Nebraska CTE

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 Identity 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

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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

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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