

Families in Crisis

**HUMAN SCIENCES AND
EDUCATION** HSE.HS.13

- 1 Analyze non-therapeutic helper careers which serve individuals, families, and communities.** HSE.HS.13.1
 - a Outline the six types of helpers (professional helpers, paraprofessional helpers, helping as a part of their work, volunteer helpers, peer helpers, and informal helpers). HSE.HS.13.1.A
 - b Describe the role of each of the six types of helpers in the process of supporting families in crisis situations. HSE.HS.13.1.B

- 2 Analyze factors that influence crisis in a family.** HSE.HS.13.2
 - a List characteristics of healthy and unhealthy families and their effect on society. HSE.HS.13.2.A
 - b Compare and contrast a variety of diverse family structures. HSE.HS.13.2.B
 - c Describe how families help meet the needs of individuals using Maslow's Hierarchy of Needs. HSE.HS.13.2.C
 - d Explain the importance of healthy communication and conflict resolution in a family. HSE.HS.13.2.D
 - e Compare and contrast financial, physical, social, emotional, cultural, and spiritual issues and the role of stress in families. HSE.HS.13.2.E
 - f Define crisis and differentiate a crisis situation from a stressful situation. HSE.HS.13.2.F
 - g Identify common crisis situations families face (e.g., mental illness, abuse, addiction, grief, suicide, job loss, homelessness). HSE.HS.13.2.G

3 Evaluate societal views of mental health and common mental health disorders. HSE.HS.13.3

- a Define stigma and explain its effects on those with mental illness. HSE.HS.13.3.A
- b Identify ways to minimize stigma surrounding mental illness and seeking help for mental health problems. HSE.HS.13.3.B
- c Identify and analyze common risk factors for developing mental disorders (genetic, environmental). HSE.HS.13.3.C
- d Analyze the process of diagnosing mental illness. HSE.HS.13.3.D
- e Explain the effects mental illness and suicide has on the family. HSE.HS.13.3.E
- f Assess the signs and symptoms of a potential suicidal individual and steps that should be taken to seek help. HSE.HS.13.3.F
- g Identify community resources to help families facing mental health crises. HSE.HS.13.3.G

4 Evaluate the effects of abuse on a family. HSE.HS.13.4

- a Identify types of abuse, causes, and common signs and symptoms in each stage of the family life cycle. HSE.HS.13.4.A
- b Analyze the roles and their characteristics in an abuse situation (bystander, abuser, victim/survivor). HSE.HS.13.4.B
- c Identify mandatory reporting laws and processes in Nebraska and resources available to help families. HSE.HS.13.4.C
- d Explain Adverse Childhood Experiences (ACEs) and their potential effects. HSE.HS.13.4.D
- e Compare and contrast healthy and unhealthy relationships. HSE.HS.13.4.E
- f Explain the stages of the Cycle of Abuse considering the barriers surrounding generational abuse. HSE.HS.13.4.F

5 Evaluate the effects of addiction on the family unit. HSE.HS.13.5

- a Define addiction and explore the risk factors associated with developing an addiction (genetic, environmental). HSE.HS.13.5.A
- b Analyze the science of physical and psychological addiction and how they are connected. HSE.HS.13.5.B
- c Assess community resources, treatment, and recovery methods of addiction. HSE.HS.13.5.C
- d Explain the connection (comorbidity) between mental illness and addiction. HSE.HS.13.5.D
- e Analyze the effects of multiple family members living with addiction at the same time. HSE.HS.13.5.E

6 Analyze the process of grieving. HSE.HS.13.6

- a Define grief and explain that grief can occur with a variety of losses (e.g., loss of a friendship or pet, moving, loss of experience). HSE.HS.13.6.A
- b Compare and contrast a variety of theories of grief (Five Stages, Tonkin's Model, Four Tasks of Grieving, Six Rs, Dual Process Model, Reconstruction of Meaning). HSE.HS.13.6.B
- c Analyze family relationships in the grieving process. HSE.HS.13.6.C
- d Compare and contrast healthy and unhealthy coping mechanisms for dealing with grief. HSE.HS.13.6.D
- e Identify community resources to help families facing grief. HSE.HS.13.6.E

7 Analyze methods of overcoming crisis. HSE.HS.13.7

- a Describe the qualities of a resilient individual. HSE.HS.13.7.A
- b Define mindfulness and techniques used to be mindful in everyday life. HSE.HS.13.7.B
- c Explain the importance of mindfulness and self-awareness in overcoming crisis. HSE.HS.13.7.C
- d Explain the importance of self-care and list strategies for implementing self-care. HSE.HS.13.7.D
- e Describe the importance of growth mindset in regards to neuroplasticity. HSE.HS.13.7.E
- f Identify common mental distortions (filtering, overgeneralizing, catastrophizing, personalization). HSE.HS.13.7.F