

N323 19-2  
Movie Critique

**Don't Call Me Crazy: Episode 1- Beth and Emma**

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.

1. What is the difference between a documentary and reality TV?

A documentary shows raw footage without holding information from the viewers, while teaching about a subject the producer(s) find interesting. A reality TV show is more for entertainment as well as creating an income for their show, and less about educational. Entertainment would make the viewers more interested in watching. **(1 point)**

2. Describe the main characters: Beth and Emma. **(5 points)**

- a. Ex. Background, why they were hospitalized, physical appearance, beliefs about mental illness, relationship with peers/family/staff

Beth is a 16-year-old female of a average build with appears to have proper hygiene, who has an eating disorder, depression, and is suicidal. She believes herself to be fat as she describes in episode one, "When I look at this picture all I see is the fat in my arms." She then continues to explain that she likes to look of the collar and hip bones protruding from the body. She then explains that one day she was sick and she did not know why she made herself sick, but did anyways, was offered chocolate when a voice in her head said, "No, you can't have this." Beth has made friends in the unit with a girl named Kirby and while socializing when a small friend group she tends to fidget with objects in her hand such as headphones. She consistently refuses to eat and had visible anxiety when confronted by the staff when asked to eat or drink all while maintaining a positive attitude outside of these situations. She understands the stigma placed on the title of mental health and the negative effects that come with it. Beth was friendly towards the staff until confronted or pushed about her dietary habits. She did not take into consideration as to how the workers were feeling due to her anxiety. Beth is also extremely emotional which is seen more in episodes 2 and 3.

Emma is a 15-year-old female of a small build with short hair wearing mostly grey and black. She maintains proper hygiene and is friendly with peers. She has been diagnosed with Obsessive-compulsive disorder (OCD) which has caused her depression and anxiety. She states, "I had to give up drama school that I loved because I would have panic attacks and it's just the constant images and hearing the constant voice telling you do that and do this." She explained that the voices have told her to hurt herself. Upon observation Emma seems to fear the voices that she hears as her pitch in voice increases and speaking hastily. She appreciates her family and cares

for them. She states when she gets to leave for a day that she did not want to see her friends. When Emma does engage in conversation she seems to be fully invested in the conversation and to enjoy the company of her peers inside the unit. She understands the stigma placed on the title of mental health and the negative effects that she herself attempted to explain during this episode. Emma blended with peers and family members. She also treated all staff with respect.

3. Identify two (2) priority client problems for Beth.

**Suicidal and malnutrition. (2 points)**

- a. Name two (2) short term goals for Beth. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?

A short-term goal for Beth would be to follow a strict diet. She stated she went 133 hours without eating at one point while on the unit. One intervention would be to assess Beth's dietary knowledge of a nutritious diet and need for supplements. The rainbow plan is a dietary meal supplement that replaces a meal with a high caloric drink for those who can or will not eat. Another intervention that the nurses considered were making the environment safe for Beth because of her suicidal tendencies they did random room searches to remove potential threats to the patient. This intervention may be viewed as both effective and ineffective because if someone wanted to truly commit suicide, they would attempt with anything that they could. **(2 points)**

- b. What support groups are available for Beth?

A group session run by an occupational therapist. Beth has family willing to come see her and take her for an at home day, but she was uncompliant on the unit which in turn unqualified her for the at home day. Beth does have a friend group on the unit. **(1 points)**

4. Identify two (2) priority client problems for Emma.

**Severe anxiety and isolation (2 points)**

- a. Name two (2) short term goals for Emma. Identify two (2) nursing interventions for each goal. How would you evaluate the effectiveness of the nursing interventions?

Managing Emma's anxiety is a short- and long-term goal. She was allowed home one day and came up with a method of using her OCD which usually causes her anxiety to calm her anxiety by counting to 7 with multiple parts of her bedtime routine. This is temporarily effective but may not always be effective for future events. At one point during the episode Emma had an anxiety attack and trashed her room. After, she wrapped shoelaces around her neck. The nurses then took all her laces and checked her room and removed any potential item that she could use to harm herself. As stated before this intervention is controversial. **(2 points)**

b. What support groups are available for Emma?

A group session run by an occupational therapist. Family is another support group allowed to Emma due to her compliance on the unit. Emma established a friend group on the unit between her peers. **(1 points)**

5. What surprised you most about the documentary?

Watching this documentary, I found it interesting that a person diagnosed with depression or anxiety can be seemingly normal and happy one minute, but within that hour they can become hostile/agitated to the point of threatening their life. There are many points throughout the episode where the girls were laughing and enjoying themselves with no care in the world. Another thing that surprised me about this episode was the lack of boys in the facility. **(2 points)**

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

**Total \_\_\_\_/20**

**points**

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

Signature: Rece Doggett \_\_\_\_\_ Date: \_\_01/25/2020\_\_\_\_\_

**Instructor Comments:**

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)**
  - b. Ex. Background, why they were hospitalized, physical appearance, beliefs about mental illness, relationship with peers/family/staff

Crystal is a 14-year-old female with dark hair, slim build who is a newly admitted patient who hallucinates and is suicidal. She has drawings of her hallucinations. There are good and bad characters involved. The bad characters are the ones telling her to hurt herself increasing her suicidal ideations. One of these as an example is anytime she eats she is told that it is bad, and she needs to punish herself. Crystal also states that her “rats” want her to kill her adopted father. Crystal appears to dress appropriate and a cognitive understanding that she sees things that others do not. She does not live with her biological parents which brings her distress especially since her older brother does live with them. Crystal’s adopted family is loving according to the narrator and cares for her. They visit as much as they can almost every day.

