

SOCIAL WORK 120 601: INTERVENTION TECHNIQUES

Fall 2018 Syllabus

CONTACT INFORMATION

Instructor: Amy Buckingham

Office: 1418

Office Hours: Monday 9-1; Thursday 8-9

Phone: 303-914-6270

Email: amy.buckingham@rrcc.edu

REQUIRED TEXTBOOK/COURSE MATERIALS

Grayson, Paul A. and Meilman, Philip W., College Mental Health Practice, Routledge Publishers, 2006

Additional recommended reading list provided at the end of the syllabus

COURSE DESCRIPTION:

Covers basic communication skills essential in working in the human services field. Listening techniques, empathic response skills and rapport building techniques are taught.

Credit hours: 3

COURSE COMPETENCIES

After completing this course, the student should be able to:

- I. Identify and discuss skills necessary to provide initial service to students in need
- II. Demonstrate confidence in reaching out to others in distress
- III. Recognize signs and symptoms of depression and anxiety
- IV. Identify warning signs, symptoms and adverse consequences of tobacco, alcohol and drug abuse
- V. Recognize signs and symptoms of more serious mental health distress
- VI. Understand and identify warning signs of suicide
- VII. Understand and demonstrate culturally responsive counseling skills
- VIII. Understand when self-care is necessary and care to others must not be given
- X. Refer to appropriate supportive resources (particularly the Health Clinic and Behavioral Health Services)

GRADES

METHODS OF EVALUATION / GRADING / ASSESSMENT

This course will generally be conducted through class lectures with the use of PowerPoint, independent research, group discussions, group activities and role playing, testing, and other formats that may prove to be appropriate.

Independent Research Paper: Research any **counseling** topic you find particularly interesting and relate it to what we have been discussing in class. The topic can be specific to counseling practice (body language, empathic listening, ethics, etc.) or a topic of concern you expect you may encounter if you were a counselor on a college campus (psychosocial development, anorexia, divorce, depression, etc). Papers will be 5+ written pages (not including title page, references, etc) in length and **MUST** include at **LEAST THREE (3)** APA references to a scholarly journal. You will submit a topic idea and brief outline and reference list by the end of the second weekend of class. Additional information can be found on D2L, under content/assignments. Please see course outline for time line details.

Homework: There will be two homework assignments due during the course. Details are found on D2L. Please see course outline for time line details.

GRADING SCALE

100-90% = A

89-80% = B

79-70% = C

69-60% = D

59 > % = F

Assignments:

Attendance = 25 points per day (150 points total)

Homework = 50 points each (100 points total)

Research Paper Topic Outline = 100 points

Research Paper = 200 points

Total = 550 points available

IMPORTANT DATES

STUDENTS PLEASE VERIFY YOUR SPECIFIC CENSUS AND WITHDRAW DATES IN THE DETAILED STUDENT SCHEDULE, WITH DROP & WITHDRAWAL DATE, IN THE ROCK, UNDER THE STUDENT TAB

CENSUS DATE (LAST DAY TO DROP WITH A REFUND)

If you drop a class before the drop date you are not responsible for payment, and you will not lose College Opportunity Fund (COF) credits. Additionally, a dropped course will not be visible on your permanent student record. If you are on financial aid, you should consult a financial aid advisor before dropping a class.

8/19/18

WITHDRAW DATE (LAST DAY TO WITHDRAW WITH A "W")

You can withdraw between the drop and withdrawal dates without affecting your grade point average. However, if you withdraw from a class you will be responsible for full payment and you will lose COF credits. If you are on financial aid, you should consult a financial aid advisor before withdrawing from a class.

9/4/18

ATTENDANCE POLICY

Attendance for this class is mandatory to facilitate class discussions, and complete in-class activities. You will earn **25 points** each day you arrive in class on time and stay for the duration. You will lose points for tardiness and for leaving early. **If you do not attend class on a regular basis you will not pass the class. If you do not receive an "A" in this class you MAY NOT apply to be a peer coach for the Peer Counseling Program internship. You may participate in the program as a peer educator (see additional information posted on D2L).** General attendance requirements follow RRCC attendance requirements in the college catalog. Please do not be late to class. If you know you are going to be late please inform me, via email, in advance.

