

UNSTABLE

Tagline.

Poetic Documentary about a woman's struggle with Bpd contrasted by outsiders perspective of the illness she's suffering.

Borderline Personality Disorder (BPD): By the Numbers

2% of adults are affected by BPD, mostly young women

Up to **42%** of BPD patients may remit within 24 months

60–80% of BPD patients inflict self-injury

10% of BPD patients attempt suicide

20% of psychiatric hospitalizations are accounted for by BPD patients

40–71% of BPD patients report having been sexually abused

Adults with BPD are significantly **more** likely to be subjected to violence and/or rape

Sources: <http://www.nimh.nih.gov/publicat/bpd.cfm#6>, <http://bjp.rcpsych.org/cgi/content/abstract/188/1/1>, and <http://www.psychiatrytimes.com/p010737.html>

Synopsys.

A poetic Documentary detailing the struggle a woman goes through with bpd (borderline personality disorder). Beginning with the full throws of a bpd episode with the emphasis on the woman's seemingly "crazy" "insane" behaviour, looking at violent outbursts, rapid mood swings, and what would be considered "abnormal" behaviour in general society.



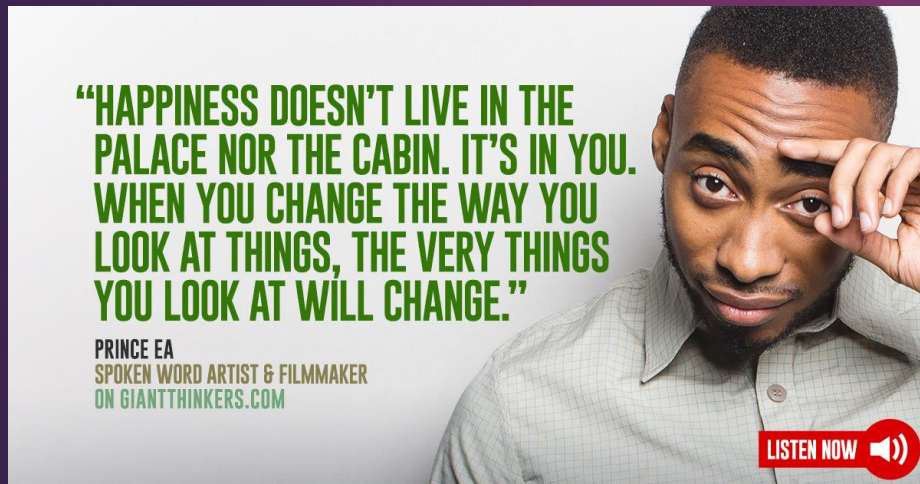
Synopsys.

Progressing from this into a climb back to steady and manageable mental health. Finalising with the woman accomplishing things like getting and job having a stable home what most people in daily life would take for granted.



Synopsys.

Over the top of this there will be an urban reading of a poem coming from the perspective of everyone on the outside of this illness. Contrasting the video footage including example of how you can help her because she's crazy or how she cant achieve her goals in life because she's crazy.



Codes

For this piece the most important codes will be the audio, Technical and symbolic codes. With so much of the pieces relying on the mood and emotions its trying to address I will need to spend a considerable amount of time fine detailing every scene and the reading itself to fit in a manor that complements both as one piece.



Conventions



- Documentary maker gives a subjective view.
- Not in typical narrative structure.
- Particular mood/ tones is created, enhanced by the music.
- Some light rhetoric but not always.
- Events are under developed and not always solved.
- Unrelated shots edited together, Linked by mood/music.
- Perceived as Avant Garde (innovative, experimental, pushing boundaries).



Target Audience

- ▶ Poetic documentary fans.
- ▶ You tube viewers.
- ▶ 18 – 35 year olds
- ▶ All genders
- ▶ Mental health advocates.



“

Due to the nature of the poetic documentary there is no dialogue while filming so the script is action based. To match the poem that will be read over the top.

”

Script

Scene Breakdown

Scene 1

Woman is isolated in her house having a break down. She is full of rage and anger throwing things around the room. She sits down on the sofa head in her hands, pulling at her hair, looking at her arm she runs her fingers over multiple cuts across it.