2. Identify two (2) priority client problems for Crystal. \_\_\_\_\_ **(2 points)**

Hallucinations (seeing things) and Suicidal/Homicidal

- 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?

**Administering medications to prevent the voices from talking to her and managing her suicidal and homicidal ideals. (2 points)**

- d. What support groups are available for Crystal?

Crystal has made friends with Jill who is one of the reoccurring patients in this facility. Her adopted family is one of her most loyal support groups. Mindfulness therapy is also a form of support that the patients have available to them.

3. How has Beth changed from the first episode to the second episode? **(2 points)**

Beth slowly is becoming more compliant and is eating a very small amount vs nothing like she was before. She is drinking the supplemental drink willingly, although it does take her a lot of convincing. The support of the staff helps Beth a lot while she is going through this change. She is becoming increasingly more dangerous to herself and more

depressed than she was in the first episode. She had wrote a note explaining that she needed to die and that she had tried many different ways that were unsuccessful.

4. Identify two (2) priority client problems for Beth at this point in her treatment.

Anxiety, Suicidal, and Hallucinations (hearing voices) (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?

Managing Beth anxiety should be a primary short-term goal. If she can control her anxiety, then it will be easier for her to fix her dietary habits. This intervention will take time to work, it is minimally effective. Maintaining medications to help Beth with her suicidal ideals is another primary short-term goal that is processed through every client in the facility with those problems. This intervention seems to not be working effectively. This is evident by Beth stating that she needed to die and she has tried multiple ways to do so, but she doesn't know how.

5. Discuss the self-harm seen in this documentary. \_\_\_\_\_ (2 points)

Beth was caught by her friend attempting to self-harm as a punishment for eating. She also states, "It feels more normal here like literally everyone has done it." With this statement she normalizes the idea of self-harm. The patients in the documentary seem to normalize self-destructive behavior.

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

**Total** \_\_\_\_\_/20

**points**

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

Signature: Rece Doggett \_\_\_\_\_ Date:  
\_\_01/25/2020\_\_\_\_\_

**Instructor Comments:**

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

Matty is a 17-year-old male with an average build and dark hair. He suffers from severe depression and experiences psychotic episode hearing voices in his head telling him to harm himself. His voices tell him someone will kill him on his 18<sup>th</sup> birthday. The voices started 3 to 4 years ago, but he is unsure exactly when it started. Matty knows that the voices he hears is not normal. He has self-harmed multiple times since he has been admitted on the unit. Matty holds his emotions in until he has an outburst.

George is 16-year-old male with an athletic build and short dark hair. He has severe depression. His relationship with his friends at school and rugby team is strong and healthy. There is a lot of support that come from his team and his family. His father visits him once per week at the facility. George is competitive in his sports and wants to become a professional rugby player. George states he can't really think for himself because the voices will not let him.

2. Identify two (2) priority client problems for George. \_\_\_\_\_ (2 points)

**Suicidal and Hallucinations (hearing voices)**

- 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)

- b. What support groups are available for George? \_\_\_\_\_ (1 points)

**George has the support of his rugby team and the rest of his school. His father, Mark, visits him once a week at the facility.**

3. Identify two (2) priority client problems for Matty. \_\_\_\_\_ (2 points)

**Suicidal and Hallucinations (hearing voices)**

- 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)

**Medication management to help hallucinations and suicidal ideals. This intervention becomes more effective as time goes on. Keeping Matty in therapy has helped him open up to other people and keep him from holding his emotions in. This has given him more control over his emotions and the voices in his head. This is an intervention that seems to be the most effective.**

- b. What support groups are available for Matty? \_\_\_\_\_ (1 points)

**Matty has the support of his friends on the unit. He also has a group led by an occupational therapist as mentioned in previous videos. Other than that he feels there is no one there for him as he expresses in the beginning of the therapy session. Towards the end he had a few names available. Matty does have the support of his best friend Ryan.**

4. Discuss the changes seem in Beth during this episode. \_\_\_\_\_ (1 points)

**Beth has become more compliant with her plan of care. She is now willing to let the staff weight her and even allowed the camera crew to follow her back to be weighed. She is also eating full meals with the help of her peers and the staff. Halfway through the episode she has a breakdown and feels that she is not getting help from the staff. By the end of the episode she can eat on her own.**

5. Discuss the design and safety features on the unit. \_\_\_\_\_ (2 points)

Boys and girls are separated at night to avoid any unsupervised contact. Intimate relationships are strictly forbidden. In the unit getting from one section to another you need a key to gain access. There is a fence completely enclosing the property.

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

**Total \_\_\_\_/20**

**points**

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

Signature: Rece Doggett\_\_\_\_\_ Date: \_\_\_\_\_01/25/2020\_\_\_\_\_