

Student Name

NR548 Week 1 Collaboration Café

Select an issue or trend that impacts psychiatric mental health practice.

One practice-related issue, concern or trend that impacts psychiatric mental health practice is the lack of promotion of physical and sporting activity in children and adolescents in underserved population. Increasing physical and sporting activity in children and adolescents to promote mental health wellness is vital for care in this population. I have seen in my current practice, children and adolescents in the underserved areas are not involved in regular physical activity or team sports.

Some of the reasons that children and adolescents in the underserved areas have decreased physical activity and team sports are, unavailable cost-effective, local resources that do not sacrifice quality of service and poor socio-economic and low-income family structure. Howie et al. (2020) suggests that although it is not easy to modify family structure, having resources that are tailored to youth in challenging family issues who may not have the opportunity to be a part of sports can be beneficial.

Physical and sporting activities can increase self-esteem, promote a healthier lifestyle, and have a positive impact on mental health and wellness. Graupensperger & Sutcliffe (2021) agrees that participation or involvement in sport can contribute to the child and adolescent's mental health wellness as friendships and relationships are formed in sporting activities which can promote favorable mental health wellness.