

## 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.

### Julia Bushnell

1. How does the Mental Health First Aid Class relate to this course?

The Mental Health First Aid class taught us how we are supposed to respond in a time of crisis. In our clinical rotations, we may see clients going through a crisis and we are the ones to provide care for them. The class taught us a foundation of what a crisis may be like for someone and how each of the mental health disorders may look for a client.

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 about what the different disorders may experience when they go through a crisis, and that a crisis is not the same for everyone. I also learned that mental health disorders are still not considered a medical issue nor do they get always get treated like one. It was interesting to see how we should respond to each mental health disorder.

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

My awareness changed in the sense that I feel more confident in helping clients who have mental health disorders. I feel more knowledgeable about what I should and should not say. What my world looks and feels like could be completely different from what my clients see, and that is something I will keep in mind during my nursing career.

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

I will advocate for clients with mental health disorders by offering a care to them that is appropriate and encourage my coworkers to do so as well. Some workers tend to be sarcastic to the clients and undermine their disorder. I will advocate for the clients by informing the workers what is appropriate and encourage them to learn how they should respond to these clients.

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

Overall, I enjoyed the course and appreciated how they had several activities. Applying what we learned in the power point to a real-life situation helped me understand what I was learning and how it would be in real life. I found the personal stories by the instructors interesting.

