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## Reflection

### Description

This week for my clinical rotation I was at aspire, i was with emma and jessie. We were sent to aspire to observe and listen to the discussions the patients attended throughout their day. When we first arrived we were introduced to the owner robin, we went into his office and he gave us a rundown of who he was and the background of the facility. He then let us go on a tour of the facility which was really impressive. It was really nice and comfortable for the patients, and made it almost feel like a second home for them. The rest of the day we listened to group discussion and it was very eye opening, I even got to hear a personal story of one of the patients.

### Feelings

In the beginning i would say i was expecting the patients to look different and behave differently, i would say i had a preconceived notion about the patients unfortunately. I was thinking these patients would not be open to sharing things with the group and that it would just be a lot of talking from the speaker. I was completely wrong, the patients looked like regular people, they had regular jobs and families, you wouldn't have even been able to tell you were in a room of addicts. The way they were all so open about their addiction was truly admirable, I thought they would be ashamed or closed off about it but no, they all openly talked about it and their experiences. Being proved wrong just really opened my eyes, it gave me a whole other perspective, these are peoples loved ones who are asking for help with something society deems shameful. In the end I felt so blown away by how easily these men would discuss their addiction and their problems.

### Evaluation

This was a great experience and I definitely benefited from it and it opened my eyes for sure. This experience Gave me so much perspective that I will carry with me forever.

### Analysis/conclusion/ action plan

I can use this experience in the future with patients by not passing judgment or assuming things. Always give everyone the best care I can and be open minded to people's situations. The perspective of addiction being a disease will stay with me as well because after I heard the way the patients described it, I agreed even more than I did before. I don't think there is anything I would have done differently, the men were all so nice and welcoming. I enjoyed talking to them and hearing their stories. Overall I appreciated the opportunity to go and witness the facility, it was a great experience. I'll cherish it the rest of my career because it gave me so much perspective.