

Starting this class, I felt overwhelmed, not knowing the true meaning of a mental and behavioral and the breakdown behind it. I was anxious to begin the first clinical and thought to myself **this is going to be an eye-opening experience**. And that it has been, an eye-opening experience. I was a little frightened when we went to the first group meeting. I was wondering **how to handle situations the correct way in my head**. This week clinical was less overwhelming. I even thought to **myself mental and behavioral health would be a rewarding path to go into as a nurse**. The fear of the first few experiences is in the past; I am now excited and hopeful for the rest of the semester at the Pavilion.

A massive misconception people have about mental health facilities is thinking that is similar to a “prison” on the inside. People believe that it is a terrifying and dark place on the inside because of the lack of education provided. I even thought that it would be frightening inside just because it is a mental facility; my whole opinion has changed after the first clinical. I had a patient tell me this week at clinical that, “this is not anything like I thought it was going to be.” Then she began to state, “it isn’t like the movies make it out to be.” The client also said that she was thankful she was there to get the help she needed. I think that statement is something to ponder on when thinking about mental health. People lack proper education on mental health. With that said, this misconception is false. The Pavilion is a facility that provides clients with a place to stay to get the treatment they need. The facility offers “groups,” which help the clients learn coping mechanism.

I am interested in going to the recovering (addiction) unit, and to continue my education on mental and behavioral health. I have found mental health an enjoyable class, and I hope to be able to provide people with more of an understanding of mental health.