

**Human Services Interdisciplinary Topic**

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### **Abstract**

My current role as a mid-level manager for the City of Virginia Beach means that I collaborate heavily with the different departments in the city. My responsibilities make me an integral part of city operations. From Police to Planning and Public Works to Public Utilities, I am aware of important strategic initiatives to support our citizens. For this assignment, Human Services is a familiar interdisciplinary topic. This is one where my collaboration with Human Services' leadership and staff would serve to workshop two's requirements.

*Keywords:* Public health, pandemic, stress, anxiety, depression

### **Human Services Interdisciplinary Topic**

By now we all know how the world was affected by the pandemic. More importantly, it has highlighted the many of the new and existing problems with our society today. Especially in the United States, we see systemic racism, Asian hate, “cancel culture,” mass shootings, and unemployment among many others. The constant reminders of these issues can take a toll on many Americans. Many of those close around me have fallen victim to anxiety and depression as a result. Luckily, none of them have followed paths that would lead them to dire straits. Others were not so fortunate. I have seen a lot turn to drugs and alcohol to help cope. The stress endured was just too much for them to handle. It would be a situation beyond seeking help from family since that support model is often destroyed. Fortunately, there are resources available to provide the assistance needed to recover.

This now leads us to look at another interdisciplinary topic to discuss in workshop two. My experience as a current public servant for the City of Virginia Beach would easily lend to this subject’s details. A familiar example for me regarding the resources mentioned previously is an entity in the form of the City of Virginia Beach’s Department of Human Services. Its mission is to provide the “highest level of self-sufficiency, safety, and quality of life possible” to benefit our citizens’ well-being (City of Virginia Beach, *Human Services*). When expanding on this interdisciplinary study, we can say that the “field of Human Services is broadly defined, uniquely approaching the objective of meeting human needs through an interdisciplinary knowledge base, focusing on prevention as well as remediation of problems, and maintaining a commitment to improving the overall quality of life of service populations” (National Organization for Human Services, *What is Human Services?*).

Bottom line, people can take advantage of the many available services offered through the city. It casts its net across all demographics where need is required. As a mid-level manager for the City of Virginia Beach, I often work closely with our Department of Human Services' (as well as the state's Health and Human Services') staff in support of those managing the programs directly for the city's public health initiatives. We have a variety of divisions that concentrate on different categories. Here are just some of what the City of Virginia Beach's Department of Human Services can provide: child and adult protection services, substance dependency and abuse counseling, foster care, mass communicable disease testing and vaccinations, and mental care, etc. Human Services is an interdisciplinary topic that focuses on developing solutions for the public's welfare by modeling their operations to the people's best interests.

## Works Cited

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