

Counseling and Mental Health

Content Area: HSE

Grade Level: HS

POS: 6

HSE.HS.6.1	
Compare and contrast different areas of counseling.	
<i>HSE.HS.6.1.a</i>	Describe mental health, guidance, marriage and family, addiction, and educational counseling as resources for families.
<i>HSE.HS.6.1.b</i>	Describe the role of the counselor in the fields of mental health, guidance, marriage and family, addiction, and educational counseling.

HSE.HS.6.2	
Compare and contrast communication techniques.	
<i>HSE.HS.6.2.a</i>	Demonstrate active listening, open questions, paraphrasing, summarizing and reflecting as it would apply in the family setting.
<i>HSE.HS.6.2.b</i>	Demonstrate active listening, open questions, paraphrasing, summarizing and reflecting as it would apply in the counseling role.

HSE.HS.6.3	
Compare and contrast intervention techniques.	
<i>HSE.HS.6.3.a</i>	Analyze various intervention models.
<i>HSE.HS.6.3.b</i>	Understand the transtheoretical model.
<i>HSE.HS.6.3.c</i>	Define trauma informed counseling.

HSE.HS.6.4	
Describe the characteristics, stages and resolution process of a family crisis.	
<i>HSE.HS.6.4.a</i>	Identify local support systems available for families.
<i>HSE.HS.6.4.b</i>	Summarize the 4-6 stages of a crisis in the context of the family.

HSE.HS.6.5	
Analyze the role of stress in personal life.	
<i>HSE.HS.6.5.a</i>	Demonstrate techniques for managing stress.
<i>HSE.HS.6.5.b</i>	Describe methods to identify stress in children.
<i>HSE.HS.6.5.c</i>	Compare and contrast financial, physical, social, emotional , cultural and spiritual issues and how they may increase stress in families.
<i>HSE.HS.6.5.d</i>	Compare and contrast financial, physical, social, emotional , cultural and spiritual issues and how they may increase stress for clients across the lifespan.

HSE.HS.6.6	
Explain the process of grieving.	
<i>HSE.HS.6.6.a</i>	Evaluate family relationships in the grieving process.
<i>HSE.HS.6.6.b</i>	Identify the stages of grief.
<i>HSE.HS.6.6.c</i>	Identify resources for dealing with grief.

HSE.HS.6.7	
Describe common characteristics of victims.	

<i>HSE.HS.6.7.a</i>	Identify populations at higher risk for abuse.
<i>HSE.HS.6.7.b</i>	Analyze conditions that influence emotional health and development in the home.
<i>HSE.HS.6.7.c</i>	Identify types of abuse and their causes that are most likely to occur at each stage of the
<i>HSE.HS.6.7.d</i>	Summarize common reactions victims may have to abuse.
<i>HSE.HS.6.7.e</i>	Identify resources available for ending a cycle of victimization.
<i>HSE.HS.6.7.f</i>	Identify typical reactions of family members and associates when an individual is abused.

HSE.HS.6.8	
Describe types of services and resources to address conflict and abuse.	
<i>HSE.HS.6.8.a</i>	Explore/interact with community resources available for families and individuals.
<i>HSE.HS.6.8.b</i>	Evaluate effectiveness of online resources for victim support.
<i>HSE.HS.6.8.c</i>	Research state agencies involved in family crisis intervention.
<i>HSE.HS.6.8.d</i>	Explain the process of reporting abuse in Nebraska.
<i>HSE.HS.6.8.e</i>	Describe mandatory reporting laws and who are classified as a mandatory reporters in the state of Nebraska.

HSE.HS.6.9	
Describe the Safe Haven Law.	
<i>HSE.HS.6.9.a</i>	Explain the legal parameters and history of the Safe Haven Law in Nebraska.

HSE.HS.6.10	
Understand the client assessment process.	
<i>HSE.HS.6.10.a</i>	Analyze common mental health assessment tools and screens.
<i>HSE.HS.6.10.b</i>	Recognize signs and symptoms of depression in individuals in each stage of the life span.

HSE.HS.6.11	
Identify common mental health disorders.	
<i>HSE.HS.6.11.a</i>	Define mental health.
<i>HSE.HS.6.11.b</i>	Identify the role that environmental factors can play in mental health.
<i>HSE.HS.6.11.c</i>	Identify common risk factors for different mental disorders.

HSE.HS.6.12	
Investigate careers related to the mental health field.	
<i>HSE.HS.6.12.a</i>	Compare and contrast training and education requirements for various careers in the mental health field.
<i>HSE.HS.6.12.b</i>	Compare and contrast duties and responsibilities necessary in the mental health field.
<i>HSE.HS.6.12.c</i>	Identify trends in employment in the mental health field.
<i>HSE.HS.6.12.d</i>	Locate licensing agency information and review process and requirements for education and licensure in Nebraska.
<i>HSE.HS.6.12.e</i>	Review procedures and fees associated with professional licensing of mental health and social workers in the State of Nebraska.

HSE.HS.6.13	
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Attain Mental Health First Aid Certification.	
<i>HSE.HS.6.13.a</i>	Define Mental Health First Aid.
<i>HSE.HS.6.13.b</i>	Attain Mental Health First Aid Certification.

HSE.HS.6.14	
Understand scope of practice and the legal liability of practicing outside of your field.	
<i>HSE.HS.6.14.a</i>	Describe reasons for referral to another health care provider.
<i>HSE.HS.6.14.b</i>	Investigate how professionals function in various inter-disciplinary care teams.