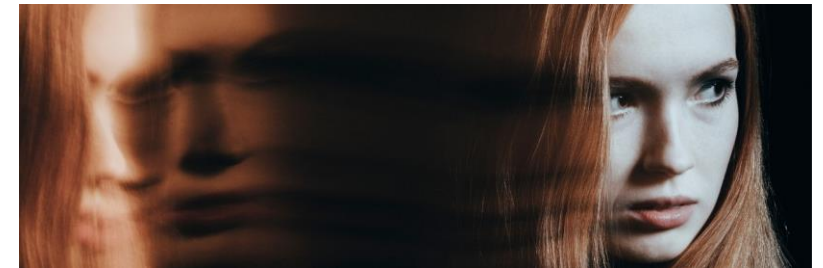
Scene 2

Sitting down in the mess around her she starts to roll a joint the house is quiet as she sits there smoking.



Scene 3

There's a knock at the door she panics and throws her smoking material in a draw. And hides in the kitchen. Through the letter box she hears a voice it's the police. They had reports of loud noises and breakages from the neighbours hiding in the kitchen she ignores them.



Scene break down

Scene 4

She's sat in probation, while her worker goes through her paper work.



Scene 5

She's sat with the mental health team, crying to her councillor.



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Scene 6

Walking through the street in a daze



Scene breakdown

Scene 7

Back at the house her medication in her hand, blank stare on her face.



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Vladislav Iacobschik | Dreamstime.com

Scene 8

Cleaning the house, smoking a cigarette, comes across her grinder and throws it away.



Scene 9

Getting angry and stressed, runs to dbt manual and start to write slowly calming down.



Scene Breakdown

Scene 10

Walking in for a job interview



Scene 11

Home again checking off her dbt and taking her medication.

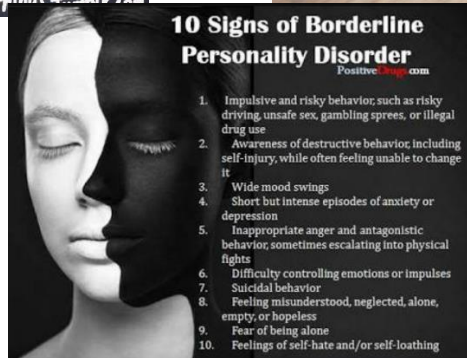
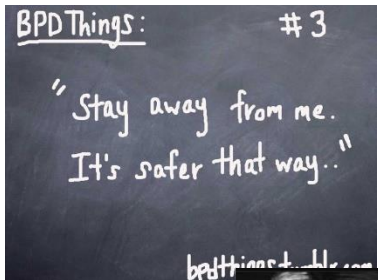


Scene 12

Contact with her son playing around the contact centre.



Photoboard – Substance misuse/self harm



Photoboard – Isolation/Loniness

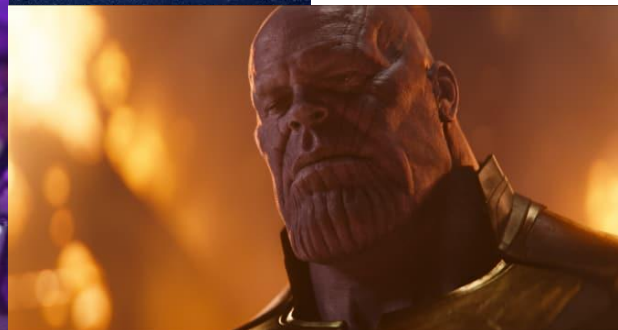


Colour theme



Using the psychology of colour the progression of the video footage will be coloured differently throughout. At the beginning I will be using reds to intercut with smaller colours to signify the variety of emotions, chaos and anger specifically, this will then slowly change into purples as the changes in the characters condition change. Then finally moving into oranges symbolising strength endurance and ambition.

Colour theme



Location

House

Dishevelled, messy, unkempt, not noticed by character. Leading into cleaner house later on in the footage.



Office

Psychiatrists office,
Job interview office.



