

### **Step 1: Description**

On Tuesday and Wednesday, which was April 9<sup>th</sup> and April 10<sup>th</sup> I went to Oceans Mental Hospital for clinicals. It was me and 5 other students and both days from 6:30 AM - 2:30 PM we just hung out and talked with the patients. As a result, I feel like we got to see firsthand the different mental disorders that there are and see kind of the behaviors that go along with those disorders.

### **Step 2: Feelings**

At the beginning I was kind of uncomfortable because I didn't really know what to expect and what the patients were going to be like. Of course, after a little bit I got over that, but I will say there were still some patients that still made me uncomfortable just because they were kind of unpredictable. But for the most part the patients were great, and it was fun to just sit there and talk to them and do activities with them.

### **Step 3: Evaluation:**

There were a few patients that sometimes had me a little worried, but I wouldn't even say that was bad it was kind of cool to see all sides of psych nursing like the risky patients they you had to worry about what they were going to and then you had like the super sweet and cool patients. It was really cool to interact with all the patients.

### **Step 4: Analysis**

I feel like this really helped me see firsthand the psych disorder and the behaviors that go along with them, and it really showed me that there is a stigma with people that have mental disorders and sitting there and engaging with them helped me see the stigma and almost understand it and how truly real it is. People with disorders are people too and sometimes I feel like sometimes certain people forget that.

### **Step 5: Conclusion**

Again, I learned about the stigma that goes along with mental health and how those people are people too. Even with the issues we had with staff I believe we remained respectful and went about our business and kind of took it with a grain of salt. But overall good experience with the patients.

### **Step 6: Action Plan**

After this experience I feel like what I can do after the fact is to help end the stigma that is held towards mental health with others, but I know for sure I, myself no longer believe in the stigma and I believe that these patients are great and fun to interact with.