

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
 - b. Crystal is a 14-year-old female who hallucinates, seeing imaginary people and animals. She says most of them are her friends. However, some are sinister or scary, and they frighten her. These hallucinations have been with Crystal for approximately 6 years. The characters tell Crystal to do harmful things, and this has caused Crystal to become suicidal, which is why she has been admitted. They are also telling her to not eat. She was adopted 11 years ago. Her adopted family is very loving and caring.
2. Identify two (2) priority client problems for Crystal. _____ **(2 points)**
 - a. Her hallucinations are convincing her to harm herself and commit suicide. Crystal's hallucinations are now convincing her to kill her father.
 - b. Her hallucinations (the rat) telling her to not eat.
- 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)**
1. For Crystal to practice self-love techniques
 1. For Crystal to reduce situations that make her feel isolated and unworthy. When she feels these negative emotions, i.e. scared or worthless, for her to reach out to a staff member or family member and to be physically near to another person. To evaluate effectiveness, asking Crystal to reflect on her day and determine whether she stayed isolated when she felt negative emotions, or if she reached out to another individual around her.
 2. For Crystal to state in the mirror daily three things that are optimistic. For example, what went well for her that day or things that she likes about herself. To evaluate effectiveness,

- having Crystal document the three things that she feels positively about herself and to also write what emotions are produced from identifying these things.
2. For Crystal to work on surrounding herself with other people, instead of her hallucinations
 1. For Crystal to have interaction with another person during the course of a day. To evaluate effectiveness, observing Crystal interact with another individual.
 2. For someone to accompany and eat with Crystal at mealtime, so she may associate mealtime with companionship and positive feelings. To evaluate effectiveness, determining whether a friend is present with her and how she feels when eating with another person.
 - b. What support groups are available for Crystal? _____ **(1 points)**
 - a. Crystal's family, the senior staff in the unit, her psychiatrist, and the art therapist are all her support groups.
 3. How has Beth changed from the first episode to the second episode? _____ **(2 points)**
 - a. She has increased her eating a small amount. Since she has been placed on the section, she has been eating more at mealtimes. However, her increased eating has made her develop an alternative coping mechanism, where she cuts herself.
 4. Identify two (2) priority client problems for Beth at this point in her treatment. _____ **(2 points)**
 1. Beth is still refusing to eat. However, she has made improvements since she has been sectioned.
 2. Beth is now cutting herself. She started cutting herself as a coping mechanism to her increased eating at mealtimes.
 - 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)**
 1. For Beth to eliminate cutting herself.
 - a. To monitor Beth's room on a daily basis and make sure she does not have any weapon or sharp object to be able to cut herself with. To evaluate effectiveness, searching her room thoroughly on a daily basis and removing any items that may be hidden.
 - b. To have Beth reach out to a friend on the unit when she has an urge to self-harm herself. If no friend is available, having her write her feelings in a journal to prevent self-harm. To evaluate effectiveness, determining whether Beth initiated contact with another person or wrote down her feelings in a journal rather than carry out the act of cutting herself.
 2. For Beth to practice loving kindness towards herself.

- a. To have Beth join in a positive activity with another person in hopes to increase self-esteem. Having them tell one another what they like about each other, and then for the individual to state what they like about themselves. To evaluate effectiveness, having Beth identify the way she feels about the activity.
 - b. Educate Beth on the harmful effects of negative self-talk. Presenting Beth with examples of negative self-talk vs positive self-talk and the emotions that are felt from both. To evaluate effectiveness, Beth will explain the different emotions that she feels from negative self-talk vs positive self-talk.
5. Discuss the self-harm seen in this documentary. _____ (2 points)
- a. The self-harm that was displayed in this documentary episode was cutting the forearms with a sharp object.
- Grammar, Punctuation, and APA _____ (2 points)

Reference

Trace Medhurst. (2017, November 15). *Don't Call Me Crazy* [Video file]. Retrieved from <https://www.youtube.com/watch?v=13JlagCXr-I&feature=youtu.be>

Total _____/20 points

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

Signature _____ Marianne R. Florido _____ Date: _19 January 2020_____

Instructor Comments: