

## Aspire, AA and Oceans 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>I maintained a quality environment by engaging with residents and making sure that they knew I was happy to be there. A few responses I got were “oh so you have to be here”, and my response was “no sir, I get to be here and it’s a privilege”.</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 witness how cognitive behavioral therapy is used to help identify problems and finding ways to deal with them. I was able to reflect with the group and help members find the right words to describe why they started using substances to begin with. I can apply the knowledge of how important it is to have a support group and find those who are on a similar path as you. It’s crucial to have someone that can relate to what you’re really going through instead of someone who has no idea and is always disappointed in you. I can apply that no matter what you are struggling with, chances are someone else is too. I will teach my patients to always find a support person/group that you can talk to. I have learned that substance abuse is not to be treated any different then someone with congestive heart failure. I recognized that both are illness that both need treatment. One should not be looked at as a bad person while the other is simply looked at with sympathy. An illness is an illness, its that simple.</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 one member in group who did not know what sober day he was one. I found that to be odd since everyone else in the group did and had much excitement about it. When he figured it out and shared, the whole group rooted for him because he was the longest at 98 days. I would recommend to him to always know his sober date because each day is an accomplishment. My suggestion would be set milestones with each chunk of time and to celebrate upon hitting that milestone.</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 keeping my composure even when talking topics became a little too much for me. I made sure to stay focused throughout group and give my undivided attention.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication by taking the time to get to know a few residents and ask what they found to be most helpful from nurses and what was least helpful. It was shocking to see the gratitude I received from simply asking them that.</p>
<p style="text-align: center;"><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>Pulling up to the building was excited and eager to see what everything was about, despite the feeling of being a girl in a male only recovery center. I wasn’t sure if I was going to enjoy it or if I was going to be watching the clock waiting to get done. Overall, after the I spoke with the owner I became more excited to see what the night was going to bring. I felt very calm throughout the entire night. Being able to witness these men take action and support one another made me feel empowered to show support. The outcome of the evening was great. I Now that I know about the place, I can save it and always suggest it when the time is right. The most important emotion that I had was a sense of hope. Seeing these group of men coming together as team gave me hope that there are people out there, even men, who wasn’t to help one another. Getting to witness these men have a few hour break from their reality and escape to group therapy was very promising for me. It takes so much unwavering strength to seek help, especially as a man,</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me most was how much the facility is made to give you a normal life as much as possible. Whereas most facilities strip you of all personal items and the whole place is boring. I learned that at aspire recovery doesn’t have to be boring. You’re leaning to live your normal life again and find fulfillment without a substance.</p>

