

**Psychiatric and Mental Health Journal**

Alexander I. Young

Covenant School of Nursing

Psychiatric and Mental Health Nursing

Mr. Ellis

October 17<sup>th</sup>, 2022

I pride myself on having a mostly open mind, and I have had this module circled on my calendar because of my excitement to hit these areas of nursing. I have had a few psych patients while working in the hospital, I want to experience what it is like to be at a facility entirely devoted to serving those patients who truly cannot serve themselves. My only concern in this module is for my classmates. I have grown to be quite protective; I am the only guy left from our original module, and I would go to war for these ladies. Some of my classmates have had a much rougher go of it in life than I would wish on anybody, and so I hope they all are okay experiencing both populations we will be following this module. I will try my best to be there for them, and to be honest that is sometimes taxing on myself. What am I going to do though, I take care of people, it has always been my nature long before finding nursing.

I have had a few interactions, outside of brief forays with patients in the hospital, with the psychiatric and mental health world. I personally had about a six-year period where I was severely depressed and sometimes did let myself go to dark places. For three years I lived with someone who went through depressive and manic episodes for years, with my most vivid memory being sitting on the kitchen floor, holding a knife by the sharp end to prevent any further self-harm. My brother is an Alcoholic and this previous summer not only revealed a cancer diagnosis had been faked to the family, but then a few weeks later went on a binge that ended with attempting to take his own life. Now that those personal bombshells have fallen, I do want to make it clear that he is moving towards being okay, my old roommate is doing great in life, and I am still here, and I am okay. I dislike how our world and culture has seemed to resist taking mental health seriously, and it is with that belief of there can never be too much support, that I will aggressively approach each day of my practice, and clinical assignments, as a day to do good and maybe save someone's life.

While I do not foresee any truly triggering fears or concerns that I may have when discussing the material or experiencing the psych world in our clinical assignments, I have of course delved into the dark side of thought like many others. I am in a great place now, getting in and rocking my way through nursing school, getting the direct experience bedside, rather than my previous few years of UMC secretary work in the hospital, has shown me that I am for sure in the right place and have found my people and fit in the world. I have had quite a few jobs and career path ideas in my life, but nothing is going to stop me from being the best nurse that I can be. For many years I struggled with depression. I did not know where I belonged, I grew up a military brat always moving around, never near family outside of my core of parents and siblings. I never had a place to call home. I have an intense fear that I will be alone my whole life, I have not ever had a real relationship, and I know logically at 29 I am by no means too late, but after over a decade of being an adult and nothing still? I of course have that worry. However, as with finally getting into nursing school, I have met a few friends in school that, without them knowing it, have helped to pull me out of that black hole, just by being themselves. I am eternally grateful to them, and someday I hope to tell each one how much they mean to me. I want to be that, either as a friend or as a staunchly supportive healthcare professional, for my patients. I hope that over the course of my practice even the little things I do or say help my patients. I just want everyone to be happy, we all deserve it, and even if I heard the exact same story as what I am going through, it will not trigger me, it will bring out my protective, I want to help fix this, side. Even if it is not something I can fix, I hope to help light the path along their way. I have had to learn to control my emotions, I am fairly reserved until I am not, and that sometimes will get me into trouble. I believe I have harnessed my faults however and can use them for the good of my patients.

I honestly could not wait for this module. Both fields we will cover in module six are extremely interesting to me. We have discussed over the modules, and if you go look up the numbers they will agree, that Texas is one of, if not the worst state for mental health treatment/care. Is it really that bad here? I would like to see for myself what treatment and support patients are really receiving in Texas. What is it like being in a cesarean section room when it occurs? I was a cesarean birth and I honestly just hope I get to see one completed. How do rock star mental health nurses just keep being amazing and serving this incredibly underserved community of patients? I firmly believe better support for this country's underlying mental health issues is the main way we create a better nation for each other and our future generations. I want to pick the brains of nurses, like yourself, who have slogged through one of the toughest and mentally taxing areas of healthcare and have come out alive and eager to go another round with this interesting population.

This is the part where I would personally like to thank you, Mr. Ellis. Hearing that one of the purposes of this assignment is so that you can build a valuable experience for those who may struggle with triggers in this environment is wonderful. I am sure you have heard the stories, about our specific module or somethings from the previous ones, about some of the difficulties experienced during module five. Then to come into this module with people I can already tell are some of the most supportive human beings that I have ever met. It has only been a single day with you all and yet much of the scuttlebutt is that we already feel at home in the module. I said before that I am incredibly protective of my classmates, and I am glad you are one of the instructors we get to interact with and learn about mental health with. I cannot tell you what it means to me, and to all of us, to have such supportive people in our corner. Thank you.