

Episode 2

- 1) Chrystal has shoulder length reddish-brown hair and she is fourteen years old. She was adopted, and has a history of physical abuse from her real parents. Chrystal was admitted for hallucinations, as she says she sees/hears people and animals. Some of these animals and people she sees become her best friend, and others frighten her. For example, one of the people she sees looks like her biological father and tells her to kill her adoptive father. In the episode she says that she doesn't want her best friends to disappear. Chrystal experiences this every day of her life. She is very close to her adoptive family and they visit her frequently throughout the episode.
- 2) Two problems that Chrystal has would be that she believes that she has to obey the things these hallucinations are saying, and that she sometimes does not eat.
 - c) Two goals for Chrystal is to ignore the negativity coming from these voices and also to maintain a regular diet. I would encourage her to attend therapy and I would monitor her eating habits.
 - d) Support groups for Chrystal would be SAMHSA's national helpline, Northallerton Rethink Mental Illness Carers Group, Accrington Burnley and Pendle Group, Rethink Carers Lancashire, Harrogate Support Group, etc.
- 3) Beth hasn't changed much from the first episode. She has found ways to hide her food as a way of making the facility staff think she is eating most of her meal. She crumbles the food in her hand and places in it her pockets to dispose of them later. She said she was giving them what they want while she was getting what she wanted.
- 4) Two problems for Beth at this point is that she still is in denial that her health is at risk and that she is faking her way through this without actually improving.
 - c) Goals for Beth would be to be honest with how much she is really eating, and to at least attempt to eat as much as she can. I would evaluate every meal and possibly include someone to join her during meals to assess how much she is eating and how much she has been hiding.
- 5) The self harm displayed in this episode is very common, unfortunately. Cutting wrists is a form of relief for people who feel guilty or that they should be punished. Both Chrystal and Beth used this form of punishment on themselves during this episode, and it was heartbreaking to see how many cuts were on each of their arms. Beth would cut herself after meals as a form of punishment, and Chrystal's voices told her to cut herself so she obeyed.

References:

Campbell, Dennis. (2019, Jun. 4). *One in five young women have self-harmed, study reveals* <https://www.theguardian.com/society/2019/jun/04/one-in-five-young-women-have-self-harmed-study-reveals>