

## Covenant School of Nursing Reflective Practice

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Instructional Module: IM6

Date submitted: 9-3-24

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<p><b>Description</b></p> <p>Once we arrived at 1100 in Fire Sky Ranch (Aspire) we were greeted by the lady at the front desk. She then guided us to the owner's office. After brief introductions, we had a mini orientation to get a view of what admission looks like and different treatment they provide. Destiny, Janice, and I were there to help get a "look on what addicts look like" per stated by the owner. We then went on a tour of their facility and attended a group session, conversed, had lunch, and finished the day with a 1300 session ran by the owner.</p>	<p><b>Analysis</b></p> <p>In these sessions active listening a therapeutic communication played a huge role in the way clients would interact or respond. In these sessions the topic really made the clients give examples of the denial and excuses they used or chose to ignore when choosing their substance of choice. Everyone was similar in the way they would compare their substance of choice to others when talking to family. For example, someone would tell their mom "Its just alcohol at least it's not cocaine," this is when they mentioned Freud and the making of defense mechanisms.</p>
<p><b>Feelings</b></p> <p>I was excited going in since this was a new setting. I was thinking this facility would have a clinic feel with strict rules. Watching all the clients participate in group made me feel happy for them, being there was truly rewarding. The outcome of this clinical was great I would love for others to be able to experience this amazing place.</p>	<p><b>Step 5 Conclusion</b></p> <p>I learned an abundant amount of information. I took a notepad and wrote notes and the steps each session contained opened up the floor for everyone to reflect on decisions made while under the influence and taught them why they still continued the cycle of dependence. The amount of people laughing and willing to share shows how close knit everyone had become and proves that some freedom in recovery helps progression on the outside.</p>
<p><b>Evaluation</b></p> <p>This was a wonderful and eye-opening experience for me. From the start we were greeted with smiles and seeing how this was built just made it so much more special. The owner and his wife are recovered addicts and have seen the money hungry bad side of recovery facilities, so they decided to make a change and truly care about every one of their clients. I think the only "bad" was that they are a small staffed facility and run by self-pay and insurance only, but I completely understand. The good side to that is the clients receive very personalized care and the owner also runs an honest program that provides multiple scholarships yearly. One of the many amazing things they do is allow clients to continue treatment even if their insurance decides to stop paying, they never hear about it.</p>	<p><b>Step 6 Action Plan</b></p> <p>Overall, this was my absolute favorite clinical of PMH, the staff was so friendly and truly advocated for their patients. The way they help clients learn daily activities, allow phone usage, and help them find housing or continue life on the outside while still providing outpatient options is incredible. It eases some major stressors they face going "back to reality." I can apply these tools and compassion in all my care for future patients and am very grateful for this experience.</p>