HSE.HS.6.15	
Identify professional character qualities required of a mental health provider.	
<i>HSE.HS.6.15.a</i>	Explain the value of continuing education in the mental health care field.
<i>HSE.HS.6.15.b</i>	Analyze the importance of cultural literacy as it applies to mental health services.
<i>HSE.HS.6.15.c</i>	Assess personal characteristics necessary to excel at providing mental health services.
<i>HSE.HS.6.15.d</i>	Analyze the HIPAA law and penalties for violations by mental health professionals as it pertains to confidentiality.

Families in Crisis

Course Description

In this course students identify positive and negative impacts on families including stress, changes in the family life cycle, grief and loss, and mental health disorders. Students will compare and contrast counseling services needed to support families and the types of services available to address conflict and abuse.

Course Code:

090111

Endorsements to

Teach:

FACS

Programs of Study to which this Course applies

HSE.HS.6 Counseling and Mental Health

HSE.HS.6.1	
Compare and contrast different areas of counseling.	
<i>HSE.HS.6.1.a</i>	Describe mental health, guidance, marriage and family, addiction, and educational counseling as resources for families.
HSE.HS.6.2	
Compare and contrast communication techniques.	
<i>HSE.HS.6.2.a</i>	Demonstrate active listening, open questions, paraphrasing, summarizing and reflecting as it would apply in the family setting.
HSE.HS.6.4	
Describe the characteristics, stages and resolution process of a family crisis.	
<i>HSE.HS.6.4.a</i>	Identify local support systems available for families.
<i>HSE.HS.6.4.b</i>	Summarize the 4-6 stages of a crisis in the context of the family.
HSE.HS.6.5	
Analyze the role of stress in personal life.	
<i>HSE.HS.6.5.a</i>	Demonstrate techniques for managing stress.
<i>HSE.HS.6.5.b</i>	Describe methods to identify stress in children.
<i>HSE.HS.6.5.c</i>	Compare and contrast financial, physical, social, emotional, cultural and spiritual issues and how they may increase stress in families.
HSE.HS.6.6	
Explain the process of grieving.	
<i>HSE.HS.6.6.a</i>	Evaluate family relationships in the grieving process.
<i>HSE.HS.6.6.b</i>	Identify the stages of grief.
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HSE.HS.6.7	
Describe common characteristics of victims.	

<i>HSE.HS.6.7.a</i>	Identify populations at higher risk for abuse.
<i>HSE.HS.6.7.b</i>	Analyze conditions that influence emotional health and development in the home.
<i>HSE.HS.6.7.c</i>	Identify types of abuse and their causes that are most likely to occur at each stage of the family life cycle.
<i>HSE.HS.6.7.e</i>	Identify resources available for ending a cycle of victimization.
<i>HSE.HS.6.7.f</i>	Identify typical reactions of family members and associates when an individual is abused.

HSE.HS.6.8

Describe types of services and resources to address conflict and abuse.

<i>HSE.HS.6.8.a</i>	Explore community resources available for families and individuals.
<i>HSE.HS.6.8.c</i>	Research state agencies involved in family crisis intervention.
<i>HSE.HS.6.8.d</i>	Explain the process of reporting abuse in Nebraska.

HSE.HS.6.9

Describe the Safe Haven Law.

<i>HSE.HS.6.9.a</i>	Explain the legal parameters and history of the Safe Haven Law in Nebraska.
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HSE.HS.6.11

Identify common mental health disorders.

<i>HSE.HS.6.11.a</i>	Define mental health.
<i>HSE.HS.6.11.c</i>	Identify common risk factors for different mental disorders.

Careers in Mental Health

Course Description

Students will explore the career skills and educational requirements of the variety of careers available that relate to counseling and mental health. Students will examine mental health services and resources in depth and may obtain Mental Health First Aid certification.

Course Code:

090112

Endorsements to

Teach:

FACS

Programs of Study to which this Course applies

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Analyze the role of stress in personal life.	
<i>HSE.HS.6.5.a</i>	Demonstrate techniques for managing stress.
<i>HSE.HS.6.5.d</i>	Compare and contrast financial, physical, social, emotional , cultural and spiritual issues and how they may increase stress for clients across the lifespan.
HSE.HS.6.6	
Explain the process of grieving.	
<i>HSE.HS.6.6.b</i>	Identify the stages of grief.

HSE.HS.6.6.c	Identify resources for dealing with grief.
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HSE.HS.6.7	
Describe common characteristics of victims.	
HSE.HS.6.7.a	Identify populations at higher risk for abuse.
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HSE.HS.6.8	
Describe types of services and resources to address conflict and abuse.	
HSE.HS.6.8.a	Interact with community resources available for families and individuals.
HSE.HS.6.8.b	Evaluate effectiveness of online resources for victim support.
HSE.HS.6.8.c	Research state agencies involved in family crisis intervention.
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Knowledge and Skill Statements
KSS 1 Judge intervention techniques for helping others.
KSS 2 Identify crises characteristics, stages, and processes for resolutions common within support systems
KSS 3 Distinguish behaviors and/or characteristics of victims
KSS 4 Differentiate types of services to support individuals and families
KSS 5 Identify and understand client needs
KSS 6 Investigate/Evaluate business operations as they pertain to licensing and certifications
KSS 7 Analyze ethical behaviors essential for working within the helping professions