

## Aspire Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>At Fire Sky, I kept to myself at the back of the meeting room to prevent any distraction/ disruption during the therapy session</p>
<p style="text-align: center;"><b>Clinical Judgment</b></p> <p>As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing:</p> <ul style="list-style-type: none"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>During the group discussion, I learned a lot of techniques to prevent overthinking, worrying, and creating negativity in my life. I learned that I do not have to live a miserable life, and that substances are used to lessen the feeling of this.</p>
<p style="text-align: center;"><b>Patient Centered Care</b></p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>The only concern I had for the group was the fact that any of the men could relapse at anytime. From my understanding, they all seemed to be doing well from their physical look, but that doesn't define what may be going through their head.</p>
<p style="text-align: center;"><b>Professionalism</b></p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by representing Covenant School of Nursing in a kind and appropriate manner. I was only there to observe and learn what recovery looks like.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I didn't necessarily use therapeutic communication, but I was able to relate to one of the men. He was a special ED teacher just like my mom. We were able to talk about school and how that job can be very difficult but rewarding.</p>
<p style="text-align: center;"><b>Feelings</b></p>	<p>In the beginning I was very impressed by how clean and</p>

<ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<p>modern the facility is. The staff members/ owners were very welcoming and gave us a very detailed tour of the property. It made the experience more comfortable and inviting. I was highly impressed on how well managed the men and program was.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire?</p>	<p>The biggest thing that stood out to me was the fact that this isn't a "closed facility". It was very open and welcoming to all walks of life. No judgement was passed and everyone seemed to get along and help each other out. I would highly recommend this ranch to anyone that is trying to recover from an addiction.</p>