

Abstract

Rafe Cameron is one of the main characters and a primary antagonist in *Outer Banks*. Rafe is a troubled teenager living in a small town where secrets are public knowledge. So when Rafe has some trouble, he does not get off so easily and it explodes into a large-scale problem for him and his family. He has a strained relationship with his father who put a lot of pressure on him so he would be able to hand down the family business. He is disrespectful and leering towards his sister Sarah Cameron, disrespecting her verbally on multiple occasions, directly and indirectly to his friends. When Rafe fails to live up to his fathers expectations, he turns to drugs. This study aims to properly diagnose and review his behavior in order to create a treatment plan to help Rafe get back on the right path and have a chance to function as well as any other member in society.

Fictional Character Context

This story takes place in the Outer Banks, a coastal town in North Carolina where there is a social divide between wealthy seasonal residents (Kooks) and working-class locals (Pogues). The show follows a group of teenagers; John B, JJ, Kiara and Pope who are pogues and Sarah Cameron, John B's girlfriend who is a Kook. Their group is determined to find out what happened to the missing father of John B. Along the way, they discover a legendary treasure that is tied to the fate of John B's father.



The character that I will be discussing is Rafe Cameron. A 19 year old born into a very wealthy Kook family. Rafe is the eldest child of Ward Cameron, the older brother of Sarah, and the older half-brother of Wheezie.

Rafe was supposed to be next in line to inherit the Cameron business but the plan failed when Rafe dropped out of college and started on a much darker path in life. Rafe became addicted to cocaine, and dealt drugs to fellow teenagers in his community.

Rafe is a negative influence on many of the Kook teenagers such as Topper, Sarah's ex boyfriend. Rafe encourages violent and irresponsible acts such as drug use and unnecessary fights against the Pogues.

Rafe is overall violent and aggressive toward those who he deems a threat. Part of the reason that Rafe is so violent and reckless is due to his father being emotionally and psychologically abusive towards him.

The story went downhill after Rafe tried to steal a watch from his father Ward, to pay off the debt with Barry, the town drug dealer. Ward goes with Rafe to bail him out and warns Barry to back off. Then, Ward kicks Rafe out of his house. Rafe stayed at an empty house in the meantime as he planned a way back to his home. When his father was getting arrested for the murder of John B's father, Rafe seizes his opportunity to win his approval and he shoots the officer. Ward then pins the murder of the officer on John B, the son of the man that Ward killed. In order to protect his son, Ward let's Rafe back into the family home.

Psychological Disorder Overview

Rafe is suffering from drug induced psychosis due to his excessive cocaine use. Drug induced psychosis is a disconnection from reality that may cause delusions and hallucinations. Psychosis may appear while a person is using drugs or as part of the drug withdrawal process. The psychotic symptoms associated with drug use can be intense and tend to come on more suddenly and aggressively than psychosis associated with a mental health diagnosis such as



schizophrenia. In most cases, the psychosis lasts less than a day but when a heavy drug such as cocaine triggers psychosis, symptoms may last longer, sometimes for several weeks. Long-lasting psychosis may also be due to an underlying mental health condition, such as schizophrenia or some kind of bipolar disorder.

Rafe is very dependent on cocaine in order to “function” this would be classified as a stimulant use disorder which affects a person’s brain and behavior and leads to an inability to control the use of a drug. Rafe is also prone to self deception in which he denies and rationalizes away the relevance, significance and importance of opposing evidence and logical argument against his “beliefs”. Self deception involves convincing oneself of a truth (or lack of truth) so that one does not reveal any self knowledge of the deception.

Psychological Disorder Evidence

Rafe often acts out during and after drug use and it is followed by delusions such as when Rafe killed the officer, he was convincing himself that he did it to save his father even though she was not planning on harming his father in any way. When Rafe was going through withdrawal, he started acting out physically and verbally at anyone who stood in his way. When Rafe runs out of drugs, he instantly goes searching for more and this proves that he has an unhealthy dependency on that substance.

After Rafe commits the murder of the officer, Rafe convinces himself that he was doing the right thing and that the officer was



going to hurt his dad. This goes along with the drug induced psychosis as well as it is a disorder of its own. After the crime, he then goes on to lie to his sister and everyone around him who doesn't know the truth, saying that John B was the one who murdered the officer. Rafe continues this lie until he himself believes it.

Treatment Plan

Treatment for drug-induced psychosis usually involves stopping the drug that caused the psychosis and then monitoring the person in a safe and calm environment such as a mental hospital. Anti-anxiety drugs such as benzodiazepines can help with many symptoms of drug-induced psychosis. Antipsychotics can also help. Benzodiazepines will help calm the patient down and reduce worry and stress. However, Antipsychotics will only be helpful in the beginning of the treatment due to it only helping to calm psychotic episodes which will only continue while the patient is still dependent on the drug. To treat the self deception, Rafe will



need to be isolated with only being able to see doctors. Visits from family members will only be allowed after a month and Rafe will need to be separated from his father due to his abusive and aggressive nature that will not help Rafe in this vulnerable situation. Rafe will have daily therapy sessions and calm activities in nature to calm him and help him reconnect with his inner self rather than his worries about the

outside world.

Postscript

After all of these treatments, Rafe is no longer dependent on cocaine and he will be living with his step mom and two sisters. He will start playing sports to release his energy and to help him work on his team work skills. He will attend weekly talk therapy sessions where he releases his worries and stresses. He will re-apply for college to study business and finance in hopes of being able to manage the Cameron business.