

## Mental Health First Aid Clinical Journal

Erica Stevenson

1/15/24

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?

It helps students identify what a mental health crisis is, the signs and symptoms to watch for, and how to handle them. It also helps with understanding communication during a crisis. Additionally, it allows students to learn the importance of mental health care in the community.

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

I learned how to talk to someone experiencing a crisis. I will be able to apply it while I am speaking to patients in clinical, coupled with the therapeutic communication learned in class.

I also learned how to watch for signs and symptoms of suicidal ideation. In nursing practice, I will be able to apply these skills and monitor my patients for SI.

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

I think I was fairly self-aware before the class due to personal and family experiences with mental health issues. I do feel like it helped my understanding of how the people I am around who experience different mental health issues than I do feel. It allowed me to take a step back and re-examine what mental health looks like on other people so that I do not always assume it looks the same as what I know.

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

It will help me in clinical, nursing care, and daily life. In clinical and nursing care, it will help me recognize when someone is going through a crisis and fight for correct treatment

or placement into facilities. It will also help me advocate for them to receive proper medical care rather than having treatment immediately targeted toward their mental health issue. In daily life, it will allow for me to recognize when someone needs help and be the person to support them.

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

Overall, I think this course was fantastic for helping my understanding of emergent mental health problems. I really enjoyed how interactive it was, especially for the auditory hallucinations. It made me uncomfortable to do, however I believe it helped me feel more empathy and compassion toward people who may experience those types of symptoms. It gave me insight into the various problems people may face and how, while I might not fully be able to know what they are going through, I can always be their biggest advocate.