

Current Theories and Practice: Journaling Assignment

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Growing up in the Hispanic culture mental illness was not a topic that was talked about or even shared. I grew up learning that you had to deal with things within yourself. Medications that were prescribed for certain illnesses were not understood and almost deemed weak for having such needs. I have not been exposed to mental health as much as I have now that I have been going through this nursing program. I'm interested in expanding my beliefs about mental health because I feel as if I never fully been able to decide what I thought about seeking help when needed and understand that it is okay to be prescribe medications to take to help with certain circumstances. Im going into psychiatric illness and the mental health part of module 6 with a open mind, even though I am terrified to talk about topics that are difficult for me I will try getting through it for the purpose of this module. I know when having to be present at an AA meeting will be difficult and going through the substance abuse power point because I was in a relationship that resulted in physical abuse because my partner struggled with substance abuse. Although I can not diagnose a person I'm sure there were other mental health issues he may have been struggling with and decided to choose substance use in order to cope with such issues. There were many times that he would bring up anxiety being a major battle and he stated that the substance use helped. There were time that he would have theses fits of rage which may have been due to the substance usage or a psychiatric illness. Due to this past trauma, there are triggers that I have to deal with some of the difficulties is being around an angry person, talking about substance usage and abuse, and partner abuse. Im not sure if there may be any other triggers that I have since this trauma is still very recent. I experienced depression in many times in my life especially when having to go through an abusive relationship. The moment I realized that people do deal with mental health is when I gave birth to may son. I experienced postpartum anxiety and depression that never compared to moments that I had throughout my life before this

event. I'm still trying to handle being postpartum because I'm only 4 months postpartum, a single mother, an employee and student. I'm not sure if the stress contributes to my feelings of depression at times along with anxiety. I'm not sure what will be talked about entirely but I am afraid that I might start believing I may need to seek help to deal with my depression and anxiety. The hardest part of understanding mental health and psychiatric illness is setting aside what I grew up believing about this topic from my culture and the beliefs that were brought down from my parents. During this module I would like to further understand why substance abuse is part of the mental illness topic? I can not separate the idea that substance abuse is only a choice, but also I feel as though I also try to compare it to the other mental illnesses that are listed as topics that will be covered and how this topic is addressed very differently. I also feel as though there maybe be another mental illness that should be addressed that may be the reason for substance abuse like anxiety, depression etc. I would also like to understand how to provide care for a patient that is struggling with substance abuse disorder? My idea behind this thought is that when I think about treatment of psychiatric illness most of the time there are medications that are prescribed. What do you do to provide treatment for substance abuse? I want to know how different the communication approach is compared to what I have been taught in previous modules. I would like to know what does psychiatric illness stem from originally and how as nurses what role we play in providing care for our patients that struggle from all types of mental illnesses. Lastly, I would like to know why people that experience trauma later struggle with psychiatric illness or mental health, but others do not. What is it about the human brain that causes different outcomes of trauma, or even causes mental illnesses without trauma? Even though I know I do not want to be a psychiatric nurse, I know that I will need to understand how

to provide care for these patients because I will come across patients that may have a psychiatric background.