Assign a student scribe to write the answers to this question on the board.

How does a crisis affect the family? An individual? The community?
Have you experienced a crisis? We all have at one time or another.
What are some social pressures that can lead to a crisis? Are there social pressures in high school? At the work place?

How can job stress cause a crisis in an individual or family?

“In some areas of psychology (especially in psychodynamic theory), psychologists talk about defense mechanisms, or manners in which we behave or think in certain ways to better protect or defend ourselves” said Dr. John M. Grohol, Psy.D.

How do these defense mechanisms relate to a family crisis?

15 Common Defensive Mechanisms
Defense mechanisms are one way of looking at how people distance themselves from a full awareness of unpleasant thoughts, feelings and behaviors.
Dealing with Family Crisis

A family crisis usually has three distinct phases:

- the event that precipitates the crisis
- the period of disorganization
- the reorganizing or recovery phase after the family reaches a low point

After the crisis hits bottom, recovery can begin. A family's crisis-meeting capabilities (resources and coping behaviors) represents its ability to prevent a stressor from creating severe disruption.

Special problems such as divorce, family violence or illness or death in the family can strongly impact children. During very difficult family changes, children may have developmental regressions. Such behavior is not a selfish way to get attention. It may be a sign that the child is under great stress and needs help from parents and caregivers in order to cope with the stress. Understanding how various factors may influence children helps the parents and caregivers know how best to relate to them.

KidsPeace.org
15 Ways to Help Your Child through Crisis
Factors associated with meeting a crisis creatively include:
- a positive outlook
- spiritual values
- support groups
- adaptability
- informal social support

A family crisis is a turning point that requires family members to change their patterns of thinking and acting. Stressor events do not have to lead to crisis situations; the key is how individuals and families respond to the situation.

Do your friends give you informal social support during a crisis you might be experiencing? Is it helpful?
Some ineffective and harmful strategies to solving family problems are:
- denying or avoiding problems
- not expressing one’s frustrations
- keeping one’s feelings inside

What are some other strategies which may be harmful or ineffective in solving family problems?
Types of Crisis

- Loss of job
- Relocation
- Addictions: drugs/alcohol
- Compulsive gambling
- Suicide
- Criminal attack
- Violent behavior in families
- Missing children
- Community and national crises
- Separation or divorce

Other crises might include:

- Abuse of spouse and children
- Change of family dynamics; blended family members
- Death in the family
- Demotion of job or position
- Deployment of spouse or family member
- Loss of home due to foreclosure/fire/eviction
- Medical or mental health problems
- Separation or divorce of parents
- Teen pregnancy
- Vehicle accident
- Violent death or injury

How do these events affect families, individuals or a student in the classroom?
A family crisis is a turning point that requires family members to change their patterns of thinking and acting. How might a loss of a job require a family to make changes?
With the increased mobility that is possible today, immediate families have a greater chance of having to be separated than they once did. Family separation that is not marital-related can cause strain on a family. Separation may be necessary when a parent has to travel to another city for employment or when a parent has to leave to care for an ill relative. Children need to understand that when a parent leaves, he or she will return.

How can family separation that is not marital-related affect children?

How can/does being homeless affect the family unit?
According to the Centers for Disease Control and Prevention, men are more likely than women to drink excessively. Excessive drinking is associated with significant increases in short-term risks to health and safety, and the risk increases as the amount of drinking increases. Men are also more likely than women to take other risks (such as drive fast or without a safety belt), when combined with excessive drinking, further increasing their risk of injury or death.

Underage drinking brings major health problems and consequences to the family. Discuss the Facts Sheets – Underage Drinking at the Centers for Disease Control and Prevention. Allow for questions and discussion.

Centers for Disease Control and Prevention
Facts Sheets – Underage Drinking
http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm

Throughout history, cultures have used psychoactive drugs for various purposes such as recreation, rituals, ceremonies and medicine. A major concern for today’s medical professionals is substance abuse and its effect on society.

