

# HUMAN SERVICES (HUMS)

## HUMS F101 Introduction to Human Services

3 Credits

Offered Fall

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

Offered Fall

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

Offered Spring

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 Practical Math Skills

3 Credits

Offered Spring

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:** 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-ethnic 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 F125X Introduction to Addictive Processes (s)

3 Credits

Offered Fall, Spring and Summer

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 F125X.

**Attributes:** UAF GER Social Sciences Req

**Lecture + Lab + Other:** 3 + 0 + 0

## HUMS F140 Family Dynamics

3 Credits

Offered Fall

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 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

Offered Fall

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

Offered Fall and Spring

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.**Lecture + Lab + Other:** 1 + 8 + 0**HUMS F233 Human Service Practicum II**

3-6 Credits

Offered Fall and Spring

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 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 F260 History of Alcohol in Alaska (a)**

1 Credit

Offered Fall

Significant historical forces, events and consequences related to alcohol and other drug use in Alaska. Includes current impact and trends.

**Prerequisites:** HUMS F125X.**Lecture + Lab + Other:** 1 + 0 + 0**HUMS F261 Substance Abuse Assessment: ASAM PPC II**

1 Credit

Offered Fall

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 F125X.**Lecture + Lab + Other:** 1 + 0 + 0**HUMS F263 Fetal Alcohol Spectrum Disorder**

1 Credit

Offered Fall

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 F125X.**Lecture + Lab + Other:** 1 + 0 + 0**HUMS F266 Co-occurring Disorders**

1-2 Credits

Offered Fall

Theories and skills related to counseling the mentally ill substance abuser. Includes diagnosis, treatment planning and approaches, and special considerations.

**Prerequisites:** HUMS F125X.**Lecture + Lab + Other:** 1-2 + 0 + 0**HUMS F280 Prevention and Community Development**

3 Credits

Offered As Demand Warrants

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 As Demand Warrants

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 F101X.**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 F125X.**Lecture + Lab + Other:** 3 + 0 + 0