

Movie critique Ep. 2

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Crystal is a 14-year-old girl who appears distressed and easily distracted. She was admitted to the psychiatric unit for seeing people and objects that are not really there. She can be restless, anxious, and scared. She came from an abusive household and was adopted by her current parents as a result. Many of the characters she sees could be a way she copes with the traumas she has faced early in her life. Some of the characters she sees are good and she considers them to be her best friends. Some are very sinister and frighten her and her adopted parents. She has a good relationship with her adopted parents and her adopted brother. She also gets along well with the staff. She has also developed a friendship with Gill, a girl close to her age in the ward. Two problems for Crystal include cutting herself to harm herself. She also has violent thoughts telling her to kill her adopted dad. Two short term goals for Crystal could include limiting or stopping her self-harm and learning to control her thoughts. Interventions for limiting her self-harm could include developing alternative coping mechanisms that don't involve self-harm along with assessing her self-worth (Swearingen & D, 2019). Two interventions to help control her thoughts could be teaching thought-stopping techniques with the promotion of positive reframing and another could be for her to explore her strengths and make a list when her negative thoughts return. (Swearingen & D, 2019). To see if these interventions have been successful, one could observe her activity to see if she still sees and hears bad characters telling her to do bad things.

Beth's status has declined since the first episode and now has been sectioned a mental health act. This means staff can force feed her and make her do things to help get her better. Since being sectioned, she has begun to eat a little more so she can start to reach her target weight. As a result to being sectioned, she feels guilty and is doing more self-harm. She cuts herself to release "the bad". Some short-term goals for Beth could include complying with her

section requirements to have the section lifted and feeling less guilty to reduce self-harm. Some interventions to help with these goals could include requesting a change in her anti-depression medications, weighing her daily to see progress toward target weight, encourage and listen to the patient about the reasons why she wants to harm herself, educate the patient on 3 techniques on developing coping skills to help the patient handle stressful situations (Sweringen & D, 2019). To see if these interventions have been successful, one could monitor weight gain progress and assess any new harm the patient has done to herself.

The self-harm seen in this episode was mostly cutting and scratching of the arms. The girls in the video said it made them feel better. They felt it released some of the bad within them.

References:

Swearingen, P. L., & D, J. (2019). *All-in-one nursing care planning resource: medical-surgical, pediatric, maternity, and psychiatric-mental health*. Elsevier.

(2013). Don't Call Me Crazy Ep 2 - The Best Documentary Ever. In *YouTube*.

<https://www.youtube.com/watch?v=0KKsnaph6RI>

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)**
 - b. 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)**
 - c. 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)**
 - d. 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)**
 - c. 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)**

DON'T CALL ME CRAZY 5

Total _____/20

points

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

Signature:

A handwritten signature in black ink that reads "TP Davis". The letters are cursive and slanted to the right.

Date: 1/21/2020

Instructor Comments:

Footnotes

¹[Add footnotes, if any, on their own page following references. For APA formatting requirements, it's easy to just type your own footnote references and notes. To format a footnote reference, select the number and then, on the Home tab, in the Styles gallery, click Footnote Reference. The body of a footnote, such as this example, uses the Normal text style. *(Note: If you delete this sample footnote, don't forget to delete its in-text reference as well. That's at the end of the sample Heading 2 paragraph on the first page of body content in this template.)*]

Tables

Table 1
[Table Title]

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Note: [Place all tables for your paper in a tables section, following references (and, if applicable, footnotes). Start a new page for each table, include a table number and table title for each, as shown on this page. All explanatory text appears in a table note that follows the table, such as this one. Use the Table/Figure style, available on the Home tab, in the Styles gallery, to get the spacing between table and note. Tables in APA format can use single or 1.5 line spacing. Include a heading for every row and column, even if the content seems obvious. A default table style has been setup for this template that fits APA guidelines. To insert a table, on the Insert tab, click Table.]

Figures title:

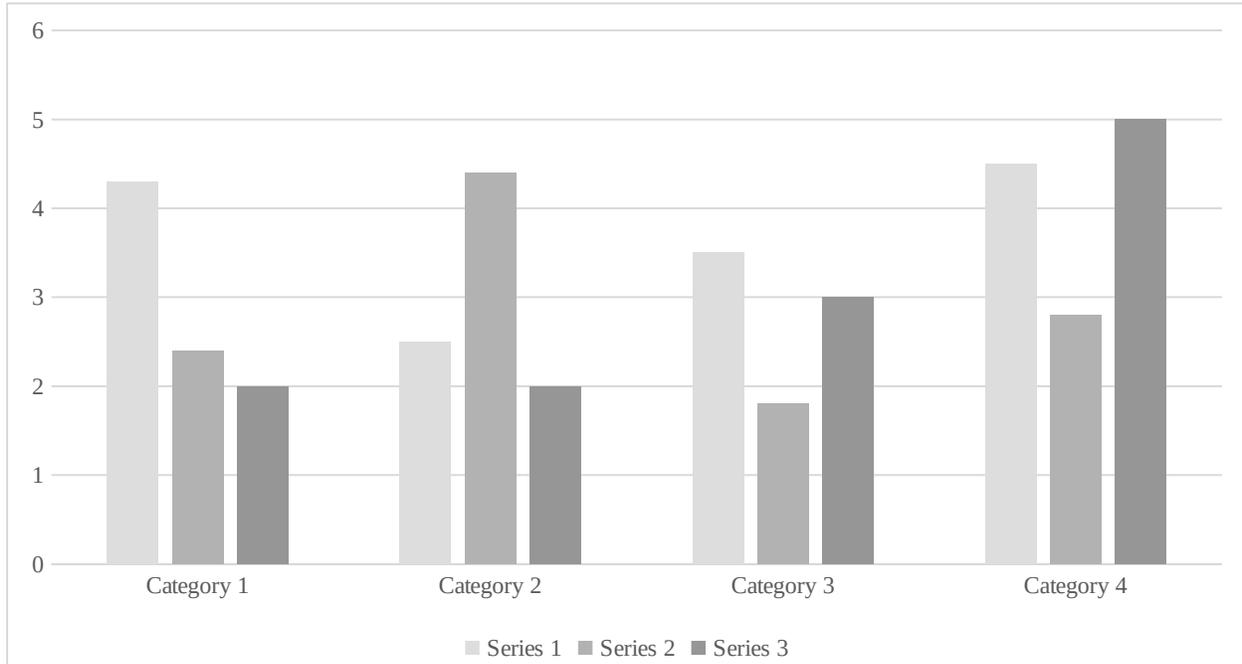


Figure 1. [Include all figures in their own section, following references (and footnotes and tables, if applicable). Include a numbered caption for each figure. Use the Table/Figure style for easy spacing between figure and caption.]

For more information about all elements of APA formatting, please consult the *APA Style Manual, 6th Edition*.