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# JOURNAL ENTRY PMH

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As someone who has been in the service industry for almost half of my life I have seen and had many experiences with mental health. I am curious to see what clinical experiences will be like from a nursing point of view. I have had some scary experiences with clients at the state school where they would get violent so the possibility of that happening again is a little unnerving, but I am sure nothing like that will be allowed to happen.

My personal experience with mental health as far as working in bars and restaurants has been with many things. I have had coworkers and friends who had bipolar depression, anxiety, adhd, drug abuse, suicide, etc. One of my old coworkers was bipolar and was having trouble staying on his medication. He would go through phases of mania and where he wouldn't sleep for days. During those times he would be very irritable and make rash decisions. He would then go through a depressive episode where he wouldn't get out of bed. Unfortunately, this caused him to lose his job eventually which I'm sure did not help. I had a very close friend commit suicide which hurt a lot of us in the industry. The covid shutdown really hurt him because he was such a social person. He ended up doing a lot of drugs and none of us new how to help him. He did end up getting checked in to Sunrise Canyon for a little bit and swore up and down that it was unnecessary but clearly it was. He unfortunately ended up hanging himself. A lot of us still haven't recovered from that and it was two years ago. When I worked at the state school, I had some psychiatric experiences. There was a client who tried to commit suicide by driving a four-wheeler off a cliff. He lived but the damage caused him to have dementia at a young age. He was a one to one so someone had to be always with him because he had violent tendencies. I worked over night and they put

me with him because he wouldn't sleep and someone needed to keep him in his room so he wouldn't harm the other clients in his home. I quickly got transferred off the home he was on after he picked me up like I was nothing and moved me out of his way so he could leave.

I fear the possibility of being hurt by someone having an episode. The state school made us go through what they called PMAB training where they taught us how to handle violent situations with the clients but that was over a decade ago now. The goal of the training was to get us out of harms way without hurting the clients. My mom was also mentally and physically abusive when I was younger so that may be hard to hear people talk about. I also am worried about how I will handle any dealings with suicide. I'm sure if I get triggered, I will just excuse myself from the room, so I don't cry in front of the patient. They don't need to make me feel better when they are the ones in pain. My experience with my friend and how we couldn't help him when he needed it still hits close to home.

My expectations from this module are that I hope to learn the tools to help my friends that might still be in need. I have made hundreds on hundred of contacts with people in my 13 years in the industry and I would like to use the knowledge I learn here to help them if needed. I am on the board for a nonprofit (we started it because of my friend who committed suicide) to get free anonymous mental health care through FCS to people in the service industry in Lubbock because so many of us don't have insurance. So, I feel anything I learn in this module will help in guiding our foundation. I also would like to learn to compartmentalize my own thoughts and feelings properly to be able to help people. Three questions I would like to answer during this module would

be, what is the best way to deescalate a violent situation, what is the proper way to handle patients with bipolar depression and suicide, and what are the resources that can be used to help patients in need (especially those without healthcare).