

# Inver Hills Community College

## HSER 1121: Adolescent and Youth Work

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Focuses on learning about adolescents, identifying their developmental stage, tasks and goals, and how to work with them concerning their mental and physical health needs. Common adolescent crisis problems and cases will be explored, including assessment and intervention strategies. This course is for Human Service Students, counselors, other helping professionals, law enforcement personnel, teachers and parents.

**B. COURSE EFFECTIVE DATES:** 08/25/2005 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Adolescent development in different family structures
2. Adolescent mental health in families and American culture
3. Assessment of adolescent mental and physical health
4. Prevention of youth crisis- therapeutic and parental responses to adolescence and youth to promote mental and physical health
5. Specific interventions for youth; depression and suicide, delinquency, drug use- alcohol and recent party drugs, ADHD and anxiety, parent and child crisis and family breakdown, truancy and school issues, probation issues
6. Theories of working with youth in human services and other helping professions

### D. LEARNING OUTCOMES (General)

1. Explore the history of adolescence in American culture
2. Identify the critical developmental stages, tasks and goals of youth from 12 to 20
3. Describe the family structures needed to support the mental and physical health of youth
4. Demonstrate the use of at least one assessment and intervention tool

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted