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CSON- IM5  
Poverty Simulation Assignment Reflection

As a male, a husband, and a father watching the videos shined the light to reflect on my own life. I have to say I felt a sense of failure, happiness, great sadness, and empowering spirituality. One can only imagine how difficult it is to overcome poverty and even easier to lose everything instantly. Poverty does not discriminate. As the person I am, I have had many friends and acquaintances who were “well-off” and even those who suffered from poverty. I have never discriminated with those I knew. Being from a small town there seemed to always be help for those in need. Whether it was from family or friends. Moving to Lubbock and seeing a whole different side of poverty, I hate to say, has prevented me from helping and not be as “Godly” as I could be. In my town, no one held up a sign asking for food. You either worked or respectfully accepted offerings of work or food from others. Now, I may give a handout of change or water to those who are unfortunate, but the thought of enabling that person to continue their “begging” nature. Even the thought of what others may say toward my “gesture of assistance” runs through my head when they turn a blind eye and not acknowledge the fact that poverty is amongst us all in some form or fashion. Poverty is the state of being inferior in quality or insufficient in amount. Everyone has something they are missing, whether it is family, love, health but it is not always financial burdens.

In the assigned videos, I noticed a trend in families losing their possessions when unable to pay the storage bill. My thought at first was, “why doesn’t the family just sell the possessions”? After contemplating their decision, maybe the family thought they would get out of their bind or the possessions held too much sentimental value. I feel that I would have held on to my possessions also but fortunately I have never had to make that decision. I have heard of families staying with other family members and even having to stay in shelters. I have had many friends who decided not to pursue a college career because of the cost and the chase for money was too hard to pass up. Though, some of

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these are self-made decisions, the children in the videos had no choice but to survive. The fact that the children in Frontline: "Poor Kids", had to go and pick up and sell cans for food showed that some had to mature very early on. I can remember saving and crushing cans with my family for a few bucks growing up. I never once went hungry but thought of it as something everyone did. Now that I am grown, I realize that amount of work put in to make those few dollars is not worth it. Once again, I was not chasing my next meal as these children did. This was survival for them and the fact that they felt starvation was in their midst is heart breaking. In "Hard Times Generation: Families living in Cars," a young girl mentions that she felt as if it was her fault her family lived in poverty. No child should ever feel that way about something that is out of their hands. Unfortunately, hard times fell on people during the recent recession, and many suffered. Families had to make decisions in separating their families apart to assure food and a place stay. Children's insecurity levels increased due to embarrassment of hunger, lack of hygiene facilities, and a roof over their head. Some were able to gain assistance with food program for school but continued to go to bed hungry.

The research of adverse childhood experiences, it seems to connect the increase in stressors to overall decrease in health as one gets older. The body takes on too much damage due to the increases in adversity stressors which in turn increases in risky behaviors. The young people of the videos seem to fit the criteria of future patients within nursing. As a nurse, I know I will have to deal with and treat each individual patient the same no matter what the history is. Childhood trauma could be a risk factor for these individuals, but I will not be able to judge nor treat them differently. The role of the nurse is to be the patient advocate and the framework for the patients care. Universally, I should assist and provide education regarding screenings, prevention and recognition of situations which one may be in need of help. Recognition and communication is key to making sure this adverse childhood crisis become a thing of the past.

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As I start this career, one goal is to be familiar with different resources to better advocate for those in need. The need to help is in my nature but I also understand that the increase in commitment may cause burnout, increased stress, and the temptation to turn a blind eye. I feel the knowledge I have acquired and what I will gain in my practice as a nurse will continue to grow me into a better person, patient advocate and overall healthcare professional.