1. The class teaches how to maneuver with people who have mental health disabilities. It talks about the stigma of mental health and how to respond/react in situations that involve the management of people with mental health issues. Management includes knowing the proper resources and being able to spot the signs of someone who may need help. The course also taught how to interact with people who have mental health issues. This includes knowing the proper words to use in certain situations, even if they are more direct than you might have expected.
2. The first thing that I learn, which goes along with the answer to the previous question, was that there is specific wording to use when talking to people with the risk of suicide. An example of this would be asking "Do you want to kill yourself"? This is because you don't want to leave anything to chance. Some suicidal patients will answer questions based on the wording that you give and will give a "technically" true answer. Secondly, I learned that sometimes it's best to try to resolve the situation while being presented with the situation. For example, one of the scenarios that was presented was if it would be a therapeutic response to give someone a time where you are more available to talk. The reason why it isn't is because that person may not have the amount of time needed to wait until you are free.
3. I think that I've learned a lot about other mental health issues that aren't highlighted as much as the more prevalent ones. I didn't know anything about auditory hallucinations until the class. The activity that we did to mimic the hallucinations showed me how difficult it could be for someone who is suffering from auditory hallucinations to function on a day-to-day basis. It was difficult for me to focus with someone right in my ear, and this is what people who deal with auditory hallucinations deal with daily.
4. Since going to the class, I've already started to use some of these techniques at work. I've learned to change some of the ways that I talked to some of the psychiatric patients that come in. Not to say that I was speaking to them badly before, but I think I'm able to be more compassionate with the patients because I know now that they are dealing with illness just as much as others in my workplace. Mental illness is just as important as physical.
5. Overall it was a good experience. I gained a lot of knowledge that I can use in the workplace or in my regular life. I think that it's a good class for everyone to take because you never know who you may meet and how you may help them. With the proper tools you could save a person's life.