences and focus on psychoeducation in subject areas that serve the goals of treatment and rehabilitation.

**HS\_AS 162 3 units**

**Addiction Counseling Skills**

**54 hours lecture**

Grading: letter grade.

Formerly HS 162. This course is an introduction to the basic skills and techniques of counseling for addiction counselors. This course describes characteristics of an effective counselor, explores several theoretical models of counseling, and assists the individual to develop skills in active listening, building rapport and trust, reflecting feelings and content, and using evidenced-based applications of counseling practices.

**HS\_AS 252 3 units**

**Co-Occurring Disorders**

**54 hours lecture**

Grading: letter grade.

Formerly HS 252. This course explores understanding mental illness and persons with more than one mental/psychiatric disorder. It introduces students to the various disorders in infancy, childhood, adolescence and adulthood. It will introduce students to co-existing disorders and various diagnosis and treatment techniques used to treat this unique population. Students will tour two different types of mental health facilities to provide an additional understanding of mental health issues.

**SW 1 3 units**

**Introduction to Social Work**

**54 hours lecture**

Recommended Preparation: ENGL 1, ENGL 1H, ENGL 1S, or ESL 1S.

Grading: letter grade or pass/no pass.

Formerly HS 1. This course is designed to identify and analyze the history and development of the social welfare and the societal institutions in urban and rural communities in the U.S. Working in the social work field is explored as a helping process with a wide range of systems and social work knowledge. Ethics, values, principles, professional relationships, interviewing and policies and procedures are also examined. Special attention is given to the tasks of culturally responsive social workers and human services workers in current service delivery settings.

Transferable to CSU Only

**SW 7 3 units**

**Introduction to Victimology**

**54 hours lecture**

Grading: letter grade.

Formerly HS 7. This course is an introduction to the study of victims of crimes and the impact victimization has on society. Topics include victim trauma and recovery, the physiological, psychological, and financial costs that victimization has on victims and society, restorative justice, and the importance of viewing acts of victimization through the perspective of victims. Focus is given to victims of crimes including human trafficking, intimate partner violence, child abuse, elder abuse, family violence, hate crimes, bullying, and special victims' groups.

Transferable to CSU Only

**SW 15 3 units**

**Social Welfare: People with Disabilities**

**54 hours lecture**

Grading: letter grade.

Formerly HS 15. This course is an overview of various disabilities and their etiology. It includes the study of methods and the processes involved in the adjustments of people and their families to various disabilities. An in-depth analysis of stereotypes, prejudices, and discrimination and how the psychological factors of these issues impact persons with disabilities is included. An overview of the various social services needed to empower persons with disabilities to return to a functional life is provided.

Transferable to CSU Only

**SW 20A 1 units****Social Work Seminar****18 hours lecture**

Prerequisite: SW 207 and SW 1; and PSYCH 1, PSYCH 1H, SOCIO 1, or SOCIO 1H.

Corequisite: SW 20B.

Grading: letter grade.

This course provides the student who is participating in a supervised field experience in a community organization, agency, or institution with a weekly class meeting that incorporates an academic element to experiential learning. The application of concepts gained in the corequisite field experience course (SW20B) will be emphasized. This course is designed to provide the student with an opportunity to develop skills that would facilitate gaining employment in the field of social service, human services and/or social work.

Transferable to CSU Only

**SW 20B 2 units****Social Work Fieldwork****108 hours laboratory**

Prerequisite: PSYCH 1, PSYCH 1H, SOCIO 1, or SOCIO 1H.

Corequisite: SW 20A.

Grading: letter grade.

This course offers the student a supervised field experience in a community organization, agency, or institution, allowing the student to apply knowledge and learn new skills outside of the classroom environment. This course is designed to provide the student with an opportunity to observe, practice, and develop skills that would facilitate gaining employment in the field of social service, human services and/or social work.

Transferable to CSU Only

**SW 26 3 units****Introduction to Gerontology****54 hours lecture**

Grading: letter grade or pass/no pass.

Formerly HS 26. This course provides an overview of the social, psychological and biological effects of aging, emphasizing individual differences among older adults, including ethnic differences. Students will examine several theoretical perspectives, research methods, cognitive and developmental studies and how individuals are molded under these influences that change over time. Students will develop an overall understanding of key psychological and developmental terms, concepts, theories and important influences of human behavior over a lifespan.

Transferable to CSU Only

**SW 45 3 units****Stress, Change & Managing Roles****54 hours lecture**

Grading: letter grade.

Formerly HS 45. This course examines the many psychological, social and environmental stresses commonly experienced by persons living in a modern world with multiple responsibilities to manage. Specific ways to cope or more effectively manage these stressors will be presented. Material will include techniques to deal with individual, social & interpersonal issues including meditation, self-hypnosis and progressive muscle relaxation. Students will demonstrate their learning by creating a lesson plan for a training to be delivered in a group setting.

Transferable to CSU Only

**SW 207 3 units****Development of Helping/Listening Skills****54 hours lecture**

Grading: letter grade or pass/no pass.

Formerly HS 207. This course is designed for persons who are interested in working in counseling/case manager roles in the human services or social work field. Topics covered include developing techniques for volunteer, peer and para-professionals working in the people-helping fields. Students will develop skills in personalized assistance to clients. Small groups will be used to guide students through a learning sequence of listening and helping skills.

**SW 242 3 units****Conflict Resolution/Mediation****54 hours lecture**

Grading: letter grade.

This course examines the background, development and methodology of non-violent, non-litigious conflict resolution skills with emphasis on theory and the practice of mediation. This course is designed for students and those working with individuals, groups or staff who deal with interpersonal conflicts in the alcohol & drug treatment community.

**SW 260 3 units****Domestic/Intimate Partner Violence****54 hours lecture**

Grading: letter grade.

Formerly HS 260. This course is designed to provide the required academic training needed to qualify as a Certified Domestic Violence Counselor Training per Section 1037.1 of the California Evidence Code. Training shall include, but will not be limited to, the following topics: history of domestic violence, civil and criminal law as it is related to domestic violence societal attitudes towards domestic violence, peer counseling techniques, housing, public assistance and other financial resources available to meet the financial needs of domestic violence/intimate partner violence victims.

**SW 607 0 units****Development of Helping/Listening Skills****54 hours lecture**

Grading: non graded.

This course is designed for persons who are interested in working in counseling/case manager roles in the human services or social work field. Topics covered include developing techniques for volunteer, peer and para-professionals working in the people-helping fields. Students will develop skills in providing personalized assistance to clients. Small groups will be used to guide students through a learning sequence of listening and helping skills.

**SW 645 0 units****Stress, Change & Managing Roles****54 hours lecture**

Grading: non graded.

This course examines the many psychological, social and environmental stresses commonly experienced by persons living in a modern world with multiple responsibilities to manage. Specific ways to cope or more effectively manage these stressors will be presented. Material will include techniques to deal with individual, social & interpersonal issues including meditation, self-hypnosis and progressive muscle relaxation. Students will demonstrate their learning by creating a lesson plan for a training to be delivered in a group setting.

**SW 660 0 units**

**Domestic/Intimate Partner Violence**

**54 hours lecture**

Grading: non graded.

This course is designed to provide a portion of the required academic training needed to prepare students to pursue the work experience required to qualify as a Certified Domestic Violence Counselor. Training shall include, but will not be limited to, the following: history of domestic violence, civil and criminal law as it is related to domestic violence, societal attitudes towards domestic violence, peer counseling techniques, housing, public assistance and other financial resources available to meet the financial needs of domestic violence victims.