

Journaling Assignment

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Journal Assignment

Discuss your feelings, attitudes, experiences, and concerns about taking a course and having clinical experiences in Psychiatric Mental Health Nursing.

My feelings in taking a Psychiatric Mental Health class are excitement and curiosity. I grew an interest in mental health when I experienced it with one of my roommates. I am a bit scared because I do not know what I am going to encounter due to personal comparisons of mental health in the real world and what it is shown in movies.

What is your experience with psychiatric illnesses? If you don't have any experience with psychiatric illness, then discuss your beliefs or your perceptions about mental illnesses.

My experience with psychiatric illness had to be a few months ago with one of my roommates. She has a history of depression, on medication and seeing a therapist once a week. We had been friends for years and never had conflict between us. We lived in an apartment of 4 girls, and we all became close. She insisted to all of us that she did not want her parents to find out what she is going through. After returning to school from this last Christmas break, I became busy and stop hanging out with her like she was used to, so she became super close with one of the other girls. She was very "clingy" with us that she would not sleep in her own room at all or go anywhere without one of us. As I said before, I became busy so the two girls would do everything together until one day the girl she would always hang out with started working a lot and became focused on school that she started to act different. We asked her what the problem was and she was said she was starting to feel like she was being excluded from things we did like going to the store or library and feeling left out. One night when I was at

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work and they had gone out drinking, when they returned, things got out of hand. She became very violent towards my roommate and had to call the cops on her because she was saying she was seeing things and something was after my roommate, so she got scared. After that incident, she started to become very aggressive towards us. She started to drink more and go days without sleeping. She would ask us to hang out and most of the time we could not because we were so busy. One day she came home from work and started to destroy her room. We could hear the banging on the walls and drawers being pushed so aggressively. I went to her room to see what was going on and she forcefully pushed me out her rooms and said sobbing, "I am tired of all of this, I really am". That was the moment where I called her parents because she was getting out of control, and I had school and work in my hands that I could not handle this situation. Her parents came and she lost it! She became very violent with her parents and would come and try and knock the door down to "hurt us" for calling her parents. Her parents were trying to calm her down, but they could not and would chase her all over the apartment complex. She then called the cops on her own parents for harassment, but the cops had come multiple time that they knew the situation. It was a long night. A few weeks later after the situation had calm down and she got her medications adjusted and was seeing her therapist more often, she was becoming more of herself. This was all in a span of about two to three months. Fast forward to the summer, one night during our night shift, my roommate and I work together, texted both of us goodbye. I saw this as a red flag because it was 0300 and not normal. We both called her plenty of times and she would not respond until she texted us, she was getting sleepy because she does not remember how many pills she took. I quickly asked my charge nurse about the situation and left to check up on her. I found her writing goodbye letter

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on her bed and grabbed the pill bottle next to her and I called 911 because I did not know exactly what she took and how many. They took her to Sunrise Canyon for 3 days. After she came back, her parents took her out of her lease and made her return home because she did not want anything to do with them. Since the time we told her parents, she has not spoken to us. She ended up moving out and grew hatred towards us.

What are your fears and concerns? Can you identify anything that might have triggered or initiated those fears or concerns? (Explore the possibility of past experiences that may elicit an emotion). How do these thoughts and emotions affect how you behave or respond?

My fears and concern are getting on someone's bad side and not knowing what they can do. Someone that is not in their right state of mind is capable of anything. I am saying this because one time when she saw my roommate out in town, she went up to her and was trying to fight her. She was grabbing anything she could and was started throwing it at her. I am scared to see her in public. The way that these thoughts and emotions affect me is by just being aware of my surroundings. I do already but now she is one of them. I lost a friend because I told her parents, but I don't regret it because I do not know what would have happened if I respected her wishes in her parents not knowing. She probably would not be here.

What are your expectations? What do you hope to learn during this module? Identify at least 3 questions for which you would like to find answers during this course.

My expectations are to be more knowledgeable on mental health and how to witness it because more people, especially the younger generation, have become more open on how they feel. Three questions that I would like to find answers on would be What is causing them to have a mental illness? Is mental health genetic? And how do I distinguish it among the public?

