



# Program Planning Guide

## Social and Human Services: Addiction and Recovery Studies Certificate (C45380AR)

**Program Length:** 2 semesters

**Program Sites:** Online/Distance Education

**Career Pathway Options:** Certificate in Addiction and Recovery Studies; Diploma in Social and Human Services; Associate in Applied Science Degree in Social and Human Services

The *Social and Human Services* curriculum prepares students for entry-level positions in institutions and agencies that provide social, community, and behavioral health services. Along with core courses, students take courses that prepare them for specialization in specific human service areas.

Coursework includes the development of professional knowledge, skills, and values in human services. Opportunities for experiential learning allow students to apply knowledge and skills learned in the classroom. Graduates should qualify for positions in government, private, and nonprofit social and human services agencies. Graduates may choose to transfer and continue their education at a variety of colleges and universities.

| Suggested Course Schedule                                 |                                | Class    | Lab      | Work     | Credits  | Notes: |
|---|--------------------------------|----------|----------|----------|----------|--------|
| <b>1st Semester (fall)</b>                                |                                |          |          |          |          |        |
| SAB 110   | Intro to Addiction & Recovery  | 3        | 0        | 0        | 3        |        |
| SAB 135   | Addictive Process              | 3        | 0        | 0        | 3        |        |
| SAB 210   | Addiction and Recovery Counsel | 2        | 2        | 0        | 3        |        |
| <b>Total Semester Hours</b>                               |                                | <b>8</b> | <b>2</b> | <b>0</b> | <b>9</b> |        |
| <b>2nd Semester (spring)</b>                              |                                |          |          |          |          |        |
| PSY 150   | General Psychology             | 3        | 0        | 0        | 3        |        |
| SAB 120   | Intake and Assessment          | 3        | 0        | 0        | 3        |        |
| SAB 240   | Diversity, Ethics, & Trends    | 3        | 0        | 0        | 3        |        |
| <b>Total Semester Hours</b>                               |                                | <b>9</b> | <b>0</b> | <b>0</b> | <b>9</b> |        |
| <b>Total Semester Credits Required for Graduation: 18</b> |                                |          |          |          |          |        |



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## Course Descriptions

### **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.

### **SAB 110                      Intro to Addiction and Recovery Studies**

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

### **SAB 120                      Intake and Assessment**

This course covers processes for rapport building and procedures used to identify and evaluate individuals' strengths and weaknesses. Topics include diagnostic evaluation and placement, effective interviewing and communication techniques, and use of assessment tools. Upon completion, students should be able to establish rapport with individuals, recognize disorders, and obtain information for referrals and placement.

### **SAB 135                      Addictive Process**

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

### **SAB 210                      Addiction and Recovery Counsel**

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                      Diversity, Ethics, & Trends**

This course introduces systems of diversity, ethics, and trends in addiction and recovery. Topics include confidentiality, assessment of personal values, professional responsibilities, competencies, and ethics relative to multicultural service provision. Upon completion, students should be able to apply and discuss multiple diversity and ethical scenarios applicable to addiction and recovery services.