Predisposing factors include:

- working in health care (high risk due to availability of drugs) with the highest addiction rate belonging to anesthesiologists
• family history of substance abuse
• emotional problems
• ineffective coping mechanisms
• history of childhood physical or sexual abuse
• “addictive” personality

An individual using drugs suffers physically, emotionally, socially and intellectually. Children and teens blame themselves if a parent is using drugs. Teens will avoid bringing friends home and try to hide family problems from others. Children will start doing poorly in school and start complaining about physical health to get attention they aren’t getting at home.

What are other ways families are affected by drug and alcohol use?

Family members get caught up in deceit to cover the problem. Some families choose to intervene. What is an intervention? An intervention is forcing a person to look at his or her behavior without the mask of denial. Do interventions work? Why or why not?
Mothers Against Drunk Driving
Mother’s Against Drunk Driving Statistics
http://www.madd.org/statistics/

What effects would this have on the family?
MADD and National Presenting Sponsor State Farm® are introducing the newest tool to prevent underage drinking, a booklet called The 411 on Teen Drinking. This booklet is part of MADD’s Power of You(th) program, which empowers teens to resist peer pressure and influence other teens to not drink before age 21 and never get in the car with someone who’s been drinking.

Sign up and receive MADD’s research-based teen booklet and learn the best way to take a stand against underage drinking.
Gambling

- Potential losses are high for the whole family
- Gambler goes through family savings
- Threatens family relationships and jeopardizes educational and career opportunities

Gamblers can become bankrupt and turn to government assistance or crime to pay back debts.

Gamblers go through four stages:
1. Winning
2. Losing
3. Desperation
4. Hopelessness
Suicide

Four patterns:
- Impulsiveness
- Exhibiting many signs of depression
- Suffering from illness or suddenly learning about an illness
- Extreme depression over lost loved ones or other perceived mental or emotional losses

If a family member or friend has hinted about suicide or openly talked about it, do not ignore the situation. Express concern directly to the person. Suggest the person see a professional.
Acts of violence and crime have increased dramatically from one or two generations ago. Many acts of violence and crime can be related to the increased use of drugs and alcohol. Criminal attacks can occur in your home, school, businesses, job or car. Many of these acts of violence and crime affect children.

What is situational awareness? It is knowing your surroundings at all times. Why is it important to report suspicious activity at school? In the community?
Violence can include:

- Spouse/partner abuse
- Elder abuse
- Child abuse
- Every ethnic, religious, educational and economic background

Is bullying (in all its forms) a form of abuse? Why or why not?

What are some reasons for violence?

- Reasons for violence:
  - Anger
  - Frustration
  - Stress
  - Resentment
  - Suspicion
  - Tension
  - Insecure
  - Low self-esteem

What is youth violence? Youth violence refers to harmful behaviors that can start early and continue into young adulthood. The young person can be a victim, an offender or a witness to the violence. Youth violence includes various behaviors. Some violent acts—such as bullying, slapping or hitting—can cause more emotional harm than physical harm. Others, such as robbery and assault (with or without weapons) can lead to serious injury or even death.
Youth Violence Statistics
Source: Character Counts, Where Peace Lives, Bureau of Justice Statistics
http://www.statisticbrain.com/youth-violence-statistics/
Does Your Relationship Need a Makeover?

Check out this PSA play in movie theaters in California and Texas....loveisrespect
http://youtu.be/V2Kv-7DB7NA

How often does date violence occur?

According to the Texas Advocacy Project, these are the statistics on teen dating violence:

- Relationship violence is the number one cause of injury to women between the ages of 15-44
- 70% of severe injuries and deaths occur when the victim is trying to leave or has already left the relationship
- 70% of pregnant teenagers are abused by their partners
- 63% of boys ages 11-20 arrested for murder were arrested for murdering the man who was assaulting their mother
- 38% of date rape victims are young women between the ages of 14 and 17
- 24% of female homicide victims are between 15 and 24 years old

Texas Advocacy Project
Legal solutions to end violence.
http://www.texasadvocacyproject.org/faq.php?faqid=54
1.5 million children are reported each year as missing or runaways.

