

Common Course Outline
HUSC 230
Behavioral Health Counseling with Adolescents
3 Credits

The Community College of Baltimore County

Description

HUSC 230 – Behavioral Health Counseling with Adolescents provides an overview of the skills necessary for clinical work with adolescents, including differential diagnosis, developmental patterns, clinical interventions, and the prevention of behavioral health disorders.

3 Credits

Prerequisites: HUSC 139 or consent of the program coordinator

Overall Course Objectives

Upon completion of this course students will be able to:

1. describe normative patterns of adolescent development;
2. predict the influence of cultural identity on normative patterns of development;
3. demonstrate appropriate therapeutic engagement strategies for adolescent work;
4. evaluate several behavioral health assessment strategies and instruments appropriate for adolescent clinical work;
5. develop diagnostic impressions in adolescent client case studies and provide a rationale to support the diagnosis;
6. describe treatment planning strategies to support client presenting problems and readiness to address those concerns;
7. describe the costs and benefits of harm reduction alternatives to traditional interventions;
8. explain the interrelationship between the juvenile justice system, juvenile courts, and the behavioral health treatment system, including alternatives to detention and problem-solving courts;
9. discuss the influence of gender and sexual identity development on the overall wellness and adjustment of the adolescent and his or her family;
10. demonstrate best practices in counseling adolescents and their families about gender and sexual identity;
11. critically evaluate contemporary evidence-based practices in adolescent clinical work;
12. recommend appropriate substance use prevention and early intervention strategies for clinical work with adolescents;
13. evaluate school-based behavioral health interventions compared to community-based models;
14. apply appropriate psychoeducational strategies in working with adolescents or their families;
15. describe several brief interventions in behavioral health counseling with adolescents;

16. apply the principles of Motivational Interviewing to client case studies or mock counseling situations;
17. list several strategies to engage families in clinical behavioral health work, and times in which it would be inappropriate to engage the family;
18. create a suicide risk assessment and intervention plan to promote client safety; and,
19. complete a service learning project in which they explore one or more of the major topics experientially.

Major Topics

- I. Adolescent development
- II. Intersecting identities of culture and adolescence
- III. Engagement and assessment
- IV. Differential diagnosis in adolescents
- V. Treatment planning
- VI. Harm reduction models
- VII. Juvenile justice and juvenile courts
- VIII. Sex and gender identities
- IX. Counseling about sex and sexuality
- X. Evidence-based practices in adolescent clinical work
- XI. School-based intervention
- XII. Prevention and early intervention of substance use disorders
- XIII. Psychoeducation
- XIV. Brief interventions and Motivational Interviewing
- XV. Family engagement and intervention strategies
- XVI. Suicide risk assessment and intervention

Course Requirements

Grading procedures will be determined by the individual faculty member but will include the following:

Grading/exams

- At least one exam
- A culminating project, at least 5 pages in length
- A paper reflecting on a service learning project, at least 3 pages in length
- An adolescent developmental autobiography at least 3 pages in length
- A psychoeducation activity at least 3 pages in length
- A suicide risk assessment/intervention plan at least 3 pages in length

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course is a requirement for students in the Adolescent Behavioral Health Counseling Certificate in the Human Services Counseling degree program, and may also be taken by students in other programs or majors.