

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?

The first aid class relates to this course because it gives us the information, we need to better take care of our mental health population. The class has given insight on what to do in certain situations and it's important to know how to respond to people with mental health. The course is in relation to the mental health first aide class in numerous ways, but mostly when we have to assess a situation and care for the person.

2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.

One thing I learned in the Mental Health First Aide class is that it's always beneficial to use ALGEE, especially assessing and listening in every situation is key. I could apply this in nursing practice by using this at every given situation for a better outcome. Another thing that I learned in the Mental Health First Aide class is that it's all about your approach with people that helps determine the outcomes. I will apply this to my nursing practice by always having a neutral approach and never making the patient feel attacked or swarmed in on, but instead welcomed.

3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?

My self-awareness changed after this course. The things I say, do, and act upon reflect me and how I come off to people. I am glad that I had this class to make me more aware of some things that I engage in that are not positive. Especially sweeping mental health under the rug when it needs to be talked about more, for myself.

4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?

The knowledge I gained in this course will be used to advocate for clients by always carrying the principles of ALGEE with me to figure out situations that may come up. As well as having a positive outlook on things, so that problems can be thoroughly addressed

the right way. The knowledge gained in this course has allowed me to better understand what mental health patients need.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.

My overall experience was amazing in this class. I took home so much with how my mindset is and the things I take for granted on a day-to-day basis, like being able to function without interruption in my life. I loved the activities as they helped me understand what it is like to be on the other side. This course has opened my eyes.