Welcome to our first Newsletter issue

Welcome to the first issue of the Saddleback College Human Services Newsletter. This newsletter provides general information on our programs as well as articles, insights, and other information related to Human Services both here at Saddleback College and beyond.

**NEW ONLINE COURSE**

New and exciting opportunities are coming to the Human Services Department. Assistant Professor Sean Osborn, MSW, is completing his first year as the newest full-time faculty member in the Human Services Department. In the summer of 2015, he will be instructing our newest online course, HS 176 Co-Occurring Disorders. Additional online courses are in the works and will be coming soon. This provides a great opportunity for students who may not be able to arrange their schedule in order to complete all the required courses of their certificate.

Be sure to visit us online at [www.saddleback.edu/hs/human-services](http://www.saddleback.edu/hs/human-services) and also visit us on our new Facebook page [www.facebook.com/SaddlebackCollegeHumanServices](http://www.facebook.com/SaddlebackCollegeHumanServices).
S.O.A.P. Notes

Formats Used in Documenting Consumer Progress in Various Counseling settings

Documentation is one of the most important aspects of any counseling program. Documenting in the S.O.A.P. format is one of the most common ways of doing so. Here is a brief overview of what that means.

S = Subjective or summary statement by the client. Usually, this is a direct quote. The statement chosen should capture the theme of the session.

1. If adding your own explanatory information, place within brackets [ ] to make it clear that it is not a direct quote.
   - Example of session theme: “When he raises his voice, I just... what do I do?... Yes, I’ll talk more in group.”

2. If client refers to someone else’s name, indicate that other person by initials. This makes it clear that the client is the focus, not the person the client is talking about. It also guards against any breeches in confidentiality. This is especially true when a client refers to another client.
   - Example of client using someone else’s name: “She really made me mad... You think I should make an appointment to talk to her? I don’t like dealing with this stuff [case worker S.P.].”

3. If the client didn’t attend the session or doesn’t speak at all, use a dash on the “S” line.
   - Example: S: ---

O = Objective data or information that matches the subjective statement. Descriptions may include body language and affect.

- Example: 20 minutes late to group session, slouched in chair, head down, later expressed interest in topic.

A = Assessment of the situation, the session, and the client, regardless of how obvious it might be based on the subjective and/or objective statements.

- Example: Needs support in dealing with scheduled appointments and taking responsibility for being on time to group.
- Example: Needs referral to mental health specialist for mental health assessment.
- Example: Beginning to own responsibility for consequences related to drug use.

P = Plan for future clinical work. Should reflect interventions specified in treatment plan including homework assignments. Reflect follow-up needed or completed.

- Example: Begin to wear a watch and increase awareness of daily schedule.
- Example: Complete Tx Plan Goal #1, Objective 1.
- Example: Consider mental health evaluation referral.
- Example: Contact divorce support group and discuss schedule with counselor at next session.

Adapted from work by Larry T. Mark and presented by Donna Wapner, Diablo Valley College. Handout included in materials produced by the Pacific Southwest Addiction Technology Transfer Center, 1999.

---

Human Services Club

Hello everyone,

It has been some time since there was a Human Services Club here at Saddleback College. I am hoping through this Newsletter that students may be interested in starting a club once again. This would be a great opportunity for us to participate in club activities on campus as well as potentially take short field trips together.

The Human Services Club could help raise awareness of social problems and be a support to the Human Services Program.

If you are interested in starting a club this is the best time to get started on the procedures for becoming active for fall 2015! If you are interested in forming the club or being a part of the club please email me at:
sosborn@saddleback.edu

And we will discuss the prospects of starting a club. Once the Fall 2015 semester starts I will be scheduling a meeting for any students who may be interested in forming the club.

- Sean H. Osborn, MSW

LET'S START AN HS CLUB
Acknowledging a substantial body of research, the federal agency that oversees mental health services and substance abuse treatment has recognized court-ordered outpatient treatment as an evidence-based intervention for people with severe mental illness who struggle with voluntary treatment adherence.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has added the practice commonly known as assisted outpatient treatment (AOT—also known as Laura’s Law) to the National Registry of Evidence-Based Programs and Practices (NREPP).

“The federal agency charged with coordinating programs for adults with mental illness reviewed the evidence and found that AOT is an evidence-based intervention for reducing the dire consequences of non-treatment like repeat hospitalization, violence and suicide,” says Doris A. Fuller, executive director. "Policymakers have another clear signal that passing and implementing AOT is a reasonable means of improving outcomes for people with severe mental illness.”

