

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?

This class relates to the Mental Health course because it taught us how to understand and approach different mental health conditions. We were taught about the condition and about how we should and should not approach someone who is experiencing that condition. We also did different exercises which helped us to better understand what a person going through a mental health illness might be experiencing.

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 what it is like for a person with schizophrenia to experience auditory hallucinations. This will help me in my nursing practice because I will be able to not only understand what these hallucinations might be like for a person with schizophrenia, but also how to help that person.

I also learned that people with substance use disorder are treated differently from those with a physical illness, even though they are both the same in a lot of ways. This will help me in my nursing practice because I will be able to look at those with substance use disorder in the same way we view those with a physical illness and not use bias in our care.

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

There was a lot of information that we learned from this class that I already knew about mental health, because I have struggled through many different mental illnesses, but I also gained a lot of knowledge from this class about the different mental illnesses and how we as nurses can respond to those experiencing these. I feel like this class taught me more how to respond to those I will be taking care of who might be struggling.

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

I will use the knowledge that I gained in this course to advocate for clients with mental health conditions by teaching my fellow healthcare personnel about how they should respond and more about the conditions of our clients we will be caring for.

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

I really enjoyed this class. I felt like Jim and Beth were very knowledgeable in the content they were teaching us about, and I really enjoyed them sharing their personal experiences with us. I learned a lot in this class, and really look forward to being able to attend the youth content class that they teach.