

## Master Syllabus

### MHT 1101 - Introduction to Human Services & Behavioral Health

**Division:** Health Sciences

**Department:** Human Services and Behavioral Health

**Credit Hour Total:** 3.0

**Lecture Hrs:** 3.0

**Prerequisite(s):** DEV 0035

**Date Revised:** December 2015

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#### Course Description:

Introduction to the field of human services and behavioral health. History and development of human services. Exploration of service delivery, roles, trends and career opportunities. Principles and skills for developing professional helping relationships. Presentation of casework problem-solving model. Ethical/legal/professional standards. Technical terminology. Self-awareness regarding multicultural values and biases. Examination of human services as a personal career choice.

#### General Education Outcomes:

- ▣ Critical Thinking/Problem Solving Competency
- ▣ Values/Citizenship/Community Competency

#### Course Outcomes:

##### Self-exploration

Identify one's own biases, values, beliefs, and motivations for becoming a human service worker.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

70% or better on exam

**Assessment Method:** Written surveys and/or questionnaires  
**Performance Criteria:**

70% or better on written assignments

##### Common technical terms

Define common technical terms related to human services and behavioral health.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

70% or better on exam.

##### Principles, philosophies and historical evolution of human services and behavioral health

Identify principles, skills, philosophies, and historical evolution of the human service worker.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

70% or better on exam.

##### Professional helping relationship

Describe and apply the ingredients of effective professional helping relations including paraphrasing content and reflecting feelings.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

70% or better on exam

**Assessment Method:** Written surveys and/or questionnaires  
**Performance Criteria:**

70% or better on written assignments

##### Casework problem-solving model

Apply the stages and skills of the casework problem-solving model, including assessment, goals, and action plan regarding one's own problem.

**Assessment Method:** Written surveys and/or questionnaires  
**Performance Criteria:**

70% or better on written assignments

##### Attitudinal approaches

Describing helping styles and 5 attitudinal approaches and demonstrate a client-centered helping style.

**Assessment Method:** Locally developed exams  
**Performance Criteria:**

70% or better on exam

**Assessment Method:** Written surveys and/or questionnaires

**Performance Criteria:**

70% or better on written assignments

**Cultural competence in professional practice**

List components of culturally competent casework, identify needs of specific cultural minorities, and articulate one's own cultural values.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

70% or better or exam

**Outline:**

Define common technical terms.

Primary principles, skills, philosophies, and historical evolution of the human service professional.

Self-exploration to identify motives for becoming a helper and to examine the field of human services and behavioral health as a suitable choice.

characteristics of helping relationships.

Multicultural issues in professional practice.

Utilizing the casework problem-solving model.

Career opportunities in human services and behavioral health.

Determine short and long term steps to achieve career goals.