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After completing the required activities, I realized how much poverty can impact a child's well being and outcome once they are discharged from the hospital. When a family faces poverty, basic needs and family essentials are not accessible. In the film, "Poor Kids" you can see that poverty affects children may be more than the parents realize. In each of the families, the parents try to make ends meet with minimal resources. When the film returns to the families after five years, it is interesting to see the different routes the children took. Some did really well in school and others decided to drop out and not attend anymore.

In the second film, "Hard Times Generation: Families living in cars", families are forced into cars and vans. These children do not have access to the internet, a kitchen table to study, or a bed of their own. These adverse childhood experiences or ACEs can negatively impact a child's physical health and mental health. Community resources can help families getting into temporary housing such as motel rooms or shelters. The difficulty with providing for these families is that some families are ashamed to admit that they need the help and will not accept it. This can be due to the idea that being poor or needing help is embarrassing and the family's fault. I believe this stigma could be ended by showing how easy it is to go from comfortable to struggling financially. A family's financial situation may not be from bad choices or mistakes, but could be related to unlucky situations, bills, or health problems.

In the simulation, "Play Spent", I made it 22 days without running out of money. It was easy to see how quickly money is spent when there is only a little bit left. One of the problems I ran into was, I knew that if I did not pay my bills in time, it would affect my credit negatively, making it harder in the future if I needed a new car or an apartment. It was nice to have all of the bills paid, but not nice to only have five dollars in my bank account. There are certain resources that can help with utility bills and utility payments. These resources are very limited and can only be used in a certain time frame or only so many times a year. This does not support the family

consistently, but does provide some help. A variety of resources could be used to assist the family the entire year. It seems like though, some resources are not readily available, they must be asked for specifically or only offered if a family is in dire need.

The trickle effect of poverty is easily seen over several years. For example, if a family loses their home, this means that they also do not have access to hot water, food, and internet as easily. This turns into social embarrassment, hunger, and not having the internet can make it harder to apply for programs that can help them. In schools, children may be too embarrassed to wear the same shirt and pants everyday, and would rather just not show up. Or maybe the parents need the children to work, which causes them to miss class, and not graduate high school.

ACEs or adverse childhood experiences can define how a child sees the world and others in it. These experiences can shape the world into a place full of love and warmth or a cold, cruel place that does not care about individuals. An increase in the number of ACEs an individual has, the worse off your health is. You are at a higher risk of heart attacks, Hepatitis, or COPD. This is talked about in the TED talk with Nadine Burke Harris. When I took the ACE quiz, I was surprised to see that some of the experiences I had growing up were considered ACEs. I did not realize that the things that happened when I was younger could put me at a higher risk of illness the older that I got.

As future nurses, it is important that we take care of the patient as a whole. Taking care of someone's physical health does not mean as much if we do not take care of their mental, spiritual, and emotional health as well. If a person is physically healthy, but not mentally healthy, their physical health may suffer as a result. Personally, I plan to take care of patients holistically. It is great if I am able to help someone recover from a broken leg or sepsis, but if they go home mentally ill, are they completely healed? Resources such as case managers, social workers, home health, counselors, and physical therapy are all essential in healing someone completely.