

A Virtual Encounter with Mental Illness

Reflective Assignment

Being able to effectively assess and plan interventions for people who are struggling with various psychiatric diagnoses is an essential skill of the professional nurse. This project gives the student the opportunity to learn from a variety of individuals with mental illness. While there are several videos, they are all relatively short in duration (5min to 30 min). In all the total viewing time is approximately 2.5 hours. As you watch, consider the role of nurse in patient encounters. Whether or not you choose to work in psychiatric nursing, you will have patients dealing with mental illness. Please follow the instructions carefully.

Review:

- Review ALL of the TED Talks for “The Struggle of Mental Health” at https://www.ted.com/playlists/175/the_struggle_of_mental_health
 1. Andrew Solomon, Depression, the secret we share:
https://www.ted.com/talks/andrew_solomon_depression_the_secret_we_share?referrer=playlist-the_struggle_of_mental_health
 2. Sangu Delle, There’s no shame in taking care of your mental health:
https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health?referrer=playlist-the_struggle_of_mental_health
 3. Melissa Walker, Art can heal PTSD’s invisible wounds:
https://www.ted.com/talks/melissa_walker_art_can_heal_ptsd_s_invisible_wounds?referrer=playlist-the_struggle_of_mental_health
 4. Jeremy Forbes, How to start a conversation about suicide:
https://www.ted.com/talks/jeremy_forbes_how_to_start_a_conversation_about_suicide?referrer=playlist-the_struggle_of_mental_health
 5. Kevin Breel, Confessions of a depressed comic:
https://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic?referrer=playlist-the_struggle_of_mental_health
 6. Essam Daod, How we can bring mental health support to refugees:
https://www.ted.com/talks/essam_daod_how_we_can_bring_mental_health_support_to_refugees?referrer=playlist-the_struggle_of_mental_health
 7. Sherwin Nuland, How electroshock therapy changed me:
https://www.ted.com/talks/sherwin_nuland_how_electroshock_therapy_changed_me?referrer=playlist-the_struggle_of_mental_health

8. Eleanor Longden, The voices in my head:
https://www.ted.com/talks/eleanor_longden_the_voices_in_my_head?referrer=playlist-the_struggle_of_mental_health
 9. Elyn Saks, A tale of mental illness-from the inside:
https://www.ted.com/talks/elyn_saks_a_tale_of_mental_illness_from_the_inside?referrer=playlist-the_struggle_of_mental_health
 10. JD Schramm, Break the silence for suicide attempt survivors:
https://www.ted.com/talks/jd_schramm_break_the_silence_for_suicide_attempt_survivors?referrer=playlist-the_struggle_of_mental_health
 11. Kevin Briggs, The bridge between suicide and life:
https://www.ted.com/talks/kevin_briggs_the_bridge_between_suicide_and_life?referrer=playlist-the_struggle_of_mental_health
 12. Hector Garcia: We train soldiers for war. Let's train them to come home, too:
https://www.ted.com/talks/hector_garcia_we_train_soldiers_for_war_let_s_train_them_to_come_home_too?referrer=playlist-the_struggle_of_mental_health
- Review “Amy’s Mental Health Recovery Story” at <https://www.youtube.com/watch?v=e-S5-yS3uTM>

Analysis:

- As you watch each of the videos, take brief notes on key points or major “take-aways” for you. What stood out to you the most?
- Considering the videos as a whole and the struggle of mental illness, what will be your role be as a nurse? Support your point with credible evidence.
- Being honest, what is your most significant barrier in relating to or dealing with patients with mental illness?

Instructions:

1. Provide written responses to all of the items as described in the analysis section above;
2. Written report should follow APA format (typed, double-spaced, 1 inch margins) and provide any references used for the assignment (textbook, etc.);
3. Report should be two (2) pages in length and submitted on a Word document via the Dropbox.