

### Mental Health First Aid Clinical Journal

The clinical journal is a reflective assignment after completion of the Mental Health First Aid Course. This journal is designed to help you explore what you have learned, and what you may apply as a nurse caring for these types of patients. Please address each of the following points with 3-5 sentences. You are not limited to discussing only these points and may write more if you wish. This is not a formal paper and does not have to be in APA format.

1. How does the Mental Health First Aid Class relate to this course?
  - Mental health first aid relates to this course because it teaches us certain signs and characteristics of mental health disorders and how we should react in certain situations. In the first aid training we were able to watch a video that depicted a man having auditory hallucinations and got to see how his neighbors reacted promptly to ensure his safety and get him the proper help. This course taught me some crucial information that I will carry with me along my nursing journey, especially if I ever go into mental health.
  
2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
  - Two new things that I learned are how to speak with an individual who is having suicidal ideations and how tough auditory hallucinations are on individuals suffering from them. The instructors did a great job on instructing us how to speak with the patient without conveying any judgement and with the use of questions such as “do you have a plan”. We did a group activity where we had one person whispering in our ear while we were trying to correspond with a fellow peer and that made me truly sympathize patients who suffer from this condition.
  
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
  - Before taking the course I did recognize there is a huge need for mental health facilities but I was very put off about ever working in a mental health facility or floor as I was scared just based off of past experience. I would say that my views have changed since taking the course, I no longer think that mental health is something that I should be scared of. I feel that I can better understand and advocate for my patients since learning some things in this course.
  
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
  - I will allow my patients to make choices in their own care when possible. I will not allow other nurses or care team members to speak about my patient by their diagnosis, they are

a human being not a disorder. I will take my patient's thoughts and concerns to heart and promptly sit and discuss with them things when they feel that they are ready to talk.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.
  - The mental health first aid course I found to be very fun and informal to my learning. I was able to learn many new things about mental health work and how to approach certain situations. I wish that the mental health first aid adolescent course was also offered to us as a clinical because I would love to have more experience and just to learn about mental health in children opposed to mental health care offered to adults.