MAKE-UP / LATE WORK POLICIES / EXTRA CREDIT

NO LATE WORK WILL BE ACCEPTED!! You will know in advance of all assignments and when they are due. There will be **NO EXCEPTION TO THIS!**

I will accept up to 50 points worth of extra credit if you would like to submit extra work. Papers must be 1-2 pages in length, can be on anything related to class, must reference the text book, and are worth up to 25 points each.

ACADEMIC INTEGRITY STATEMENT / ACADEMIC DISHONESTY

Academic Misconduct: Plagiarizing, cheating, or committing any other form of academic misconduct including, but not limited to, unauthorized collaboration, falsification of information, and/or helping someone else violate reasonable standards for academic behavior. Students who engage in any type of academic dishonesty are subject to both academic consequences as determined by the instructor and to disciplinary action as outlined in the RRCC disciplinary procedures.

OTHER COURSE POLICIES

Incomplete: An "I" indicates that the course objectives are not yet fulfilled. It is the responsibility of the student to request, if needed, the assignment of an incomplete grade. The instructor's decision to authorize or not authorize an incomplete grade is final. The student must have completed 75% of the class with a C or better, and must complete the rest of the work with the same instructor. Arrangement for the completion of the course must be made with the instructor prior to the assignment of the "I" grade. This agreement must be written on a Contract for Incomplete Grade

Form. The instructor may allow up to one full semester for the student to complete missing requirements. "I" grades not changed by the end of the following semester will automatically become failing grades (F). You will NOT qualify for the Peer Counseling Program internship if you do not successfully complete this course during the allotted time frame. **This instructor rarely gives incompletes.**

Desire2Learn: Much of this class is available on-line through the RRCC website (www.rrcc.edu) through the D2L program. You will be required to go to this site several times throughout the class. There are several computer labs on the Red Rocks campus if you do not have a computer or internet access from home. Also available on D2L are all of the PowerPoint presentations used throughout the class, handouts, and the independent research paper assignment. You will be able to get updates, reminders, and know if class has to be cancelled or delayed for any reason. **All research papers will be turned in through D2L ONLY!!**

Cell Phones: Please have your cell phones turned off and put away when class starts. Texting during class is disrespectful to both your fellow classmates and me and will not be tolerated. If you must take a call during class please inform me ahead of time and excuse yourself to do so. You will be asked to leave class if texting is an ongoing problem.

Getting in touch with me: Email is the best form of communication to get in touch with me. **YOU MUST USE YOUR RRCC EMAIL ADDRESS.** I will not respond to any other email addresses. You can access your account by following this link: <http://www.rrcc.edu/admis/studentemail.html> .

STUDENT HANDBOOK

The [RRCC Student Handbook](#) is your most current source of dates, resources, contacts, and policies.

ACCESSIBILITY

Red Rocks Community College is committed to access for students with disabilities. If you are a student with a disability and need assistance or are interested in requesting accommodations, please contact [Accessibility Services](#). Faculty are not obligated to provide accommodations without proper notification by Accessibility Services and accommodations are not retroactive. Students may contact the Access staff by telephone or email to make an intake appointment at 303-914-6733 or access@rrcc.edu. Accessibility Services is located in Suite 1182 at the Lakewood campus. More information is available at www.rrcc.edu/accessibility-services.

NON-DISCRIMINATION STATEMENT

Red Rocks Community College is committed to diversity in its people and programs. The College is an equal opportunity educational institution and does not discriminate on the basis of disability, race, creed, color, gender, sexual orientation, gender expression, religion, age, national origin, or ancestry, or any other category protected by applicable law. Please direct discrimination inquiries to: Red Rocks

Community College, Human Resources, 13300 W 6th Avenue, Lakewood, CO 80228-1255, 303-914-6298.

