



Program Planning Guide

Human Services Technology: Addiction and Recovery Studies, Associate in Applied Science (A4538E)

Program Length: 5 semesters

Program Sites: Lee Main Campus, Day; Distance Education

Career Pathway Options: Associate in Applied Science in Human Services Technology: Addiction and Recovery

The Human Services Technology/Substance Abuse concentration prepares students to assist in drug and alcohol counseling, prevention-oriented educational activities, rehabilitation with recovering clients, managing community-based programs, counseling in residential facilities, and pursuit of four-year degrees.

Course work includes classroom and experiential activities oriented toward an overview of chemical dependency, psychological/sociological process, the twelve Core Functions, intervention techniques with individuals in groups, and follow-up activities with recovering clients.

Graduates should qualify for positions as substance abuse counselors, DUI counselors, halfway house workers, residential facility employees, and substance education specialists. With educational and clinical experiences, graduates can obtain certification by the North Carolina Substance Abuse Board.

Suggested Course Schedule		Class	Lab	Work	Credits	Notes:
1st Semester (fall)						
ACA 122	College Transfer Success	0	2	0	1	
ENG 111	Writing and Inquiry	3	0	0	3	
HSE 110	Intro to Human Services	2	2	0	3	
PSY 150	General Psychology	3	0	0	3	
SAB 110	Substance Abuse Overview	3	0	0	3	
SAB 135	Addictive Process	3	0	0	3	
	Total Semester Hours	14	4	0	16	
2nd Semester (spring)						
HSE 123	Interviewing Techniques	2	2	0	3	
HSE 112	Group Process I	1	2	0	2	
HSE 125	Counseling	2	2	0	3	
PSY 241	Developmental Psychology	3	0	0	3	
SAB 120	Intake and Assessment	3	0	0	3	
	Total Semester Hours	11	6	0	14	



3rd Semester (summer)						
PSY 281	Abnormal Psychology	3	0	0	3	
SOC 210	Introduction to Sociology	3	0	0	3	
	Total Semester Hours	6	0	0	6	
4th Semester (fall)						
HSE 225	Crisis Intervention	3	0	0	3	
SAB 210	Addiction & Recovery Counseling	2	2	0	3	
SAB 125	SA Case Management	2	2	0	3	
SAB 140	Pharmacology	3	0	0	3	
SOC 213	Sociology of the Family	3	0	0	3	
	Total Semester Hours	13	4	0	15	
5th Semester (spring)						
ENG 112	Writing/Research in the Disc	3	0	0	3	
HSE 210	Human Services Issues	2	0	0	2	
SAB 240	SAB Issues in Client Services	3	0	0	3	
WBL 111	Work-based Learning I	0	0	10	1	
WBL 115	Work Experience Seminar	1	0	0	1	**
Humanities/Fine Arts Elective		3	0	0	3	
Natural Science/Mathematics Elective		3	2/3	0	3/4	
	Total Semester Hours	15	2/3	10	16/17	
Total Semester Hours Required for Graduation: 67						

Humanities/Fine Arts Elective Options: PHI 240, HUM 115, HUM 120, HUM 150, ENG 231, ENG 232, ENG 241, ENG 242 (Previously completed Humanities/Fine Arts course may be substituted.)

Natural Sciences/Mathematics Elective Options: BIO 110, BIO 111, BIO 168, BIO 169, CHM 151, CHM 152, GEL 111, MAT 143, MAT 152, MAT 171, (Previously completed Natural Sciences/Mathematics course may be substituted.)

**Requires one Saturday 3-hour meeting for the entire semester.



Course Descriptions

ACA 122 College Transfer Success

This course provides information and strategies necessary to develop clear academic and professional goals beyond the community college experience. Topics include the CAA, college policies and culture, career exploration, gathering information on senior institutions, strategic planning, critical thinking, and communications skills for a successful academic transition. Upon completion, students should be able to develop an academic plan to transition successfully to senior institutions. This course has been approved for transfer under the CAA/ICAA as a premajor and/or elective course requirement.