Street

General walking down street
different angles. Isolated



Practical Locations I could use.

House

St helens brynmill Swansea £50 a day



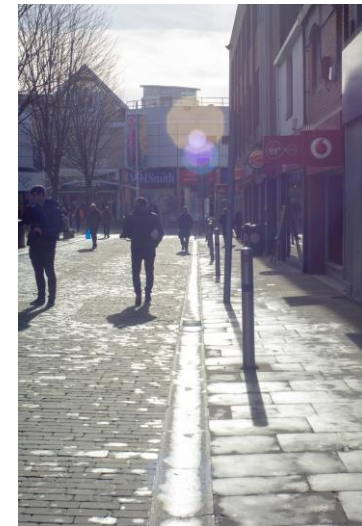
Office

UWTSD – unused office room free



Street

Swansea high street free



Crew

Camera dept

DOP

1st AC

2nd AC

Grip

Sound dept

Sound operator

Boom operator

Sound editor

Foley designer

Lighting dept

Gaffer

Lighting technician

Grip

Crew

Directoral dept

Director

First AD

Runner

Production

Producer

Line producer

Exec producer

Art dept

Artistic director

Props master

Crew

Location

Locations manager.

MUA/costume

Make up artist

Costume designer

Script

Continuity/ script control

Writer

Crew

Post production

Editor

Colourist

Vfx

Distribution

Marketing

Equipment

Camera dept

Camera x1
Tripod
Lens kit
Memory cards
Batteries
Clapper
Steady cam

Sound dept

Shotgun mike
Xlr cable
Zoom sound recorder
Boom pole
Batteries

Expendables

Gaffer tape
Croc clips
Dry wipe markers
AA Batteries

Lighting dept

Sola 4 kit
Dedo kit
Stands x6
Batteries
Extension leads
Gels
Spare bulbs
Diffusion
Reflector
Flags

Finances

unstable finances.pdf

file:///C:/Users/az_py/Documents/Year%202/Help/unstable%20finances.pdf

	Day rate	days used	Total
Cast			
Character 1	£90 x2		180
Character 2	£90 x2		180
Crew			
DOP	£305 x2		610
1st AC	£125 x2		250
2nd AC	£100 x2		200
Grip	£220 x2		440
Sound op	£300 x2		600
Boom op	£180 x2		360
Sound editor	£350 x5		1750
Foley editor	£300 x5		1500
Gaffer	£300 x2		600
Grip	£220 x2		420
Lighting tech	£210 x2		420
Director	£250 x10		2500
1st AD	£375 x2		750
2nd AD	£294 x2		588
3rd AD	£100 x2		200
Runner	£90 x2		
Producer	£250 x10		2500
Line producer	£220 x10		2200
Exec producer	£325 x10		3250
Artistic Director	£300 x5		1500
Props master	£190 x5		800
Location manager	£210 x5		1050
MUA	£161 x2		382
Costume designer	£175 x2		350

