

N323 19-2

Movie Critique

Don't Call Me Crazy: Episode 3- George, Matty 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 main characters: George and Matty _____ (5 points)
 - a. Ex. Background, why they were hospitalized, physical appearance, beliefs about mental illness, relationship with peers/family/staff
 - b. George is a 16-year-old male who plays rugby. He has attempted suicide twice and for this reason along with depression is why he has been admitted to the unit. He has some anger issues and explains that the anger takes over his body and he cannot control it. He is very close with his Rugby team and his father.
 - c. Matty is a 17-year-old male. He suffers from severe depression and psychosis. He told that staff he has been experiencing these negative feelings for about a year. He experiences constant suicidal thoughts. He has voices in his head telling him to kill himself. For example, thoughts encouraging him to hang himself or stab himself. He was admitted because he was posting suicidal thoughts online and that he wanted to end his life, so the lecturer brought him in. While at the unit, he starts to become violent from these repetitive thoughts, and punches holes in the walls.
2. Identify two (2) priority client problems for George. _____ (2 points)
 1. George has anger issues and becomes destructive and punches the walls in the unit.
 2. While George is at the unit, the voice inside his head and his psychosis becomes worse. He starts to hear voices and see things.
 - a. Name two (2) short term goals for George. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?
_____ (2 points)
 1. To reduce or eliminate his self-harm activity
 - a. For George to participate in group-based therapy to help him become more aware of his emotions. To evaluate effectiveness, assessing George's willingness to participate in the activity.
 - b. For George to replace his self-harm activity with an alternative therapy. For example, playing guitar or asking a

friend to go for a walk or play a game with one another. To evaluate effectiveness, determining whether George successfully completes an alternate activity rather than initiate self-harm.

2. To participate in a counseling group
 - a. For George to focus on communicating strategies to limit his angry outbursts. To evaluate effectiveness, determining whether George can complete the activities for improved communication.
 - b. For George to focus on self-esteem building to feel more positively about himself. To evaluate effectiveness, having George express his thoughts fully on the self-esteem activities.
- b. What support groups are available for George? _____ **(1 points)**
 - a. His father is a great support to George. He drives to see George once a week to spend time with him. Also, his school and Rugby team shows support to him and sent him a card while he's away at the unit. In addition, his weekly sessions with his psychiatrist are all supportive to him.
3. Identify two (2) priority client problems for Matty. _____ **(2 points)**
 1. Matty has become violent to his environment. He lashes out by punching the walls, hitting his head against the wall, and smacking his head with his hands. He also throws a chair at the wall.
 2. Matty begins to self-harm.
 - a. Name two (2) short term goals for Matty. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions? _____ **(2 points)**
 1. To counter negative thoughts with positive thoughts.
 - a. For Matty to write down counter thoughts to his negative messages. For every negative message he has written down, to write down a positive, counter thought next to it. To evaluate effectiveness, determining how Matty feels after he completes the activity.
 - b. To engage in an activity with another group member in stating positive feelings they have about one another. To evaluate effectiveness, whether or not Matty can give and accept the exchange of compliments.
 2. For Matty to attend group therapy sessions regularly.
 - a. For Matty to voice out loud positive aspects in his life. To evaluate effectiveness, determining whether Matty completes the activity.
 - b. Identifying the people in Matty's life who are of importance to him on a daily basis. To evaluate effectiveness, whether Matty can state the people in his life who bring meaning to him.
- b. What support groups are available for Matty? _____ **(1 points)**

- a. Art therapy, regular sessions with his psychiatrist, and his support group with the occupational therapist are all supporting him for his recovery. He also finds comfort in friends at the unit.
- 4. Discuss the changes seen in Beth during this episode. _____ **(1 points)**
 - a. Beth's condition has improved. She is eating more at mealtimes and is self-harming less. She understands she needs to comply with her treatment so she may be discharged. With marked improvement, she is able to return back to her dancing. She was very moved by her experience and struggles, that she is in the process of writing a book to bring awareness to mental health issues.
- 5. Discuss the design and safety features on the unit. _____ **(2 points)**
 - a. Staff make sure to survey the unit for any self-harm devices. They are well trained in searching for where the patients tend to hide things. The unit is well-staffed, with a senior support member who stays up throughout the night and checks on the adolescents every 15 minutes. The unit is also well surveyed and on high security at all times.

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:

