

CURRENT THEORIES AND PRACTICE JOURNAL ASSIGNMENT

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I have had a horrible experience with the health care team when it comes to mental illness. I do not trust the medical field when it comes to thoughts of suicide or self-harming. I am a stay-at-home mother of five amazing children and when I decided to go to school for nursing one of the sacrifices I had to make was taking time away from my children. This sacrifice really hurt my children in a way I never thought it would. In module 4 my 11-year-old daughter was acting different in her daily life. She would sleep all day, did not want to eat, and hardly took any showers. I thought this behavior was because she was entering into her preteen years. I overlooked so many signs of depression. I was so busy with studying, and I had so much anxiety that I started to be more distant with my children. On the third exam of module 4 my daughter was crying all night and morning. I was trying to console her and study at the same time. I had her in the living room with me while I was studying and before I knew it, she was in her closet trying to hurt herself with a belt. I felt like I have failed as a mother. I called my husband, and he took off work so that I can take my exam. Of course, I did not pass that exam but most importantly my daughter was hurting inside and as a mother I couldn't put a band aid on this kind of hurt. I dropped that day and came home. The instructors recommended a number to call for this type of situation. I called Sunrise, and I had an awful experience there with my daughter. I took her in, and I did not know what to expect from a place like this. I thought we were going to get the help we needed. When we walked in there we checked in and a man came and put us in an unflattering room. He was asking my daughter questions about wanting

to kill herself and by her body language she was so uncomfortable. He did not take time to get to know her and make her feel safe or comfortable. He basically asked if she wanted to kill herself and why. My daughter said no, and he gave us a number if she changes her mind. Later that day I was cooking dinner and she came up to me with cuts on her arm and a pair of scissors and was crying and yelling for me to help her. I did not know what to do. When I felt like this growing up my mom just told me to get over it and I did not want this for my child. I took her to the hospital and that is where our nightmare began. They asked her questions and made her feel so comfortable, and she showed her cuts that she inflicted on herself. I stayed the night with her, and they ensured us that she will be taken care of. The nurse in the emergency department was so kind and told us that they have fun and cool hospitals she can go to and receive help. We stayed the night there until a room opened for my daughter. We chose San Angelo. My daughter left the next morning in an ambulance, and I walked home from Covenant. My family had no idea what was happening in life, so I only asked a couple of my peers from school for a ride, and everyone was busy. It was the longest walk I had to take, and I could not stop crying. Once she got to the hospital, I was not allowed to talk to her until 6:30 pm. When I heard her voice, I knew something was wrong. She told me she felt unsafe, and she was crying and scared. My husband and I packed our other children in the car and drove there with little money, but we were determined to get her out. She was afraid because a 16-year-old male was asking her inappropriate questions about sex. I had no idea this facility was coed. I called the nurse, Melinda, and she was so awful to me. She said I was not allowed to take her out and if I did, she would call the police on me, and they would get a judge to sign a document to keep her there longer. I was helpless. I told her the things my daughter was

experiencing and how unsafe she felt with this boy. The nurse spoke to my daughter and told her if she wanted to leave that place, she would have to comply and quit telling her parents about his boy or else she would stay there longer. For three days they kept my baby and for those three days my soul was gone. When we talked to my daughter, she was crying every day and every night. We could not get her out of that place no matter what we said. We just traumatized my daughter instead of giving her help. I do not trust the medical field when it comes to suicide and self-harming. I had to tell my daughter to lie to the hospital so that she can come home. I didn't realize that once you check in to these places you are likely not released. My daughter is better, but she does not like going to the doctor's office or trust any counselor. I will never forget this experience and I hope and pray that all the children that are at this facility make it out with no further trauma this place can do. In this module I hope to understand more about facilities like this one and I want to see what the nurses see daily. I want to help patients like this and not be like the nurse I had to deal with when our family was going through this. I am stronger today than I was, and this experience has taught me that God is always with us even when we want to give up on ourselves he is there. I want to gain some trust in this module and feel prepared to handle patients that need me.