HUMAN SERVICES (HUMS)

HUMS F101  Introduction to Human Services
3 Credits
Offered As Demand Warrants
Provides an overview and orientation for individuals who have either
started or are exploring human service careers. Designed for entry level
behavioral health providers with an emphasis in understanding social
service systems in rural and frontier Alaska. Learners will consider
the theoretical foundations of the helping process both personal and
external-driven while setting a career path that builds on individual
strengths. Students should come away knowing their current worker
competencies and those yet to be developed. Strongly encourage
students to be accepted into the Human Services Degree Program.
Recommended: Should be taken within the first academic year when
possible.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F102  Standards of Practice
2 Credits
Designed to provide an integrative approach for ongoing development
of critical thinking skills, best practices evaluation, and application of
skills based competencies. Students will be challenged to integrate
their learning from any previous human service or related training and
education, past and present work settings as well as life experiences.
This process will be facilitated through the development of a professional
portfolio, collaborative group learning, class discussions and the use of
blended learning approaches.
Recommended: This course should be taken as soon as possible upon
acceptance into the Human Services Program.
Lecture + Lab + Other: 2 + 0 + 0

HUMS F105  Personal Awareness and Growth
2-3 Credits
Interpersonal and intrapersonal communication explored. Personal
growth process presented from a holistic perspective. Focus will identify
opportunities for personal enrichment through increased awareness of
self and others.
Lecture + Lab + Other: 2-3 + 0 + 0

HUMS F117  Math Skills for Human Services
1-3 Credits
Offered As Demand Warrants
Computation involving percentages, estimation, problem-solving, reading
and creating graphs and tables, data organization and interpretation.
Applications of computational skills will be emphasized.
Cross-listed with ECE F117.
Lecture + Lab + Other: 1-3 + 0 + 0

HUMS F120  Cultural Diversity in Human Services
3 Credits
Offered Spring
The impact of culture on the delivery of human services including Alaska
Native cultures; examination of relationship of multicultural and multi-
thnic concepts. Issues of age, class, disablement, race, gender and
sexual orientation will also be discussed. Student exploration of personal
values and cultural world view included.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F125  Introduction to Addictive Processes
3 Credits
Focus on gaining knowledge of the psycho-social aspects of addiction.
Historic and behavioral approaches, disease concept and current trends
relating to addiction presented. Twelve step and self-help approaches
explored.
Cross-listed with JUST F125.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F140  Family Dynamics
3 Credits
Offered Fall As Demand Warrants
Focus is on the family as a system and its involvement in the services
provided to elders and children as well as services to family members
with mental illness, developmental disabilities and substance abuse or
dependence.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F150  Workforce Development I
3 Credits
Offered As Demand Warrants
Introduction to the profession of workforce development, including career
development theory, relevant helping skills, diverse populations, and
ethics and consulting. First of two courses required to become certified
as a career development facilitator.
Lecture + Lab + Other: 3 + 1 + 0

HUMS F202  Standards of Practice II
1 Credit
Offered Spring
This course is designed for students who are either in practicum
placement or finalizing their Human Services degree program. Students
will demonstrate their competencies as lifelong learners, professional
readiness and personal development by encompassing their best written
work and self assessment by refining their human services portfolios.
Active verbal participation is required.
Prerequisite: HUMS F102 or departmental approval.
Lecture + Lab + Other: 1 + 0 + 0

