

Whats eating gilbert grape



**ASSIGN
BUSTER**

Chapter 25 Mental Health Promotion With Children and Adolescents

CHAPTER OVERVIEW Chapter 25 provides a framework for promoting the mental health of children and adolescents. It explores the ways that young people cope with common life stressors, identifies risk factors for psychopathology and provides intervention approaches for mental health promotion and risk reduction. KEY TERMS Attachment Bibliotherapy Child abuse and neglect Developmental delay Early intervention programs Family preservation Fetal alcohol syndrome Formal operations Normalization Protective factor Psychoeducational programs Risk factor Social skills training KEY CONCEPTS Grief in childhood Invincibility fable SUGGESTED LEARNING STRATEGIES Teaching Challenge: Many of the students will have experienced the childhood problems that are explored in this chapter.

Encouraging discussion of students' experiences may be useful in helping them understand the impact of these problems, but it also may open psychological wounds that have healed. Tread lightly when facilitating student self-disclosure. CLASSROOM STRATEGIES 1. Remind students that many of these theories can also be found in Chapter 6, Theoretic Basis of Psychiatric Nursing. 2. Assign Critical Thinking Challenge Questions and Study Guide questions.

3. Assign the following movies to the students: a) Antwone Fisher: 2002. Summary: This is the true story of a young naval officer who grew up in the foster care system and endured horrible abuse. The autobiography, called Finding Fish, gives an even more detailed, riveting account of this young man's ability to overcome his abusive childhood, find his biological family and grow into a loving husband and father.

Viewing Points: •Explain how Antwone's violent outbursts in the Navy may have developed as an outcome of his childhood experiences of loss, abuse and poverty. What do you think allowed Antwone to ultimately express his anger more constructively and use psychotherapy as a healing relationship?

•How could the social workers and other professionals have intervened differently to advocate for Antwone? b)My Girl: 1991. Summary: This story lovingly portrays a young girl coping with her mother's death. It provides a thoughtful general analysis of death since the family runs a funeral parlor.

Viewing Points: •How is the depiction of the child's grieving process in this film typical of childhood mourning? What aspects of it appear to be uniquely influenced by her family and the circumstances? •How could the adults in the film have been more sensitive to the child's fears and anxieties about death? c) To Kill a Mockingbird: 1962.

Summary: The narrator of this beautiful film is a young girl growing up in the South before the civil rights movement. The story illustrates several important factors that can influence a child's development, including single-parent families, cultural factors, the effects of abuse and alcoholism, and the child's attempt to reconcile good and evil forces in the world. Viewing Points:

•How effective is this single-parent family in coping with life stresses and developmental changes? •What aspects of the family's functioning appear particularly strong? •Compare Scout and Jem's upbringing to that of the young woman from the family with alcoholism. In what ways does this young girl appear to be at risk for developing mental health problems? d) The Breakfast Club: 1985. Summary: This funny, poignant portrayal of adolescence is told through the eyes of several teens from different

backgrounds brought together when they are assigned to all-day Saturday detention. It illustrates the heightened sense of drama that typifies adolescence, identity concerns and peer relationship struggles.

Viewing Points: •Which of these adolescents do you consider to be most at risk for having mental health problems? State the reasons for your choice.

•What are some factors that appear to be contributing to the risk-taking and acting-out behaviors among these adolescents? e) What's Eating Gilbert

Grape? : 1997. Summary: Johnny Depp plays Gilbert, a frustrated young man who struggles to be free from emotional stagnation, his sleepy Iowa town and his 500-pound, recluse mother. This story highlights complex family dynamics and revolves around the relationship of Gilbert's mentally handicapped brother played by Leonardo De Caprio. Significance: Family interaction revolves around food and the impact of the mother's obesity on the rest of the family.

Viewing Points: •Observe the interaction of the family during meal times.

How has the mother's disability impacted the family? •How would you provide nursing care to this very complex family? CLINICAL STRATEGIES 1.

Assign a field trip to a local school (K-12) to interview the school nurse regarding the common problems of children attending that school. What is the nurse's role? 2.

In post-conference, discuss the risk factors that were evident in the students' adult patients. Ask students to link these experiences to current symptoms.

LEARNING OBJECTIVES After reading this chapter, the student will be able to:

•Identify protective factors in the mental health promotion of children and

adolescents. •Identify risk factors for the development of psychopathology in childhood and adolescence. •Analyze the role of the nurse in mental health promotion with children and families.

CHAPTER OUTLINE Childhood and Adolescent Mental Health Common Childhood ProblemsDeath and Grieving Preschool-aged Children School-aged Children Adolescents Separation and Divorce Sibling Relationships Physical Illness Adolescent Risk-taking Behaviors Risk Factors for Childhood Psychopathology Poverty and Homelessness Child Abuse and Neglect Out-of-home Placement Children of Alcoholics Intervention Approaches WEB LINKS <http://www.nccc.org/Child.dev.page.html> This site gives detailed accounts of expected developmental milestones, from birth through adulthood, and provides links to numerous articles on topics of child development and parenting.

<http://www.aacap.org/publications/factsfam/index.tm> The American Academy of Child and Adolescent Psychiatry web site provides an exhaustive list of links to short articles on many mental health issues and is geared toward families and consumers.

<http://www.indiana.edu/~eric'rec/ieo/bibs/bibl-pre.html> This site includes guidelines for bibliotherapy with children and links to books geared toward various issues in child development. <http://www.ispn.org/html/acapn.html> This is the web site of the Association of Child and Adolescent Psychiatric Nurses. This nursing organization is dedicated to support, networking, advocacy and education of mental health of children and families. REFERENCES Anthony, K. K.

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