

# Mental Health and Pre-Social Work

## Degrees

- Mental Health and Pre-Social Work (MHS.AAS) (<http://catalog.oaklandcc.edu/programs/mental-health-pre-social-work/mental-health-pre-social-work-aas/>)

## Certificate

- Mental Health Pre-Social Work - Addiction Studies (MHS.ADS.CA) (<http://catalog.oaklandcc.edu/programs/mental-health-pre-social-work-addiction-studies-certificate/>)

**MHS 1500 Introduction to Addictions ..... 3 Credit Hours**  
**Equivalent:** MHA 1500 | MHA 1500 | MHA 1500

**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL 2520.

This course offers a systematic study (philosophical, sociological, and behavioral) of alcohol, drug abuse and dependence and other addictive behavior. The content of the course will include the historical background of substance use and abuse and dependence, and impact of drug policies on individuals and society. Theoretical intervention, assessment and various recovery strategies will be explored. BILLABLE CONTACT HOURS: 3

**MHS 1510 Assessment, Intervention and Treatment Planning in Addiction ..... 3 Credit Hours**  
**Equivalent:** MHA 1510 | MHA 1510

**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL 2520.

**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will provide a comprehensive examination of addiction treatment and rehabilitation, focusing on various treatment approaches, treatment settings, and types of counseling to include an overview of individual, group and family techniques. This course acquaints the student with evidence-based theories, models, stages and functions of alcohol and drug abuse treatment. The counselor's role in treatment is addressed. BILLABLE CONTACT HOURS: 3

**MHS 1520 Co-Occurring Disorders ..... 3 Credit Hours**  
**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL-2520. Prerequisite: MHS 1510

**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will provide an understanding of co-occurring psychiatric and substance abuse disorders, how such individuals are treated, treatment provision for these individuals and how case management in social service industries are conducted for individuals with co-occurring disorders. BILLABLE CONTACT HOURS: 3

**MHS 1530 Diversity in Addiction ..... 3 Credit Hours**

**ESL Placement Level:** For English-as-a-Second-Language (ESL)

students, placement in ESL-2520. Prerequisite: MHS 1510 or consent of program coordinator.

**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course will focus on the treatment of individuals with an addictive disorder specific to culture, gender, race, and other elements. Group discussion specific to addiction treatment will include gender, racial groups, nationalities, age divisions, dual diagnosis, sexual preference, motivational status including criminality, disabilities, and other secondary groupings. All discussions will be done with cultural sensitivity, use various intervention approaches, and address unique diversity issues. BILLABLE CONTACT HOURS: 3

**MHS 2000 Introduction to Social Work and Human Service Practice ..... 3 Credit Hours**

**ESL Placement Level:** For English-as-a-Second-Language (ESL)

students, placement in ESL 2520.

**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This is an introductory course focused on generalist social work practice and human services. The various concepts and frameworks that practitioners use to understand and support individuals, groups, communities, and organizations within their social contexts will be explored. The course will explore current topics and career opportunities in social work including licensing requirements, human services and other mental health fields. BILLABLE CONTACT HOURS: 3

**MHS 2010 Ethics and Values in Mental Health ... 3 Credit Hours**

**ESL Placement Level:** For English-as-a-Second-Language (ESL)

students, placement in ESL-2520.

**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course introduces professional ethics and values from a variety of mental health professions, including Social Work. Assessment of individuals, families, groups, and communities from an ethical perspective will be conducted. This course will discuss the challenges of negotiating value conflicts that emerge between the worker, professional standards, agency, and personal religious values. Honest and professional use of self, self-care, and cultural competency are introduced as foundational components of ethical practice. BILLABLE CONTACT HOURS: 3

**MHS 2100 Interviewing, Assessment, and Case Work Skills ..... 3 Credit Hours**

**Equivalent:** MHA 2100

**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL 2520.

**Prerequisite:** MHS 2000 with a grade of 'C' or better or consent of program coordinator.

**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course focuses on the basic skills of interviewing, assessment and case work in social work and mental health practice. Interactive activities, observations, and case studies will be used to teach interviewing techniques, including issues in cross-cultural interviewing. The course will introduce assessment strategies and treatment planning as well as case management, documentation skills, development of a service plan, and successful termination and discharge. BILLABLE CONTACT HOURS: 3

**MHS 2300 Interpersonal Theory and Practice .... 3 Credit Hours****Equivalent:** MHA 2300**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL 2520.**Prerequisite:** MHS 2010 with a grade of 'C' or better or consent of program coordinator.**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This introductory course will focus on a variety of theories used in social work and other mental health professions including the ecological, strengths-based, and cognitive behavioral models. Interpersonal skills such as engaging with a variety of clients and building rapport through the use of empathy will be discussed as well as case management, assessment, treatment, and goal planning. BILLABLE CONTACT HOURS: 4

**MHS 2400 Group Dynamics in Social Work and Mental Health Practice ..... 3 Credit Hours****Equivalent:** MHA 2400**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL 2520.**Prerequisite:** MHS 2300 with a grade of 'C' or better or consent of program coordinator.**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course provides an overview of the basic elements of group process and practice including issues of group leadership and member roles; characteristics of effective leaders; skills required for effective leadership with diverse and vulnerable populations; stages of group development; and ethical considerations of group practice. Human development and practice theories learned in other courses will be applied to group practice. BILLABLE CONTACT HOURS: 3

**MHS 2500 Family Systems Theory and Practice 3 Credit Hours****Equivalent:** MHA 2500**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL 2520.**Prerequisite:** MHS 2300 with a grade of 'C' or better or consent of program coordinator.**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

This course introduces the concepts and trends in family-centered practice within systems theory and an advanced generalist practice skills framework. This course interprets human behavior within the context of a family's culture, ethnicity, worldview, strengths, developmental stages, and challenges. This course will introduce relevant assessment tools used in family practice including genograms and ecomaps. BILLABLE CONTACT HOURS: 3

**MHS 2600 Mental Health and Social Work Internship ..... 4 Credit Hours****Equivalent:** MHA 2600**ESL Placement Level:** For English-as-a-Second-Language (ESL) students, placement in ESL 2520.**Prerequisite:** MHS 2400 and MHS 2500 with a grade of 'C' or better or consent of program coordinator.**Note:** Prerequisites for courses in this department are not automatically waived for College Guest students and students with a bachelor's degree or higher from a U.S. institution.

In this course, students will work under supervision of MHS faculty and an approved cooperating social worker/mental health professional in a preselected and assigned social service agency to gain practical experience. Students will have the opportunity to use the skills learned from completion of prior MHS courses. Students are required to complete an application and pass a criminal background check. Students will complete 135 hours of internship and will arrange meetings with the instructor throughout the course. BILLABLE CONTACT HOURS: 4