

## N323 Mental Health clinical - Journal 1

1. My first Mental Health clinical at the Pavilion was very interesting. I came across and met some very unique individuals with personalities I have yet to socialize with in my life. At first glance, I was confused and a bit anxious with what was going on; there were individuals there who I walked by on the street just a few days before, there were individuals I went to high school with! I thought to myself many times, **“if only I had become friends with that individual...”** when I was talking to one of the patients who I went to high school with. I am not going to like though, being in Pavilion for my first experience gave me a sense of being isolated from the outside. It was like a whole other community in there with lots of different, but unique individuals. But being there had me feeling very optimistic for the patients because most of them are there because of voluntary admission and makes me feel content that they are there trying to make themselves better.
2. A misconception about Mental Health is that these individuals are a threat and that they have no place in society. This misconception is false because if I recall correctly, most of the time, these individuals are more threatened by “normal” people. There’s nothing wrong with having mental health issues because that is part of life. Everyone goes through something

here and there because it is what makes us human. It is just sometimes, it is very unfortunate that individuals suffering from Mental Health issues don't form healthy coping mechanisms or have healthy support to help them out.

3. This might sound selfish, crazy, etc., but I am interested in seeing something out of the ordinary. BUT I am also very interested in being able to witness someone go through the treatments, the group sessions, and take their medications and actually figure it out little step by little step. The latter is what I am looking forward to seeing more because life is supposed to be fun! Life is supposed to be filled with things that are emotionally compelling to you! Goals and dreams you want to accomplish while having friends and family stand by you to support you with whatever it is you are doing.