

1
Current Theories and Practice
Priscilla Garcia

Current Theories and Practice

Priscilla Garcia

Covenant School of Nursing

Ms. Maya

August 20, 2024

2 Current Theories and Practice Priscilla Garcia

Growing up in a Hispanic household, mental health was a taboo subject. I had dealt with severe social anxiety since I was young. Mind you this is self-diagnosed social anxiety. I reminisce clearly being in high school and hearing the word anxiety for the first time in a tv show. Intrigued on the concept I looked up videos on YouTube and came across some relatable content related to anxiety, and being socially anxious. Growing up I thought I was just weird or just not like other people but stumbling upon this helped me abundantly. Putting a name to something I viewed as a negative trait and realizing it was a struggle a lot of people faced helped me better cope and manage. Needless to say, I am very excited to learn more about mental health and illness.

I have only brief experience with psychiatric illness. I have an uncle who has been diagnosed with schizophrenia and bipolar disorder. My uncle is low socioeconomic and does not have the means to keep up with doctor's appointments or finding resources for help. I have seen my uncle suffer from this for about 15 years and it's been sad to see the decline in my uncle.

Although I am very interested in mental health, and I am intrigued by the mind I do have a strong fear dealing with this population. People that are diagnosed with mental health disorders such as multi-personality or bi-polar disorders are hard to figure out and you never really know who you could be dealing with, and I guess that is what I fear. I can't say there is a particular trigger for this fear. I believe this fear came from the movie spit and tragic stories such as the story of Chris watts.

Some expectations for this course would be gaining knowledge on how to assess mental health for myself and the people closest to me, as well as learning how to best care for patients dealing with psychiatric illnesses. Three questions I would like to find answers for during this

3
Current Theories and Practice
Priscilla Garcia

course would be how to connect with patients who don't want help for themselves, how to advocate for patients who aren't getting the treatment they are requesting, and how to give care to patients who deal with multiple mental illnesses.

To summarize, I have not always been aware of mental health and the stigmas surrounding it. Whether it's from personal experience or seeing people around me deal with things like anxiety or depression, mental health feels like a part of life that we don't talk about enough.