Some children leave home because of abuse. It is a nationwide problem.

Some children leave home because of a breakdown of family communication. This may involve disagreements between parents and teens on issues such as curfews, drug use, friends and school performance. Divorce/remarriage can cause children to leave home. Abductions take place by parents in divorces. Children are lured by acquaintances or people they do not regard as strangers. These acquaintances may have contacted them through youth groups, sports, recreational organizations, or the Internet.

**Texas Runaway Hotline**
1-888-580-HELP (1-888-580-4357)

**Texas Youth (and Parents) Hotline**
1-800-210-2278

**Texas Suicide Prevention**
Please call 1-800-273-TALK (8255)

to find more help, search for Programs in Your County or call 2-1-1
Why is it important to take fire drills, lock-downs and other emergency drills seriously at school?
The effects of separation and divorce vary depending on the family situation and the ages of the children involved. To deal with the separation or divorce, children always should be told the truth about what is happening and what can be expected. Children often feel that the separation or divorce is their fault and that they could have done something to prevent it.

What can parents do to make separation and divorce easier for children?

How can remarriage affect children?
Some families have family member’s which require special needs. Would this be considered a crisis in a family? Why or why not?

Investigations are conducted in the following settings:

- State supported living centers
- State hospitals
- State centers
- Community centers
- Local authorities serving individuals with mental health or intellectual and developmental disabilities
- Intermediate Care Facilities for Individuals with an Intellectual Disability or Related Conditions (ICFs/IDD), formerly known as ICF-MR
- Home and Community-based waiver providers (HCS)
- Texas Home Living waiver providers (TxHmL)
Ask students if they were aware that Texas has a Family Code as one of its statutes in the State Constitution.

Discuss with students that parents have a right and a duty to provide for their children. Does this also include protecting children from a crisis situation?

Refer to handout Texas Family Code (see All Lesson Attachments tab) for more information.
Coping with a crisis:
• Recognize the existence of a crisis
• Seek alternative solutions
• Look to each other for support
• Resume efforts to achieve personal and family goals

The following are resources available during a crisis:

• Community efforts
• Educational opportunities
• Legal system protections
• Personal commitments
• Professional responsibilities
• Community resources including shelters, hotlines, intervention or support groups

Additional information on this publication can be found at: http://www.childwelfare.gov/pubs/usermanuals/educator/educator.pdf

Child Protective Services Division of Texas is another organization available to assist families in crisis. The Child Protective Services Division investigates reports of abuse and neglect of children.
It also aids in the following:
• Placing children in adoptive homes
• Placing children in foster care
• Providing services to children and families in their own homes
• Providing services to help youth in foster care make the transition to adulthood

For additional information and legal definitions of abuse and neglect, visit: http://www.dfps.state.tx.us/Child_Protection/About_Child_Protective_Services/

American Red Cross
Plan and prepare information.
http://www.redcross.org/prepare
Questions?
References and Resources

Images:
Microsoft Clip Art: Used with permission from Microsoft.

Textbooks:

Websites:
American Red Cross
Plan and prepare information.  
http://www.redcross.org/prepare

Centers for Disease Control and Prevention
Facts Sheets – Underage Drinking
http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm
References and Resources

Websites:
- Child Protective Services Division of Texas: http://www.dfps.state.tx.us/Child_Protection/About_Child_Protective_Services
- Mothers Against Drunk Driving (MADD): http://www.madd.org/
- Suicide Hotlines: http://suicidehotlines.com/texas.html

More information on abuse and neglect can be found at:

15 Common Defensive Mechanisms:

Defense mechanisms are one way of dealing with difficult and distressing situations. They can help us to distance ourselves from a full awareness of unpleasant thoughts, feelings, and behaviors. For more information on the subject, please visit:


YouTube™:

Check out this PSA play in movie theaters in California and Texas...

http://www.youtube.com/watch?v=V2Kv-7DB7NA

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