ENG 111 Writing and Inquiry

Prerequisite: Take One Set: Set 1: DRE-097; Set 2: ENG-002; Set 3: BSP-4002

Corequisite: Take ENG-011

This course is designed to develop the ability to produce clear writing in a variety of genres and formats using a recursive process. Emphasis includes inquiry, analysis, effective use of rhetorical strategies, thesis development, audience awareness, and revision. Upon completion, students should be able to produce unified, coherent, well-developed essays using standard written English. This course has been approved for transfer under the CAA/ICAA as a general education course in English Composition.

ENG 112 Writing/Research in the Disc

This course, the second in a series of two, introduces research techniques, documentation styles, and writing strategies. Emphasis is placed on analyzing information and ideas and incorporating research findings into documented writing and research projects. Upon completion, students should be able to evaluate and synthesize information from primary and secondary sources using documentation appropriate to various disciplines. This course has been approved for transfer under the CAA/ICAA as a general education course in English Composition.

HSE 110 Intro to Human Services

Prerequisite: Take PSY 150

This course introduces the human services field, including the history, agencies, roles, and careers. Topics include personal/professional characteristics, diverse populations, community resources, disciplines in the field, systems, ethical standards, and major theoretical and treatment approaches. Upon completion, students should be able to identify the knowledge, skills, and roles of the human services worker.

HSE 112 Group Process I

Prerequisite: Enrollment in the HSE program

This course introduces interpersonal concepts and group dynamics. Emphasis is placed on self-awareness facilitated by experiential learning in small groups with analysis of personal experiences and the behavior of others. Upon completion, students should be able to show competence in identifying and explaining how people are influenced by their interactions in group settings.

HSE 123 Interviewing Techniques

This course covers the purpose, structure, focus, and techniques employed in effective interviewing. Emphasis is placed on observing, attending, listening, responding, recording, and summarizing of personal histories with instructor supervision. Upon completion, students should be able to perform the basic interviewing skills needed to function in the helping relationship.

**HSE 125 Counseling**

Prerequisite: PSY 150

This course covers the major approaches to psychotherapy and counseling, including theory, characteristics, and techniques. Emphasis is placed on facilitation of self-exploration, problem solving, decision making, and personal growth. Upon completion, students should be able to understand various theories of counseling and demonstrate counseling techniques.

HSE 210 Human Services Issues

Local Prerequisite: Take HSE 110

This course covers current issues and trends in the field of human services. Emphasis is placed on contemporary topics with relevance to special issues in a multi-faceted field. Upon completion, students should be able to integrate the knowledge, skills, and experiences gained in classroom and clinical experiences with emerging trends in the field.

HSE 225 Crisis Intervention

This course introduces the basic theories and principles of crisis intervention. Emphasis is placed on identifying and demonstrating appropriate and differential techniques for intervening in various crisis situations. Upon completion, students should be able to assess crisis situations and respond appropriately.

PSY 150 General Psychology

This course provides an overview of the scientific study of human behavior. Topics include history, methodology, biopsychology, sensation, perception, learning, motivation, cognition, abnormal behavior, personality theory, social psychology, and other relevant topics. Upon completion, students should be able to demonstrate a basic knowledge of the science of psychology. This course has been approved for transfer under the CAA/ICAA as a general education course in Social/Behavioral Sciences.

PSY 241 Developmental Psychology

Prerequisite: Take PSY-150

This course is a study of human growth and development. Emphasis is placed on major theories and perspectives as they relate to the physical, cognitive, and psychosocial aspects of development from conception to death. Upon completion, students should be able to demonstrate knowledge of development across the life span. This course has been approved for transfer under the CAA/ICAA as a general education course in Social/Behavioral Sciences.

PSY 281 Abnormal Psychology

Prerequisite: Take PSY-150

This course provides an examination of the various psychological disorders, as well as theoretical, clinical, and experimental perspectives of the study of psychopathology. Emphasis is placed on terminology, classification, etiology, assessment, and treatment of the major disorders. Upon completion, students should be able to distinguish between normal and abnormal behavior patterns as well as demonstrate knowledge of etiology, symptoms, and therapeutic techniques. This course has been approved for transfer under the CAA/ICAA as a general education course in Social/Behavioral Sciences.

