

HUMAN SERVICES (HUMS)

HUMS S101 Introduction to Behavioral Health Practices

3 credits (3+0)

Introduces learners to key elements and concepts in the field of behavioral health. Provides an overview of mental health and co-occurring disorders, working with diverse and vulnerable populations, basic assessments and screening instruments, community navigation, and prevention strategies. Covers contemporary health care issues such as funding, rural care, emerging clinical issues, and workforce shortages.

HUMS S135 Beginning Therapeutic Interventions

3 credits (3+1)

Introduces learners to various evidence-based and effective therapeutic interventions used in behavioral change and mental health treatments. Covers motivational interviewing, non-violent communication, energy psychology techniques, crisis management, conflict resolution, dealing with difficult patients, de-escalation, and safety of both client and health worker.

HUMS S180 Introduction to Addiction, Trauma, and Crises

3 credits (3+0)

Introduces concepts, principles, and relationships between trauma, addictions, and crises, and their effects on individuals, families, and society. Examines these topics through a bio-psycho-social-spiritual framework that prioritizes an informed perspective toward self-care and developing a client plan.

HUMS S181 Peer Support Professional Training

3 credits (3+0)

Prepare students with the academic knowledge to serve as Peer Support Specialists in Alaska, supporting those in recovery from substance use, mental health conditions or other challenges. This course meets the 40-hour training required by the Alaska Commission for Behavioral Health Certification to become a Peer Support Associate in Alaska. Successful completion of this course with a C or better meets the training, but not the practicum or supervision requirement for this credential.