

Ethics After Hours



One South: Portrait of a Psych Unit, Part 2

Documentary

Summary¹

This two-part documentary follows young patients during their stay at the in-patient psych unit *One South* at Zucker Hillside Hospital, Queens, NY. The unit is specialized in treating young adults with severe mental health issues. They come to the unit in acute crisis, and staff works to stabilize them, help them deal with their emotional pain, and prepares them for discharge and out-patient treatment. During their stay they go through one-on-one therapy sessions and group therapy with psychiatrists, psychologists, and clinical social workers to learn coping strategies. The documentary also provides insight into how staff on the unit work together to prevent burn-out and address moral distress.

Duration: Part 2, 1h 26min.

Directors: Lindsey Megrue & Alexander Shiva

Released: June 25, 2024.

HBO documentary. Available on HBO Max and Crave

Ethical Issues (specific to Part 2)

Stigma

Discharge planning

Respect for patient autonomy

Social Determinants of Health

Best interests

Barriers to mental health care

Doctor-patient relationship

Find more themes and questions in NSHEN's discussion page: [One South: Portrait of a Psych Unit, Part 1](#)

Questions for discussion (specific to Part 2):

- Dr. Jason Yan talks about the distress associated with taking people's freedom away to provide the medical care they need. What ethical principles are at play here?
- When 'Jane' submits a 72-hour letter for a formal discharge, Dr. Yan and his colleague have a conversation with her. In the end 'Jane' decides to withdraw her 72-hour letter.
 - What stood out the most to you in terms of the discussion between Dr. Yan, his colleague, and 'Jane'? Why?
- What stood out the most to you in the facetime conversation between the patient and her mother about her suicide attempt?
- Dr. Jason Stasi describes the difference between goals and values. He describes goals as something you can achieve and values as a 'compass'. Do you agree with distinction? Why/why not?
- How do social determinants of health come into play for many of the patients we meet in this documentary?

¹ Summary based on Episode descriptions available at [One South: Portrait of a Psych Unit \(TV Mini Series 2024\) - IMDb](#)

- Some of the patients have a conversation about stigma and how other people might see them or what they might think of them if/when they learn about their in-patient stay at One South Psych Unit. How might documentaries like this help with breaking down stigma around mental illness?

You might also want to visit NSHEN's discussion page: [One South: Portrait of a Psych Unit, Part 1](#)