MANDATORY REPORTING STATEMENT

Our College is committed to preserving a safe and welcoming educational environment for all students. As part of this effort, I have an obligation to report certain issues relating to the health and safety of campus community members. I must report to the appropriate College officials any allegation of discrimination or harassment. Sexual misconduct, which includes sexual harassment, non-consensual sexual contact, non-consensual sexual intercourse, and sexual exploitation, is considered a form of discrimination.

In addition to reporting all discrimination and harassment claims, I must report all allegations of dating violence or domestic violence, child abuse or neglect, and/or credible threats of harm to yourself or others. Such reports may trigger contact from a College official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like more information, you may reach the Title IX/EO Coordinator: **Arnie Oudenhoven, Executive Director of Human Resources/Title IX Administrator, 303-914-6298** or [Arnie Oudenhoven](mailto:arnie.oudenhoven@rrcc.edu) (arnie.oudenhoven@rrcc.edu)

Reports to law enforcement can be made at the Red Rocks Campus Police Department behind the Welcome Desk at the Main Entrance or rpd.dispatch@rrcc.edu at 303-914-6394.

If you would like a confidential resource, please contact **Arnie Oudenhoven, Executive Director of Human Resources/Title IX Administrator, 303-914-6298** or [Arnie Oudenhoven](mailto:arnie.oudenhoven@rrcc.edu)

Further information may be found on the college [Human Resources](http://www.rrcc.edu/human-resources) web site:
<http://www.rrcc.edu/human-resources/sexual-misconduct>.

RRCC SYLLABUS INSERT – COLLEGE POLICIES AND ADDITIONAL INFORMATION

The RRCC SYLLABUS INSERT – COLLEGE POLICIES AND ADDITIONAL INFORMATION can be found on the Home page of every D2L course site. Please access this link for additional information and helpful links.

TENTATIVE COURSE SCHEDULE

AUGUST 17

- Introductions and syllabi
 - *Pre test: SIRI-II*
 - Mental Health Overview
 - Helping Others Get Help
 - **Read Chapters 3 and 9:** Ethics and Legal Issues and Diversity Issues for next class
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AUGUST 18

- Developing Core Skills
 - Understanding and Working with Differences:
 - Culturally Responsible Counseling
 - Guest Speaker on Veteran Affairs
 - Ethics
 - Guest Speaker on working with the LGBT community
 - **Read Chapter 11:** Alcohol, Drugs, and Other Addictions for next class
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AUGUST 24

- **Homework DUE in class:** Become an Ex Web Page and Questions
 - Guest Speaker on Accessibility Services
 - Alcohol, Tobacco, and Other Drug Use and Abuse
 - Guest Speaker on working with the Gateway community
 - **Read Chapter 8:** Stress for next class
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AUGUST 25

- **Homework DUE in class:** Research Topic, Outline, and References
 - Coping with Stress
 - Mindfulness
 - Dream Zone Training
 - Motivational Interviewing
 - **Read Chapters 6:** Depression and Anxiety for next class
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SEPTEMBER 7

- **Homework DUE in class:** Dr. Mike Evans Stress video and questions

- Understanding Depression and Anxiety
- Guest Speaker on Mental Illness and Stigma
- **Read Chapter 16:** Suicide and Suicidal Behaviors for next class

SEPTEMBER 8

- SafeTALK training
- PCP guest speakers
- Scavenger Hunt
- Post Test: SIRI II and SOI's
- **Research Paper due in the Dropbox (D2L) by Sunday September 9th at midnight**
- **Peer Counseling Program Internship applications due Wednesday September 12th by 5:00pm to the Dropbox (D2L). Applications can be found under Content in D2L and must be submitted on line.**

RECOMMENDED TEXTS:

Beattie, M. (1986). *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*.

Harris, R. and Hayes, S.C. (2008) *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT*.

Harris, R. and Hayes, S.C. (2009). *ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy*

Hayes, S. C., Strosahl, K. & Wilson, K. G. (1999). *Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change*.