

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?
 - a. The mental health aid class relates to this course due to the topic that was discussed. In the course, multiple different mental health disorders were discussed, and this course also discussed how to interact with certain people who have a certain mental disorder. This will become very helpful in this course when we put our learning to the test in the actual mental health field. After being apart of this course I think this will help me further communicate with people who have a mental disorder and help me deescalate a situation if need be.
2. Name 2 new things you learned in the Mental Health First Aid Class and how you could apply these skills in nursing practice.
 - a. Two things I learned in the mental health first aid class was how to deescalate a person when they are in a manic episode and how easy it is to fall victim to prescription drugs. I could apply this to my nursing practice by knowing how to communicate properly with someone who is in a manic episode and helping them calm down. When it comes to me knowing how easy it is to fall victim to prescription drugs, I think this will help me understand what a patient is going through and I also think it will help me not pass judgement on the patient because I know how easy it is to get addicted to prescription drugs and how hard it is to get off of them.
3. Explore your self-awareness about mental health after completing the Mental Health First Aid Course. Did it change?
 - a. When it comes to my self-awareness about mental health, I do think it changed after this class. I think this class helped me understand more about mental health and the stigma towards mental health. Before participating in this class, I didn't understand how easy it was to fall into drug use. Before this course I never really put much thought into the aspect of how drugs can affect someone's who life and how quickly their life can change due to drugs.
4. How will you use the knowledge gained in this course to advocate for clients with mental health conditions?
 - a. After taking this course, I believe I have a better understanding on some reasons people develop a mental disorder and I think this will help me understand what they are dealing

with and what they are going through. I also think that I have a better understanding on what symptoms go along with different mental health disorders and I believe that I can help by knowing what to look for and trying to deescalate the situation before it gets worse. I also think that if the person does go into a manic episode, I will be able to communicate to others about how to help them.

5. Reflect on the overall experience after attending the Mental Health First Aid Course.
 - a. This mental health first aid class was very informative, and I really enjoyed it. I think this class furthered my knowledge about mental health and drug use and I believe this will help me in the long run with my nursing career. This class was very organized, and I loved how they had us get involved with activities during the class. The activities were my favorite part because it got us thinking about what a person with mental illness goes through and it kind of gave us a look into their world a little bit. If I could take this class again I definitely would!