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The Pavilion is a behavioral health system that provides inpatient treatment, outpatient services, New Choice Center for Addiction Recovery, and a pediatric and adolescent unit. During my first mental health clinical at The Pavilion, my time was split between the adult inpatient treatment unit and the pediatric and adolescent unit. The first nurse I worked with walked me through her daily tasks, such as assessing the patients on the unit, passing out medications, and filling out discharge paperwork. There is a lot of paperwork at The Pavilion.

There was a support call made to all the staff at around 10:30. A patient was upset with some news he received, and his outlet was to shout, curse, and hit the wall. The patient was then surrounded by the nurses, a doctor, case managers, and healthcare technicians surrounding the patient. I observed that instead of immediately reacting, the staff gave the man space to express his frustrations. A case manager validated his feelings of frustration and anger towards the situation he was put in. The patient was due to be discharged later in the day and instead of medicating the patient, the patient was given a choice to calm down. The case manager guided the patient to problem solve and the situation was deescalated.

I was assigned to the pediatric and adolescent unit in the afternoon. Boys and girls were separated, and they were allowed outside under supervision on a small asphalt space with a small patch of grass where they could play. There was more paperwork on this unit. The nurse showed us the medication room and it was interesting because it was not an automated medication dispensing system and narcotics were manually tracked instead of something like Pyxis. There was a schedule and rules posted on the wall of this unit.

The first clinical day was mostly observing and orienting myself in the building. I learned many antiseizure medications were used as mood stabilizers for their ability to calm the hyperactivity in the brain.