HUMS F205  Basic Principles of Group Counseling
3 Credits
Offered Spring
Concepts and techniques of working with small groups, including
establishing group goals, effective group interaction, termination and
evaluation. Development of therapeutic group activities presented.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F210  Crisis and Grief Counseling
3 Credits
Offered Fall
Helping people in crisis from a theoretical and experiential perspective.
Understanding how people feel, think and behave during periods of crisis
and grieving. Suicide, violence, life transitions and AIDS explored.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F215  Individual Interviewing
2-3 Credits
Introduction to interpersonal communication skills. Focus on gathering
client information through the interviewing process. Emphasis on
development of one to one interviewing, behavioral observation and
documentation.
Lecture + Lab + Other: 2-3 + 0 + 0
HUMS F232  Human Service Practicum I  
3 Credits  
Integration of human service theory with skill-based training through a professional, supervised experience in a human service agency. Practicum requires 125 hours. Seminar also meets one hour per week; student-shared learning, peer support and documentation, including progress notes, social history, mental status and case planning.  
Prerequisites: Human Services major or minor; permission of instructor.  
Lecture + Lab + Other: 1 + 8 + 0  
**HUMS F233**  Human Service Practicum II  
3-6 Credits  
Continuation of HUMS F232. Course may be repeated once for credit to meet program requirements.  
Prerequisites: HUMS F232.  
Lecture + Lab + Other: 1 + 8 + 0  
**HUMS F240**  Family Empowerment II  
4 Credits  
Offered As Demand Warrants  
Designed for family workers to learn empowerment skills which will help them work more effectively with families. Concepts and skills include family development assessment and planning, home visiting, referrals, special services needed and how to assess them, family conferencing and cooperation and collaboration skills in working with other agencies. State and national policies affecting families and family empowerment are considered.  
Prerequisites: HUMS F140.  
Lecture + Lab + Other: 4 + 0 + 0  
**HUMS F250**  Current Issues in Human Services  
1-4 Credits  
Offered As Demand Warrants  
Selected current issues of importance to the human service field. Emphasis on issues impacting Alaskan communities. Repeatable for credit by Human Services majors to a maximum of 9 credits.  
Lecture + Lab + Other: 1-4 + 0 + 0  
**HUMS F255**  Workforce Development II  
3 Credits  
Offered As Demand Warrants  
Continuation of HUMS F232. Emphasis on labor market information, assessment, employability skills, public relations, program management and useful technology. Successful completion of HUMS F150 and HUMS F255 qualifies student for the certification as a career development facilitator.  
Prerequisites: HUMS F150.  
Lecture + Lab + Other: 3 + 1 + 0  
**HUMS F260**  History of Alcohol in Alaska  
1 Credit  
Significant historical forces, events and consequences related to alcohol and other drug use in Alaska. Includes current impact and trends.  
Prerequisites: HUMS F125 or permission of instructor.  
Lecture + Lab + Other: 1 + 0 + 0  
**HUMS F261**  Substance Abuse Assessment: ASAM PPC II  
1 Credit  
Offered As Demand Warrants  
Treatment begins with assessment of need and intensity of services required. Students will understand criteria of ASAM: PPC II and have the skill to apply it to specific cases.  
Prerequisites: HUMS F125 or permission of instructor.  
Lecture + Lab + Other: 1 + 0 + 0  
**HUMS F262**  Pharmacology of Addictions  
1 Credit  
Offered As Demand Warrants  
Pharmacological overview of the significant drugs of abuse in today's society.  
Prerequisites: HUMS F125.  
Lecture + Lab + Other: 1 + 2 + 0  
**HUMS F263**  Fetal Alcohol Spectrum Disorder  
1 Credit  
Identification of alcohol-related neurodevelopmental disorder (fetal alcohol syndrome/effect), understanding of developmental differences, secondary problems and development of intervention strategies leading to best practice.  
Lecture + Lab + Other: 1 + 0 + 0  
**HUMS F264**  Culture, Chemical Dependency and Alaska Natives  
(a)  
1 Credit  
Offered As Demand Warrants  
The importance of culture to recovery and the impact of cultural diversity on counseling and service delivery. Meets requirements for certification as substance abuse counselor in Alaska.  
Prerequisites: HUMS F125.  
Lecture + Lab + Other: 1 + 0 + 0  
**HUMS F265**  Substance Abuse and the Family  
1-2 Credits  
Offered As Demand Warrants  
Basic understanding of family dynamics and roles related to addictions.  
Prerequisites: HUMS F125 or permission of instructor.  
Lecture + Lab + Other: 1-2 + 0 + 0  
**HUMS F266**  Co-occurring Disorders  
1-2 Credits  
Offered As Demand Warrants  
Theories and skills related to counseling the mentally ill substance abuser. Includes diagnosis, treatment planning and approaches, and special considerations.  
Prerequisites: HUMS F125.  
Lecture + Lab + Other: 1-2 + 0 + 0  
**HUMS F270**  Adolescent Issues and Therapeutic Interventions  
3 Credits  
Offered As Demand Warrants  
Basic knowledge of adolescent development and culture for the human services residential care worker. Includes communication and intervention strategies, and life skills assessment with case planning.  
Prerequisites: HUMS F170 or permission of instructor.  
Lecture + Lab + Other: 3 + 0 + 0  
**HUMS F272**  Attachment, Separation, and Loss  
1 Credit  
Offered As Demand Warrants  
Understanding of the components of the attachment cycle and effects on children when the cycle is disrupted by abuse, neglect, separation and placement. Includes strategies to deal with the losses.  
Prerequisites: HUMS F170.  
Lecture + Lab + Other: 1 + 0 + 0
HUMS F280  Prevention and Community Development
3 Credits
Offered Fall
Examine the historical evaluation, conceptual framework, practical realities of community development and prevention in rural Alaska. Surveys various approaches to addressing community needs, with examples from developing countries and the lower-48 as well as offers a multiplicity of approaches which can be considered in designing and implementing effective and culturally sound community projects. Collecting data to ascertain which needs exist, skills on how to build community consensus as well as exposure to the community readiness model are also covered in this course. Evaluation of efforts in terms of their success and effectiveness will also be introduced.
Prerequisite: HUMS F101; HUMS F102; or departmental approval.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F290  Case Management
3 Credits
Offered Fall
Challenge and broaden students' understanding, thinking and conceptualizing of case management. Investigate the case management model emphasizing its useful application to various client groups with an emphasis on Alaska and rural communities. The different roles and aspects of effective case management will be explored and students will practice case management skills both at the individual level and as part of an interdisciplinary team. The role of the community in supporting such efforts as well in providing resources such as natural supports will be emphasized. Use of and knowledge of local, regional and statewide and national resources will be highlighted. Several specific functions of case management will be specifically emphasized, including that of advocate and broker.
Prerequisite: HUMS F101; HUMS F102; or departmental approval.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F301  Ethics in Human Service
3 Credits
Offered Spring
Professional and ethical issues related to the helping professions. Ethical concerns in multicultural and rural human service delivery. Ethics and legal issues related to substance abuse counseling in Alaska.
Prerequisites: PSY F101X or SOC F100X.
Lecture + Lab + Other: 3 + 0 + 0

HUMS F305  Substance Abuse Counseling
3 Credits
Offered Spring
Introduction to the basic principles of substance abuse counseling. Application of counseling modalities to intervention and treatment of individuals, families and groups experiencing alcohol and drug abuse or dependence. Cross-cultural issues addressed.
Prerequisites: HUMS F125.
Lecture + Lab + Other: 3 + 0 + 0