

Mental Health First Aid Clinical Journal

The clinical journal is a reflective assignment after completing 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 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 student nurse feels as if the mental health first aid class relates to our course because it provides training that could be utilized in a clinical setting. It teaches the student 2 destabilize practice empathy and to provide crisis training to everyday life. It also allows the student to see the client as a person, not an illness.

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

The student nurse learned that in mental health, the goal is not to provide therapeutic measures but to stabilize the client and then release them. The student found that sometimes the client is not released to a facility but instead is often released back to the environment that triggered them in the first place.

The student found that while it is common knowledge that everyone has mental health, it is not healthy to assume that everyone practices the same healthy mental health practices. When we are prioritizing mental health, we still stigmatize mental illnesses. We hold biases and treat them as if something is wrong with them. Most people look at mental health propaganda and gather their knowledge about mental health and mental illness. People forget that mental health and mental illness are two different entities.

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

The student nurse was able to check in on her self-awareness about mental health. While the student nurse was educated on most of the things discussed, the student also found she was ignorant of the practices in the clinical settings when it came to crisis management. The student nurse is more passionate and leaning toward a career in mental health since it seems underfunded, underrepresented, and lacking in areas that the student feels the community will benefit from this training.

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

The student will utilize this knowledge to advocate for the client and find ways to reduce the propaganda and stigmatized versions of what mental illnesses appear to be to people. We should all treat mental illness as we would treat cancer and diabetes. A person didn't choose to have a

mental illness, just as if they did not choose cancer or diabetes. They were born with it, and we need to be mindful of how we treat them.

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

After taking this class, it showed the student that there is more that should be done in the mental health community. There are many gaps left in the system that do not promote or provide the therapeutic approaches that the student feels are appropriate for prioritizing or maintaining a healthy mental health practice. It also shows that it is underrepresented and understaffed.