

Oceans Reflection

I went to Oceans Behavioral Hospital one day this week and it went well for us. I had a patient at CMC the week before that was discharged to Oceans for attempt of suicide. She had overdosed on oxycodone and is grieving her husband that passed two years ago and was not able to process it because she had her stepdad pass away a couple of weeks after and then had to take care of her mom. The progress she made from not wanting to live and asking staff to let her die at the hospital to accepting the help being offered to her and wanting to get better was amazing to see. I was worried that I would not be able to see her at Oceans when I went because it had been a week already and thought she could have been discharged but luckily enough I was able to see her progress at Oceans and how well she is doing.

I was a bit nervous to go to Oceans but also excited to see my patient. The nervousness came from what other students had said about the psych hospitals, but I was so glad we had a wonderful experience today. Overall, it was a great clinical day and seeing how a psych hospital works was amazing.

We were able to go into the report with the charge nurse and get an overview of all the patients that were there. I was fortunate enough that I was put on the side where my patient was. In the report I got that she was upset because she had been there for 7 days already and was ready to go with her daughter and start the outpatient rehab but was denied the early release yesterday. I expected her to be upset but hopefully she understood why the release was denied. When in group therapy she expressed she was upset about the denied release but overall, she was doing good. We talked about what brings on anxiety, how we can cope with it and things we can do to avoid it. She expressed what helps her deal with anxiety to the group and got feedback on how others deal with it.

After lunch when the treatment team came by, they decided that she could be released on Friday because she was doing well in the group therapy. Getting that news changed her face expressing and was smiling the rest of the time I was there. She was a bit more talkative and colored a couple of pages so she could take with her when she is released as a reminder not to attempt against her life anymore because she knows there is more to life.

The group therapy helped me tie in the lecture we had on Monday about anxiety and have a better understanding of it. Talking about your problems with someone and understanding why you are

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feeling a certain way is a particularly vital role in our mental health. Before I would not have thought about this way because I grew up in a household that still passionately believes that if you show your feelings you are showing to the world that you are weak. One thing that will stick with me my whole career will be what the group therapist said, "Knowing what you are feeling and why you are feeling plays an important role in our mental health."