

Journal assignment

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Module 6

August 21,2023

I feel intrigued to learn about psychiatric mental health nursing and how it affects African Americans. Growing up, mental health was something never talked about in my household. I didn't even really know about anxiety or depression until later in life. So I am eager to learn more. It could be people in my own family silently suffering with mental health disparities. So it's more interesting to learn how to recognize mental health issues. Not only for my family but when I move forward in my career as a registered nurse.

I personally don't have any experience with psychiatric illness. If I do it went undiagnosed. I know times I feel overwhelmed. With life's responsibilities. I've learned to adapt to change and be flexible and open. Normally when I strategically plan things I don't feel overwhelmed. I personally do well when I plan and stick to the script. Then when I don't I feel overwhelmed. Life experience has just taught me to push through even when things may seem hard or impossible. Staying grounded in God has helped me personally.

I once worked in a group home with individuals with intellectual disabilities. Some with a diagnosis of schizophrenia. I was delegated by a registered nurse to give the patients their medications. For the most part the ones with schizophrenia mostly had moments where they would kinda zone out and make random noises, and or pretend to play an instrument and he had trouble sleeping at night. I once had a neighbor whose father was diagnosed with schizophrenia. Some days he would seem perfectly fine. Other days he had an extreme change in behavior such as becoming violent with his family members when he didn't take his scheduled medications and added alcohol into the equation.

I do believe people struggle with mental health issues. My dad was brought up believing some people were just using drugs and it changed their brain so it couldn't properly function. I feel like sometimes some people don't grow up and learn how to cope with life. So sometimes they suffer more from things like anxiety and depression. Over just so many different life hardships causes anxiety and depression to a point where a person feels like they can't function. Like their load got too heavy to function. Another

experience. I encounter was my very own sister. She said she was suffering silently for years and years of her life and didn't know where to get help. Growing up it was something not talked about in our house. So when she felt like she needed to tell someone she was suffering, She didn't get the response or attentions she needed from her parents. So for her that was harder to deal with she just had to google to find the help she needed . Then later the family came around to be there for her after she went to a inpatient facility for help. One of her issues was also binge eating which in turn caused her to become insecure about her weight and body. I don't have any fears. I'm eager to learn . So that I can better serve the community.

I expect to learn about community resource and how to deal better with individuals with psychiatric mental health is sure. What community resources are out there for help such an inpatient, places that are available for regular check ins. How to connect people to resources for help. I want to know what's availability for veterans suffering PTSD from combat. I'd like to also learn about help for children. Children also need help. How do they go about getting the help as a child. Does insurance cover mental health. I want to learn more about the pathology of mental health issue. What's preventable or not? How do people function with mental health issues. Another thing I want to learn is how does it affect a person and having a job. How does it affect the rest of the body or is there an effect on the rest of the body. How to serve as nurse to people with mental health. Is it cellular or environmental reason that causes mental health issues.