unstable finances.pdf

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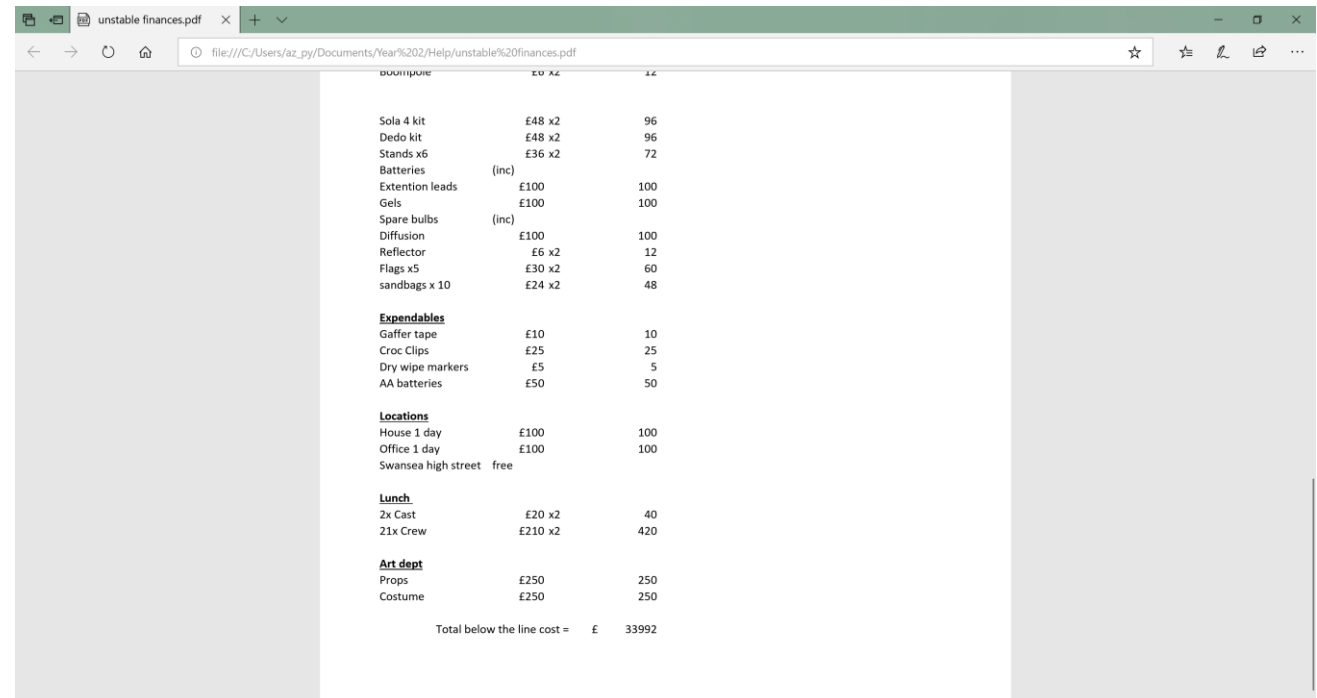
Script supervisor	£256 x2	512
Writer	£250 x10	2500
Editor	£380 x5	1900
Colourist	£350 x2	700
VFX	£192 x1	192
Marketing Agent	£161 x2	322

Equipment

Canon c300	£540 x2	1080
Tripod	£24 x2	48
Lens kit	£240 x2	480
Memory cards	£360 (bought)	360
Batteries	(inc)	
Clapper	(inc)	
Steadycam	£144 x2	288
Shotgun mike	£18 x2	36
XLR cable	(inc)	
H4n recorder	£24 x2	48
Boompole	£6 x2	12
Sola 4 kit	£48 x2	96
Dedo kit	£48 x2	96
Stands x6	£36 x2	72
Batteries	(inc)	
Extention leads	£100	100
Gels	£100	100
Snake bulbs	(inc)	

Finances

- Total budget needed to finance a professional shoot of my short film,
- This can be scaled down with the use of volunteers and doubling down on job positions,
- Equipment would be used from uni stores.
- Crew would be voluntary.
- As a bench mark with deductions I'd be looking to make this production for less than £2000.



The screenshot shows a PDF document titled 'unstable finances.pdf' with a table of budget items. The table has three columns: item description, unit price, and quantity. The items are categorized into 'Equipment', 'Expendables', 'Locations', 'Lunch', and 'Art dept'. The total cost is £33992.

	£	x2	
Equipment			
Sola 4 kit	£48	x2	96
Dedo kit	£48	x2	96
Stands x6	£36	x2	72
Batteries	(inc)		
Extention leads	£100		100
Gels	£100		100
Spare bulbs	(inc)		
Diffusion	£100		100
Reflector	£6	x2	12
Flags x5	£30	x2	60
sandbags x 10	£24	x2	48
Expendables			
Gaffer tape	£10		10
Croc Clips	£25		25
Dry wipe markers	£5		5
AA batteries	£50		50
Locations			
House 1 day	£100		100
Office 1 day	£100		100
Swansea high street	free		
Lunch			
2x Cast	£20	x2	40
21x Crew	£210	x2	420
Art dept			
Props	£250		250
Costume	£250		250
Total below the line cost = £ 33992			

Ripomatic