AOT provides court-ordered treatment in the community to people with serious mental illness and a history of treatment non-adherence and commits service providers to delivering appropriate care to the most high-risk, high-need individuals. The federal agency added outpatient commitment to NREPP after an independent assessment concluded the program met its requirements for demonstrating positive outcomes in multiple, rigorous peer-reviewed studies.

The value of the intervention for qualifying individuals is also recognized by the American Psychiatric Association, the National Sheriffs’ Association and the International Association of Chiefs of Police.

SAMHSA’s designation follows recognition of AOT by the US Department of Justice, whose Office of Justice Programs deemed it to be an effective and evidence-based practice for reducing crime and violence in 2012. Forty-five states and the District of Columbia currently authorize the use of some form of court-ordered outpatient treatment for individuals with the most severe psychiatric diseases.

"This impartial assessment adds further weight to the voices of advocates across the country seeking to implement AOT laws to save lives," says Fuller. "Far too many communities face tragic outcomes because of a failure to effectively use this common-sense solution to serve those who are most severely mentally ill."

The National Registry of Evidence-Based Programs and Practices is a publicly available online database of mental health and substance abuse interventions. To be recognized as evidence-based, interventions must meet NREPP’s requirements for review and be independently assessed and rated for quality of research and readiness for dissemination, according to the agency’s website.

--Source: Substance Abuse and Mental Health Services Administration

Foster & Kinship Care Education

The Human Services Department has taken over the long-standing Foster & Kinship Care Education Program here at Saddleback College.

“The Foster and Kinship Care Education Program provides quality education and support opportunities to caregivers of children and youth in out-of-home care so that these providers may meet the educational, emotional, behavioral and developmental needs of children and youth.”

For more information visit: www.saddleback.edu/sbs/foster-kinship-care-education-program

CAADE Conference 2015

On April 17, 18, and 19; several instructors and students were in attendance at the California Association for Drug Alcohol Educators (CAADE) Conference located at the Sheraton Gateway LAX. The focus of this conference was "Leading the Way." Numerous breakout sessions, keynote speakers, and exhibitors made this a wonderful conference to attend. For new and continuing Alcohol and Drug Counselors this conference is a great place to connect with old friends, make new connections, and really begin to know your peers. Next year's conference will be held in Sacramento, California. For more information visit the CAADE Conferences be sure to visit: www.caade.org

Same Name, Same Values: CAADE and Breining

- As of August 29th, 2014, all Breining RAS counselors and registrants have been seamlessly transitioned over to CAADE under our tiered system recognized by the State of California Department of Healthcare Services.

- While Breining will be transitioning all RAS certified counselors to the CATC certification, Breining WILL still be issuing the RAS Credential nationally and to California counselors, so that they will retain the national recognition (such as making them eligible for NAADAC certifications) that the RAS Credential affords them.

- The Breining Institute continues to offer their high quality education, and Breining graduates will now be eligible to sit for the CATC exam.

- The RAS-to-CATC Credential transition affects California counselors with the RAS Certification allowing them to transition into a standardized and credible certification in California that meets the California law requirement for entry-level counselor certification.

For additional information click here.
Professional Development
Did you know the Human Services Department offers several online courses? Anticipate in the Fall of 2015 is the offering a nine unit Occupational Skills Award in eating disorders.

- HS 181 Introduction to Eating Disorders
- HS 184 Medical Aspects of Eating Disorders
- HS 185 Background and Treatment of Eating Disorders

These courses make a wonderful addition to a student’s resume. Eating disorders affect clients across ethnic, socio-economic, and age boundaries. Having a firm understand of eating disorders allows for a greater ability to help clients and helps Human Services Workers to become more valuable employees.

Upcoming Events

MAY 21, 2015
HUMAN SERVICES GRADUATION

JUNE 01, 2015
SUMMER SEMESTER BEGINS

JUNE 05, 2015
10 AM TO 2:30 PM
DIVISION CONFERENCE ROOM
MANDATORY CWE ORIENTATION

JUNE 15, 2015
HS 176 CO-OCCURRING DISORDERS ONLINE CLASS BEGINS

We are expanding our presence on social media. Please share the information above with your friends. As we have announcements, photos and video we will post this information for current and former students, faculty, and others interested in Human Services.

CONTACTING US
HUMAN SERVICES STAFF
Peggy Dakin, BA
HSHS Program Specialist
Human Services Department
949.582.4731 ph

OFFICE LOCATION
28000 Marguerite Parkway
Mission Viejo, CA 92692

949.582.4701 ph
949.347.1533 fax

OFFICE HOURS
Monday—Friday
8:00 am—5:00 pm
Closed Weekends

www.saddleback.edu/hs/human-services