

HUMAN SERVICES

The Human Services Department at Mount Wachusett Community College provides students with the opportunity to earn an Associate of Science Degree in Human Services, Human Services Technician Certificate or a Substance Addiction Counseling Certificate. Upon completion of these programs, students are prepared for entry-level positions in a variety of human service settings. During the course of study, students will develop skills and competencies in critical thinking, reasoning and the terminology used in the human services profession. Students will gain knowledge in assessment, advocacy, outreach, referral, and counseling and interview techniques.

HUMAN SERVICES DEGREE (HS)

This program is for those who wish to build a rewarding career helping people in need by empowering, enabling, and facilitating them to function more effectively in all aspects of living. Opportunities in this field are excellent. According to the Bureau of Labor Statistics, the human services sector is one of the fastest growing fields. The Human Services Degree program will prepare you for entry-level positions in social services or for transfer to four-year colleges or universities to pursue human services, psychology, social work, sociology, or other related majors.

Year 1

		Credits
Fall		
ENG 101	College Writing I	3
HST 101	Introduction To Human Services	3
PSY 105	Introduction To Psychology	3
HST 150	Cultural Awareness	3
SOC 103	Introduction To Sociology	3
Spring		
ENG 102	College Writing II	3
HST 140	Counseling Methods And Interviewing Techniques	3
PSY 101	Psychology Of Self	3
PSY 240	Abnormal Psychology	3
Professional Elective (see list below)		3

Year 2

Fall		
SPC 113	Speech (formerly THE113)	3
PSY 110	Human Growth And Development	3
BIO 103	Human Health And Disease (or Lab Science Elective) ¹	3-4
MAT 126	Topics In Mathematics (or higher) MAT 143 is strongly recommended for students who are planning to transfer.	3
Professional Elective (see list below)		3
Spring		
POL 211	Introduction to American Government and Politics	3
SOC 205	Social Problems	3
HST 260	Human Services Seminar (Capstone)	3
HST 250	Human Services Internship Experience	4
General Elective ²		3

Total Credits: 61-62

¹ Lab Science Electives: 4 credit course in AQS, BIO, BTC, CHE, EAS, EGM, NRD, or PHY

Lab Science recommended for transfer

² General Electives: See General Electives (<http://catalog.mwcc.edu/electivecoursesbyabbreviation/>) exceptions.

Professional Electives

		Credits
HST 115	Issues of Chemical Dependency in Family Systems	3
HST 142	Counseling Methods and Interviewing Techniques II	3
HST 145	Introduction To Gerontology	3

HST 149	Addictions Counseling	3
HST 220	Psychopharmacology	3
PSY 102	Breathwork Techniques: Building a Healthier Immune System, and Coping with Stress	3
PSY 106	Autism Spectrum Disorder	3
PSY 107	Building Resilience in Children, Youth and Families	3
PSY 244	Children With Special Needs	3
PSY 246	Psychology And The Law	3
PSY 280	Psychology Of Death And Dying	3
SOC 125	Gender Issues	3
SOC 129	Drug Use And Abuse In American Society	3
SOC 204	Sociology of the African American	3
SOC 206	Marriage And The Family	3
SOC 208	Juvenile Delinquency	3
SOC 210	Child Abuse And Neglect In American Society	3
SOC 212	Victimology	3

See Human Services program student learning outcomes and technical standards.

Student Success Tips

Volunteer opportunities, service learning, and civic engagement components are suggested as ways of enhancing classroom learning. Technology is integrated into all aspects of attending college in the 21st century. Students are expected to have proficient computer skills and the ability to access the internet via desktop/laptop computer or tablet. Internet access may be from home or through a public site, such as a local public library, public college or at any Mount Wachusett Community College campus.

Transfer Options

For transfer options, please click here (<http://catalog.mwcc.edu/academicresources/#transferinformationtext>). It is recommended that you also consult with your academic advisor.

Special Requirements

Technical standards must be met with or without accommodations. Students seeking to participate in HST 250 Human Services Internship Experience or HST 270 Practicum for Substance Addiction Counseling may be subject to meeting additional technical standards and requirements which may include immunizations, CPR certification, health insurance, liability insurance, a Criminal/Sexual Offender Records Information (CORI/SORI) check, fingerprinting, and drug testing. Some of these may be done at the student's expense. Students majoring in Human Services and Substance Abuse Counseling Certificate (SACC) can utilize HST 270 Practicum for Substance Addiction Counseling to fulfill the required HST 250 Human Services Internship Experience. However students completing Substance Abuse Counseling Certificate (SACC) must complete HST 270 Practicum for Substance Addiction Counseling.

Please note: Marijuana, though legal in Massachusetts, is recognized as a controlled substance by the federal government. Marijuana use whether for medicinal or recreational purposes will lead to a positive drug test; making the student ineligible to attend a practicum site.

