

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](#)
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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](#)
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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](#)
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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](#)
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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](#)