

Journal 2

Jenna Lee

The suicidal ideation of one of my patients led to their hospitalization at Northwell Hospital this week. Currently living in Queens, New York, with her parents and older sister, she attends high school there.

She has suffered from major depressive disorder and borderline personality disorder for the past three years. In spite of her desire to be loved and close to others, her relationships are unstable, and she doesn't trust others. In an effort to reduce her distress, she cut her arms recently. This isn't the first time she's cut her arms.

Following a consultation with her mother, I recommended that she take her to Northwell Children's Hospital in Long Island. Having spent a week in a psychiatric unit, she was discharged last week.

I had never dealt with a patient who had suicidal thoughts and self-injurious behaviors before.

Among Asian American girls and young adults in the United States, I found that Asian American girls are more likely to commit suicide than other ethnic groups. Mental health conditions, cultural stress, and social and economic pressures all contribute to suicide. Mental health must be prioritized, and support provided to those in need, including access to mental health resources and culturally sensitive care. Mental health stigma needs to be reduced as well as awareness raised about the issue.

I am not ready to provide dialectical behavior therapy as a first-year social worker student. Patients with severe mental health issues and borderline personality disorder benefit from treatment. In my opinion, it would be better to transfer her to a more skilled therapist or to a specialized program that offers CBT to patients.

As a social worker in training, I understand the need to study various evidence-based interventions to help a variety of patients with mental health and substance abuse issues.