Career Options/Earning Potential

For career options, please click here (<https://mwcc.lightcastcc.com/programs/human-services-associate-degree/166957/?region=North%20Central%20MA/Southwest%20NH&radius=>).

HUMAN SERVICES TECHNICIAN CERTIFICATE (HSC)

This program is for those who wish to build a rewarding career helping people in need by empowering, enabling, and facilitating them to function more effectively in all aspects of living. Opportunities in this field are excellent. According to the Bureau of Labor Statistics, human services is one of the fastest growing fields. The Human Services Technician Certificate prepares students for immediate employment in entry-level human services positions. It also provides individuals currently working in entry-level positions an opportunity to enhance their skills.

Year 1

		Credits
Fall		
ENG 101	College Writing I	3
HST 101	Introduction To Human Services	3
PSY 101	Psychology Of Self	3
PSY 105	Introduction To Psychology	3
Spring		
HST 140	Counseling Methods And Interviewing Techniques	3
Professional Elective (see list below)		3
HST 150	Cultural Awareness	3
PSY 240	Abnormal Psychology	3
Total Credits:		24

Professional Electives

		Credits
HST 115	Issues of Chemical Dependency in Family Systems	3
HST 142	Counseling Methods and Interviewing Techniques II	3
HST 145	Introduction To Gerontology	3
HST 149	Addictions Counseling	3
HST 220	Psychopharmacology	3
PSY 102	Breathwork Techniques: Building a Healthier Immune System, and Coping with Stress	3
PSY 106	Autism Spectrum Disorder	3
PSY 107	Building Resilience in Children, Youth and Families	3
PSY 244	Children With Special Needs	3
PSY 246	Psychology And The Law	3
PSY 280	Psychology Of Death And Dying	3
SOC 125	Gender Issues	3
SOC 129	Drug Use And Abuse In American Society	3
SOC 204	Sociology of the African American	3
SOC 206	Marriage And The Family	3
SOC 208	Juvenile Delinquency	3
SOC 210	Child Abuse And Neglect In American Society	3
SOC 212	Victimology	3

See Human Services program student learning outcomes and technical standards.

Student Success Tips

Volunteer opportunities, service learning, and civic engagement components are suggested as ways of enhancing classroom learning. Technology is integrated into all aspects of attending college in the 21st century. Students are expected to have proficient computer

skills and the ability to access the internet via desktop/laptop computer or tablet. Internet access may be from home or through a public site, such as a local public library, public college or at any Mount Wachusett Community College campus.

Special Requirements

Technical standards must be met with or without accommodations.

Transfer Options

This program is intended for immediate career entry. Courses completed as part of this certificate program can be applied to the Human Services Degree.

Career Options/Earning Potential

For career options, please click here (<https://mwcc.lightcastcc.com/programs/human-services-technician-certificate/166957/?region=North%20Central%20MA/Southwest%20NH&radius=>).

SUBSTANCE ADDICTION COUNSELING CERTIFICATE (SAC)

This program will prepare students for certification as a Certified Alcohol and Drug Counselor (CADC) and/or a Licensed Alcohol Drug Counselor (LADC). As a CADC and/or a LADC, the student will be able to seek employment to help individuals who suffer from the effects of substance abuse. The Substance Addiction Counseling Certificate will address alcohol and drug abuse assessment and counseling, clinical evaluation, treatment planning and case management; as well as patient, family and community education.

The SAC curriculum culminates with a practicum that offers students an opportunity to learn in a work setting, while obtaining practical experience in substance abuse counseling. This experience can be applied to hours needed to qualify for state certification. If you hold a master's degree in a Human Services Behavioral Sciences field with a clinical application, you may take the SAC courses for a CADC II and a LADC I.

Year 1		Credits
Fall		
SOC 129	Drug Use And Abuse In American Society	3
HST 115	Issues of Chemical Dependency in Family Systems	3
HST 140	Counseling Methods And Interviewing Techniques	3
HST 149	Addictions Counseling	3
PSY 102	Breathwork Techniques: Building a Healthier Immune System, and Coping with Stress	3
Spring		
HST 142	Counseling Methods and Interviewing Techniques II	3
HST 220	Psychopharmacology	3
HST 270	Practicum for Substance Addiction Counseling	6
Total Credits:		27

See Human Services program student learning outcomes and technical standards.

Student Success Tips

Volunteer opportunities, service learning, and civic engagement components are suggested as ways of enhancing classroom learning. Technology is integrated into all aspects of attending college in the 21st century. Students are expected to have proficient computer skills and the ability to access the internet via desktop/laptop computer or tablet. Internet access may be from home or through a public site, such as a local public library, public college or at any Mount Wachusett Community College campus.

