

## Aspire Reflection - Hannah Wright

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p style="text-align: center;"><b>Describe anything you accomplished to maintain a safe, quality environment</b></p>	<p>At Aspire, I maintained a safe environment by maintaining the respect of patient confidentiality and allowing the men to feel comfortable while sharing their emotions. I demonstrated this by practicing active listening.</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>I was able to use the information from the lecture regarding withdrawal signs and symptoms to understand what some of the gentlemen were experiencing in recovery. I also understood this group in a more insightful way due to my previous personal experience with family members who were in active addiction and recovery. I feel very motivated to aid in someone's recovery journey and to help end the stigma in the medical field regarding addiction - therefore, I will use this passion to assist in my professional field. I will ensure that my patients in the mental health area feel heard and validated in their struggle and journey. From this clinical, I learned that drugs and alcohol do NOT discriminate within communities, and since it can happen to anyone, it is best to extend grace rather than judgment.</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>There was a younger gentleman that was barely out of high school, and he was struggling with an addiction with Xanax. If I was an active part of his care team, I would ensure that he had a good support system and resources to therapy.</p>
<p style="text-align: center;"><b>Professionalism</b></p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p> <p>(What has this taught you about professional practice? About yourself?)</p>	<p>I maintained professionalism by showing up on time to the clinical experience in clinical attire and I stayed active in the event.</p>

<p><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication when I introduced myself and explained my personal experience, and expressed that it was a rewarding journey that they were on.</p>
<p><b>Feelings</b></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>I felt a little nervous at the beginning, but I enjoyed the experience very much! I was thinking about how the group therapy was going to go, and the event overall made me thankful that I got to be a part of it. The thoughts from the gentlemen made me think about my own personal experiences with relatives, and I enjoyed getting insight on the other side. I feel like overall, this was a good experience and my most important emotion was motivation to begin to break the stigma for others regarding addiction and mental health.</p>
<p><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>The thing that stood out the most about Aspire was the energy and the devotion that the owners had towards this mission and the idea of changing the societal stigma that surrounds addiction.</p>