

## 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 Mental Health First Aid Class relates to this course, because the first aid class teaches you to desolate situations and what to say to someone who is battling mental health. Just like we are learning in this course during school, we are leaning how to communicate with someone how has a mental health disorder. We are learning how to use therapeutic communication in class. It is important to use therapeutic communication when talking to someone who is battling mental health, because it helps the client gain trust and feel comfortable talking to you as the nurse.

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 that I learned in the Mental Health First Aid Class is the term ALGEE. Which stands for A-assess for risk of suicide or harm, L-listen non-judgmentally, G-give reassurance and information, E-encourage appropriate professional help, E-encourage self-help and other support strategies. I could apply this term ALGEE in nursing practice, because as a nurse you are

always assess the situation, caring for your clients non-judgmentally, giving reassurance and information to the clients about their disease, and prompting your clients to seek and to continue seeking professional help. Another thing that I learned from the Mental Health First Aid Class is to never get yourself trapped in a small area with someone who is having a crisis. I can apply this to the nursing practice because if you find yourself in a situation where you think the client could become violent make sure you are right next to an exit or somewhere you are able to escape and get help.

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

After completing the Mental Health First Aid Course, I believe that my self-awareness did change. The course instructors were super great at incorporating real life stories that have happened and tying them to the course and some were emotional that made me feel a certain way. There is a big bias on mental health and until you learn and are educated on mental health disease's I believe people will always have a bias thought on this topic. You learn that these individuals are struggling alone majority of the time and that we as a community and a nation need to help.

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

I will use this knowledge that I gained in this course to advocate for my clients by acknowledging that they do have a disease, just like any other disease that needs advocated for. I will use therapeutic communication with my clients to gain their trust and to give them

reassurance that I am there to help them. Finally, I will use ALGEE with all my clients to make sure that they are safe, to show them that I am actively listening to them and their needs, to give them reassurance and information that can help them, and to encourage them to continue to seek professional help.

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

Overall, I thought this course was very informative. This course is something in my opinion that everyone should take. The instructors are great and interact with the students very well. We did little activities through the course to get a better understanding of certain mental health disorders and I thought that was an awesome addition to the course.