Special Requirements

Technical standards must be met with or without accommodations.

An overall 2.0 GPA is required to graduate with an MWCC Substance Addiction Counseling Certificate. To qualify to take the Licensed Alcohol and Drug Counselor (LADC) or Certified Alcohol and Drug Counselor (CADC) exam, a student will need to maintain a C grade in all SAC program courses.

Students seeking to participate in the Substance Addiction Counseling Certificate program will be subject to meeting additional technical standards and requirements which may include immunizations, CPR certification, health insurance, liability insurance, a Criminal/Sexual Offender Records Information (CORI/SORI), fingerprinting, and drug testing. Some of these may be done at the student's expense.

Please note: Marijuana, though legal in Massachusetts, is recognized as a controlled substance by the federal government. Marijuana use whether for medicinal or recreational purposes will lead to a positive drug test; making the student ineligible to attend a practicum site.

Students who are pursuing certification as a Certified Alcohol and Drug Counselor (CADC) may take only THREE distance learning (Web based) courses.

HST 270 Practicum for Substance Addiction Counseling requires 300 hours of learning in an approved alcohol/chemical dependency treatment facility. All students who register for HST 270 must attend the mandatory orientation. All students are required to wear business casual attire at practicum sites.

Transfer Options

This program is intended for immediate career entry. Courses completed as part of this certificate program can be applied to the Human Services Degree.

Career Options/Earning Potential

For career options, please click here (<https://mwcc.lightcastcc.com/programs/substance-abuse-counseling-certificate/166957/?region=North%20Central%20MA/Southwest%20NH&radius=>).

PROGRAM STUDENT LEARNING OUTCOMES FOR HS, HSC AND SAC

Upon graduation from this program, students shall have demonstrated the ability to:

- Demonstrate knowledge of the historical development of human services as a profession and the implications of social policy.
- Demonstrate an understanding of the major models of causation of normal and abnormal development and the conditions which promote or limit optimal functioning.
- Develop and demonstrate effective intervention strategies that include counseling and interviewing skills, assessment, advocacy, outreach, and referral.
- Demonstrate knowledge of the formal and informal supports, resources available in the community, and skill in gaining access to them.
- Demonstrate an awareness of one's individual strengths, attitudes, values, and belief systems on both a personal and professional level.
- Develop and demonstrate the oral and written skills required for an effective communicator.
- Develop an awareness of cultural diversity and a working knowledge of, and respect for, peoples' history, traditions, values, and social organizations such as family, community, and political structures.
- Exercise professional ethics in all matters related to the helping relationship and the workplace.

TECHNICAL STANDARDS ¹ FOR HS, HSC AND SAC

¹ For general information about technical standards and accommodation, see Technical Standards. (<http://catalog.mwcc.edu/academicresources/academicandgradingpolicies/technicalstandards/>)

Students entering these programs must be able to demonstrate the ability to:

- Comprehend textbook material at the 11th grade level.
- Communicate information either in spoken, printed, signed, or computer voice format.
- Gather, analyze, and draw conclusions from data.
- Maintain cleanliness and personal grooming consistent with close personal contact.
- Comprehend and respond to the spoken word of all age-specific groups.
- Function without causing harm to self or others if under the influence of prescription or over-the-counter medications.
- React quickly, both mentally and physically.
- Work as a member of a team.
- Remain calm, rational, decisive, and in control at all times, especially during emergency situations.
- Identify behaviors that would endanger a person's safety and intervene quickly, with an appropriate solution, in a crisis situation.
- Exhibit social skills appropriate to professional interactions.

HST 101. Introduction To Human Services. 3 Credits.

Students are introduced to the organization and function of human service agencies as well as the ways in which the human services worker can deal effectively with the resources of the community. This course also acquaints the student with occupational information in the area of human services. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

HST 115. Issues of Chemical Dependency in Family Systems. 3 Credits.

This course will introduce students to the significance of the family and external support systems in the maintenance and treatment of chemical dependency. Students will be introduced to the characteristics and dynamics of families, couples, and significant others affected by chemical dependency and/or process addictions. Students will examine basic family theories, assessment, and models of intervention and engagement in the treatment and recovery process. The interaction between the family system and substance use behaviors will also be discussed. Students will analyze the role of self-help groups, their functions, and how they differ from more formal treatment. Prerequisites: ENG 098, RDG 098, FYE 101, or placement. Fall.

HST 140. Counseling Methods And Interviewing Techniques. 3 Credits.

This course acquaints the student with current views of counseling principles and methods. Interviewing techniques are introduced and developed through a workshop approach that includes videotaping. Prerequisite: ENG 098, RDG 098, FYE 101 (or placement), PSY 105 strongly recommended, may be taken concurrently.

