

Current Theories and Practice Journal Assignment

Covenant School of Nursing

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Psychiatric mental health is something I look forward into learning more about. When I was in high school, I would hear about adolescents my age who would cut themselves or try killing themselves. In my head, I would think “How could life be that so hard that you feel that is the only way out.” My perspective began to change when it hit closer to home. In August of 2017, I found my brother who had hung himself in his bedroom. One of the worst things that I had experienced in my life, but it opened my eyes to mental health. I began to realize the stigma of mental health that society has especially on men. After that, I told myself I would bring awareness to mental health. This is why I am looking forward to mental health, but the concerns I do have is caring for the people that have more psychotic conditions. I guess I still have a wrong idea of psychiatric mental health because when I think about going to a mental health facility, I think about what television portrays which show people screaming and people walking who look like they are out of it because of the medication they are on. In a clinical setting, I am scared that I may not react to a situation properly and may make the situation worse.

As above, I have experienced a degree of mental health with my brother, but I also have a sister who suffers from severe depression and anxiety. I remember being little and seeing her cuts on her wrist, but as the years went by it seemed like her suicide attempts stopped until recently. My sister also suffers from drug addiction, so she is not doing anything to properly take care of her mental health problems. She is inconsistent with taking her medication. I am in a hard position in trying to help her and not act like she does not have a problem because at the same time she is not doing anything to help herself either. This last time she was at a facility, she was wanting to leave instead of staying the whole two weeks for treatment. My mom would not go get her because she wants my sister to get better after losing her son, so she called a friend to go get her out early.

I find psychiatric mental health is interesting, and I am open to learning more that way I can be the advocate I want to be by having more information. My fears and concerns that I have is when we start talking about suicide I may have a moment where it is too hard. It has been four years since my brother passed, but there are still some days that hit harder than the rest. I am an aide at Covenant Medical Center, so I have taken care of suicide patients. Every time it reminds me of my brother, but I remember one specific time where I just felt like I could not do. I was able to finish my shift, but I was holding back tears and when I got home I just let it out. I know my limitations and when I need to excuse myself if it gets too hard.

The expectations I have for this module is to go in with an open-mind to be able to understand and learn. I am going to throw out the things that I feel or think I know because I know that with clinical experience it will be completely different. I hope to learn how to be able to handle situations that may seem uncomfortable for others especially when it has to relate to mental health. Some questions I would like answered is “How long do these patients stay in a facility, especially if they have a condition that requires a lot of attention? How do family members cope with their situation? What helps the patient make improvements and how they feel being in a facility compared to being at home?”