SAB 110 Substance Abuse Overview

This course provides an overview of the core concepts in substance abuse and dependence. Topics include the history of drug use/abuse, effects on societal members, treatment of addiction, and preventive measures. Upon completion, students should be able to demonstrate knowledge of the etiology of drug abuse, addiction, prevention, and treatment.

**SAB 120 Intake and Assessment**

This course develops processes for establishment of client rapport, elicitation of client information on which therapeutic activities are based, and stimulation of client introspection. Topics include diagnostic criteria, functions of counseling, nonverbal behavior, collaterals and significant others, dual diagnosis, client strengths and weakness, uncooperative clients, and crisis interventions. Upon completion, students should be able to establish communication with clients, recognize disorders, obtain information for counseling, and terminate the counseling process.

SAB 125 SA Case Management

This course provides case management activities, including record keeping, recovery issues, community resources, and continuum of care. Emphasis is placed on establishing a systematic approach to monitor the treatment plan and maintain quality of life. Upon completion, students should be able to assist clients in the continuum of care as an ongoing recovery process and develop agency networking.

SAB 135 Addictive Process

This course explores the physical, emotional, psychological, and cultural aspects of the addictive process. Emphasis is placed on addictions to food, sex, alcohol, drugs, work, gambling, and relationships. Upon completion, students should be able to identify the effects, prevention strategies, and treatment methods associated with addictive disorders.

SAB 140 Pharmacology

This course covers the pharmacology of psychoactive drugs and abused chemicals and treatment options. Emphasis is placed on the use of psychoactive drugs and related psychological and social complexities, including models for prevention and treatment. Upon completion, students should be able to understand and identify theories of addiction, major classes of drugs, treatment alternatives, and social repercussions.

SAB 210 Sub Abuse Counseling

This course provides theory and skills acquisition by utilizing intervention strategies designed to obtain therapeutic information, support recovery, and prevent relapse. Topics include counseling individuals and dysfunctional families, screening instruments, counseling techniques and approaches, recovery and relapse, and special populations. Upon completion, students should be able to discuss issues critical to recovery, identify intervention models, and initiate a procedure culminating in cognitive/behavioral change.

SAB 240 SAB Issues in Client Services

This course introduces systems of professional standards, values, and issues in substance abuse counseling. Topics include confidentiality, assessment of personal values, professional responsibilities, competencies, and ethics relative to multicultural counseling and research. Upon completion, students should be able to understand and discuss multiple ethical issues applicable to counseling and apply various decision-making models to current issues.

SOC 210 Introduction to Sociology

This course introduces the scientific study of human society, culture, and social interactions. Topics include socialization, research methods, diversity and inequality, cooperation and conflict, social change, social institutions, and organizations. Upon completion, students should be able to demonstrate knowledge of sociological concepts as they apply to the interplay among individuals, groups, and societies. This course has been approved for transfer under the CAA/ICAA as a general education course in Social/Behavioral Sciences.

SOC 213 Sociology of the Family

This course covers the institution of the family and other intimate relationships. Emphasis is placed on mate selection, gender roles, sexuality, communication, power and conflict, parenthood, diverse lifestyles, divorce and remarriage, and economic issues. Upon completion, students should be able to analyze the family as a social institution and the social forces which influence its development and change. This course has been approved for transfer under the CAA/ICAA as a general education course in Social/Behavioral Sciences.



WBL 111 Work-Based Learning I

This course provides a work-based learning experience with a college-approved employer in an area related to the student's program of study. Emphasis is placed on integrating classroom learning with related work experience. Upon completion, students should be able to evaluate career selection, demonstrate employability skills, and satisfactorily perform work-related competencies.

WBL 115 Work-Based Learning Seminar I

Prerequisite: Take one: WBL-111, WB-112, WBL-113, or WBL-114

Students will present their work experience and evaluate work opportunities afforded by the work-based learning experience.