HST 142. Counseling Methods and Interviewing Techniques II. 3 Credits.

This course builds on the foundation of HST 140 Counseling Methods and Interviewing Techniques. Course content includes therapeutic structures, issues that face the beginning counselor, models of therapy, and practical aspects of the work. The class will use a comprehensive approach that focuses on theoretical perspectives and case studies to enhance the understanding of counseling and interviewing. Prerequisite: HST 140.

HST 145. Introduction To Gerontology. 3 Credits.

Students are introduced to the field of gerontology, the multidisciplinary study of the biological, psychological, and social aspects of aging. This course explores the human aging process from these perspectives. A primary focus of this course is to replace myths with facts about aging and gain an understanding about what happens to older adults' bodies, minds, status in society, and social lives as they age. Attention is also given to programs and services for the elderly. Prerequisites: ENG 098, FYE 101, RDG 098, or placement.

HST 149. Addictions Counseling. 3 Credits.

This course provides the student with an overview of substance abuse counseling. Students will develop conceptual knowledge, practical skills, and self-awareness concerning the etiology of addiction, assessment strategies, diagnosis and treatment planning, and wellness strategies for facilitating optimal development and preventing clinician burnout. Prerequisites: ENG 098, RDG 098, FYE 101, or placement. Fall.

HST 150. Cultural Awareness. 3 Credits.

This course focuses on understanding cultural differences. Students will examine their own culture and other cultures. Students will examine how racism, prejudice, and discrimination are embedded in all levels of society. Students will understand that race and ethnicity are historically, culturally, and socially bound and constructed. Students will examine the privileges that accompany whiteness. Student will examine intersectional research approaches that examine marginalized groups and explore race, ethnicity, gender, age and sexuality and how they are interconnected. This is the same course as SOC 150. Prerequisites: ENG 098, FYE 101, RDG 098, or placement. Fall.

HST 220. Psychopharmacology. 3 Credits.

This course introduces the student to the basic principles of pharmacology, anatomy, and physiology. These principles are applied to an examination of the major classes of psychoactive drugs, including those commonly subject to abuse. Students will explore the physical and mental effects of psychoactive drugs and compulsive behaviors. The mechanisms of action in the brain, patterns of physiological response in abuse, dependence, withdrawal and recovery will be discussed. Content will also focus on pharmacological adjuncts to detoxification and treatment, as well as psychotropic medication for co-occurring disorders. Prerequisites: HST 149. Spring.

HST 250. Human Services Internship Experience. 4 Credits.

During their last semester, students in this internship work directly with clients under the supervision of a professional worker in a human services setting. Students are expected to gain an understanding of the dynamics and appropriate treatment for clients and their families. Placements have included, but are not limited to, settings involving mental health, developmental disabilities, and community service projects. Students must complete 150 hours in addition to one class meeting per week. A consideration for placement includes an assessment of the student's readiness and faculty recommendations. The college also requires Criminal Offender Record Information (CORI) and liability insurance for all interns. Prerequisites: QPA 2.0, 45 credits earned toward the Human Services degree including ENG 102, HST 101, HST 140, PSY 110, PSY 240, SOC 103, and permission of department chairperson.

HST 260. Human Services Seminar (Capstone). 3 Credits.

In this capstone course, students synthesize and apply concepts and skills learned in the Human Services (HS) program. This course requires students to show mastery of the material covered in the HS program through several required avenues including the following: seminar meetings and discussions; portfolio work; and a research paper. This course is designed to help students apply the knowledge and skills learned in the program and to explore self-perceptions related to their career choice in the human services field. Students must complete this course with a minimum grade of C to graduate. Prerequisites: 45 credits earned toward the Human Services degree including ENG 102, HST 101, HST 140, PSY 105, PSY 110, PSY 240, SOC 103, or permission of division dean. Spring.

HST 270. Practicum for Substance Addiction Counseling. 6 Credits.

This course provides a practical, field-based experience of 300 hours in an alcohol/chemical dependency treatment facility as required for Massachusetts Board of Substance Abuse Counselor Certification. The practicum is an integral component of the alcohol and drug addiction counseling program. Academic and applied counseling skills are synthesized and used by students in an addiction counseling setting. Practicum is a vital educational component for future CADCs to learn and practice the 12 Core Functions and 8 Practice Domains of an addiction counselor in a supervised setting. To qualify for the Massachusetts State Test as a LADC or a CADC you will need to maintain a C grade in all SACC program courses. To graduate with a MWCC Substance Addiction

Counseling Certificate you will need to maintain a passing grade. Prerequisites: HST 115, HST 140, HST 149; PSY 102; SOC 129; HST 142 (or corequisite), HST 220 (or corequisite). Spring.