

**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.