

Skills for Living

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Topic 5-3

Handling Family Crisis

- In this topic, you will learn about the challenge of handling family crisis, as well as
 - ❖ **What is a crisis?**
 - ❖ **Skills for coping with crises**
 - ❖ **Type of crises**

Handling Family Crisis

Objectives for Topic 5-3

After studying this topic, you will be able to

- describe the types of events that can lead to a crisis
- describe skills and resources for handling family crises
- summarize the effects of various types of crises on families

Topic 5-3 Terms

- ❖ crisis
- ❖ support system
- ❖ physical neglect
- ❖ emotional neglect
- ❖ physical abuse
- ❖ emotional abuse
- ❖ sexual abuse
- ❖ substance abuse
- ❖ addiction
- ❖ drug abuse
- ❖ alcoholism
- ❖ alcoholic
- ❖ enabler
- ❖ support group

What Is a Crisis?

- A *crisis* is an event or experience that greatly influences people's lives and causes them to make difficult changes in their lifestyles



Characteristics of Crises

- Devastating
- Stressful
- Requires major adjustments
- Occurs suddenly or unexpectedly
- Affects the entire family system

Skills for Coping with Crisis

- Plan how to handle a crisis beforehand
- Have clearly defined family roles
- Maintain family unity
- Build on previous successes

Skills for Coping with a Crisis

- Maintain feelings of affection
- Place family needs before personal needs
- Find ways to get help with family responsibilities
- Seek help for problems
 - ❖ A *support system* is a network of people and organizations family members can turn to during a crisis

Brainstorm

- One likely crisis a family might face is temporary unemployment
- Provide some ideas about how to handle this type of crisis before it happens



Types of Crises

- Unemployment
- Family violence
- Substance abuse
- Serious illness or accidents
- Death

Unemployment

- Finances are strained
- Family cooperation and support is essential



Family Violence

- *Physical neglect* is failure to provide proper food, clothing, shelter, medical care, and parental supervision to meet family needs
- *Emotional neglect* is failure to provide loving care and attention to family members
- *Physical abuse* is the physical injury of one person by another

Family Violence

- *Emotional abuse* is a form of abuse in which one person purposely hurts another's self-concept through constant yelling, teasing, or insulting
- *Sexual abuse* is a form of abuse in which one person forces another to engage in sexual activities

Substance Abuse

- *Substance abuse* is the use of illegal drugs or misuse of legal drugs
- *Addiction* is a dependence of the body on a continuing supply of a drug
- *Drug abuse* is the use of drugs for a purpose other than that intended
- *Alcoholism* is an addiction to alcohol
- An *alcoholic* is a person who suffers from the disease of alcoholism

Substance Abuse

- An *enabler* is someone who unknowingly acts in ways that contribute to an addict's drug use
- A *support group* is a group of people who share a similar problem or concern
 - ❖ Alcoholics Anonymous
 - ❖ Narcotics Anonymous
 - ❖ Al-Anon
 - ❖ Alateen
 - ❖ Nar-Anon

Serious Illness or Accidents

- Emotions on family members is stressful
- Physical care of the patient takes a toll
- High costs of medical care drain finances



Death

- Death is a crisis all families face
- Sadness, anger, and guilt are emotions expressed when a loved one dies
- Family members must support each other to work through grief and accept the loss

Summary for Topic 5-3

- Crises are the most difficult challenges families face
- The key to surviving a crisis is to learn coping skills
- Crises such as family violence, substance abuse, and death are some of the most devastating crises