

Poverty/ACEs Online Activity

Growing up, I didn't come from the wealthiest of families. In fact, I came from a family with a stay-at-home mom and a father who struggled to keep a job. I lived in an abusive household all throughout my childhood however, no one knew. When watching the 60 minutes episode following the siblings at school, I personally resonated with the feeling of almost living two lives all at once. If I had to guess, I'd say most people that attended school with the siblings would never know that they didn't have a roof over their heads to go to once they left school. This is a good example of nursing at its core and what it means to care for others. As healthcare professionals, we care for complete strangers every day. Only finding out bits and pieces of their lives during their time with us. We likely will never know the full extent of what's truly going on with them once they're outside of our hospital walls. Growing up, I knew that certain things shouldn't be happening to not only myself, but to my disabled brother. However, when you're in a situation similar to the one I grew up in, you learn to try to find the positives, even if there aren't many. You see, when I think of homelessness and childhood trauma, ACEs, I think of all the struggles those in those situations had to overcome. Life is not is easy and there are always going to be obstacles in our way that we have to get around, but it's all a matter of how we choose to look at our situation. Some of the most incredible people I've ever met came from places of pure evil. Situations that they had no control over, yet they turned something horrible into something empowering. To me, that's nursing in a nutshell. Some days are going to be harder than others and some days we may not have a clue where to start, but as long as we have the right mindset we'll be able to get through it. People who have faced immense adversities in life have turned out to be some of the most influential people and it was all a matter of their perspective and how they chose to make their mark moving forward. Nursing gives us the platform to have the right perspective. It gives us the opportunity to touch the lives of people who have very likely never experienced someone who truly cared about their well-being before. Nursing gives us the opportunity to give people experiencing poverty and ACEs a voice.