Family Crisis Management Notes (Teacher Key)

Identify, describe and evaluate strategies to response to different types of family crises.

- Every family will experience a crisis at one time or another. Knowing there are people to provide support gives you a sense of control. Don’t be afraid to ask for help. The first source of help during a crisis is usually a family member. Friends are another possibility.

- If a family member has a mental illness, it is just that, an illness. It must be treated with professional help.

- With appropriate help, counseling and medication, a person can gain control of the illness.

- For Child Abuse, support and education programs are helpful, parenting education programs for adolescents, regular child and family screening to detect problems that might have led to abuse.

- Most communities have professionals with skills to offer. There are also clinics, health care centers to treat physical, mental or emotional problems. There are also hotlines which are available 24/7. They are usually staffed with trained volunteers. A shelter can provide a safe haven to someone that has been a victim of abuse. Shelters will provide protection from the abuser.

Use of the key steps to intervention

- Reaction to a crisis Stage 1: Impact, Stage 2: Withdrawal and confusion, Stage 3: Focus and Stage 4: Adaptation

What are some crises you have experienced in your life?