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Before starting mental health class I was very unsure of what I thought about it. I previously worked at St. Louis Children's Hospital in the E.D. and all of their patients who were sexually assaulted or had behavioral issues were placed in the rooms under "psych." So, up until this point that was my perception of mental health. My first time at The Pavilion I was very surprised at how the environment looked. **I thought that things would be more "happy" and uplifting, but it was the complete opposite.** The environment gave me a depressed vibe. The lighting was dull and the furniture was also bland. The walls were painted white with no other color or pop to them. I think being in that environment made me reflect on the things that are going on in my personal life. I felt a little anxious about seeing patients just because I did not know what to expect. **I thought that mental health was about people who have specific illnesses that they cannot control and some people caused the problems that they have by drinking or abusing drugs.** I have since realized that is not the case. Mental health is much more than drinking and drugs. Some patients have Depression, Anxiety, or PTSD to name a few.

I am very interested to see the pediatric patients this semester during clinical. I want to be a pediatric nurse so seeing this side of children will help better prepare me for the future. Also, I would like to see specific cases of PTSD specifically veterans and military personnel. I am a member of the military now and I considered taking a mental health job, but it was not

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available at that time. I believe that I can relate to those patients and understand their situation more than anyone else can.