

When first entering the clinical unit, I was unsure of what to expect, and that made me feel a little anxious. This was my first experience in this type of unit. I currently interact with a lot of clients with mental and behavioral health conditions. My daily interactions at work familiarize me with behaviors of clients on this unit, which made me feel more comfortable. **I was observant** when entering the unit because, in this environment, **you should be more aware of your surroundings for safety reasons**. The staff and the clients on the unit made me feel very welcomed.

One misconception about mental health is drugs are the only way to treat mental health conditions. Some conditions work best when treated with pharmaceutical treatments. There are many nonpharmaceutical options available for treatment. Addressing psychological and environmental factors with the use of therapy and lifestyle changes can assist with treating the condition.

I am interested to see and learn more about how different mental and behavioral conditions are managed and treated. It would be interesting to see how different clients respond to various interventions.