

## 1. Crystal

Sees people and animals for the past 6 years(beginning age 8), most are her friends

Draws pictures of them

Some are sinister, scare her

Ex. rat with long teeth

May relate to angry, jealous feelings, get between relationships

Scary characters appearing more often → suicidal

Tell crystal to do things, thinks she has to obey them

Ex. wanted to eat, rat will get mad and hurt her if she does

Ex. Rats tell her to kill her adoptive father

Refuses to eat, appears preoccupied (looking at the characters)

Some characters are the ages of something significant happening in her life

Ex. "7" is age 4, same age as crystals adoption

Adoptive family visits her daily

Good relationship with staff

## 2. Crystal

**Problem 1:** Hallucinations

**Problem 2:** Suicidal thoughts

**Goal 1:** determine cause for hallucinations/different characters

**Nursing Intervention 1:** Learn about the characters and their demographics; ex. "7" is age 4, same age Crystal was when she was adopted

**Evaluation:** Amount of information gathered willingly from Crystal

**Nursing Intervention 2:** Help patient understand they are hallucinations, not real people and animals

**Evaluation:** Observe patient's ability to move past wanting staff to see the hallucination with her. Ability to tell what she sees without wanting to show you.

**Goal 2:** Increase self-esteem

**Nursing Intervention 1:** Therapeutic communication-- work through feelings of abandonment stemming from young adoption

**Evaluation:** Lack of new characters, understanding of why some characters are the way they are

**Nursing Intervention 2:** Assist in positive thinking strategies such as thought-stopping

**Evaluation:** Observe patient's self-confidence and ability to speak positively about herself

**Support Groups:** trauma support, depression

### **3. Changes in Beth**

Participating in meals with the Rainbow program, doesn't eat much but is consuming more than she was→ knows as she eats more they will keep giving her more

Developed way of punishing herself for eating→ self-harm (cutting)

Moved from Anorexia Nervosa classification to Underweight classification

### **4. New problems for Beth**

**Problem 1:** Self-Harm

**Problem 2:** Calorie obsession

### **5. Beth**

**Goal 1:** Express feelings about why she wants to harm herself

**Nursing Intervention 1:** Help patient determine desire for pain

**Evaluation:** Patient's ability to determine why she feels the need to be in pain, either as hunger pains or through self-harm

**Nursing Intervention 2:** Aid patient in expressing feelings externally

**Evaluation:** Patient's ability to speak to staff/family about her feelings rather than restricting negative thoughts to notebooks

**Goal 2:** Focus change from calorie intake/weight

**Nursing Intervention 1:** Assist patient in finding foods she likes the taste of to take thoughts away from calories

**Evaluation:** Patient's ability to focus on taste rather than amount

**Nursing Intervention 2:** Help patient find healthy expressions of stress/anxiety

**Evaluation:** Patient's ability to relieve anxiety without focusing on losing weight. Ability to exercise small amounts as stress relief without the goal of burning calories

## 5. Self Harm

Cutting (Gill): hasn't seen or spoken to mother in 6 months

Cutting (Beth): punishment for eating, feels as if calories leave her body with her blood

Scratching (Crystal): harm for eating because rats are mad at her

### Reference

*Don't Call Me Crazy Episode 2.* (2017). Retrieved from <https://youtu.be/0KKsnaph6RI>

N323 19-2

Movie Critique

Don't Call Me Crazy: Episode 2- Crystal and Beth

Objective: The goal of the activity is to observe the clients/peers and clients/staff interactions and relationships while on the Psychiatric Unit and how mental illness impacts their lives.

Write a two-three (2-3) page analysis discussing the following questions about this documentary.

1. Describe the Crystal: \_\_\_\_\_ (5 points)
  - a. Ex. Background, why they were hospitalized, physical appearance, beliefs about mental illness, relationship with peers/family/staff
2. Identify two (2) priority client problems for Crystal. \_\_\_\_\_ (2 points)
  - a. Name two (2) short term goals for Crystal. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions? \_\_\_\_\_ (2 points)
  - b. What support groups are available for Crystal? \_\_\_\_\_ (1 points)
3. How has Beth changed from the first episode to the second episode? \_\_\_\_\_ (2 points)
4. Identify two (2) priority client problems for Beth at this point in her treatment.  
\_\_\_\_\_  
(2 points)
  - a. Name two (2) different short-term goals for Beth. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?  
\_\_\_\_\_  
(2 points)
5. Discuss the self-harm seen in this documentary. \_\_\_\_\_ (2 points)

Grammar, Punctuation, and APA \_\_\_\_\_ (2 points)

Total \_\_\_\_\_/

20 points

Honor Code: "I have neither given nor received, nor will I tolerate others' use of unauthorized aid".

Signature \_\_\_\_\_ Molly J Streff \_\_\_\_\_ Date: \_\_\_\_\_ 18 January 2020 \_\_\_\_\_

Instructor Comments: