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Safety and quality

- My group members and I followed and stayed with our guide. We listened, learned, and asked questions. We were all very interested and very engaged with this ranch.

Clinical Judgement

- My closest aunt had dealt with substance abuse. So, I had seen her go through the same phases these men were talking about. I seen her go through the actual drug use phase I have also seen her go to rehab then to a halfway house. I have also seen her relapse and do it all again so I knew coming into this that these men were vulnerable and were looking for an escape that their drug of choice gave them. However, my aunt lived with us a few times because she was never able to get on her feet. Till this day she she is living with her mom. These guys on the other hand are successful men who own businesses and have wife's and children. It opened my eyes and taught me that "addict" is a stereotypical word because when I thought of it I thought of someone who didn't have much going for them, got bored, and ended up with the wrong crowd. Not these men these men each have something different deeper going on.

Patient centered care

- A man had really bad jaundice from liver failure due to alcoholism. I'd recommend a low sodium diet to help with fluid retention

Professionalism

- At aspire these men were just being themselves, they smoke and they curse. So you have to meet them where they're at. That's just saying instead of using professional

big medical terms I just kept conversation casual of course without cursing on my end.

Communication and collaboration

- My group and I sat in on a meeting. I was actively listening to understand each patient's perspective as they were all very different. The question our guide gave them was an opened ended question to have them explore their thought's and feelings to answer any way they felt

Feelings

- When I first learned about where we were going, I was excited I wanted to get an insight on the way patients were handled and what they did during the day. I wanted to know how to help a patient in that mindset. However, I did not expect the type of men that I saw. I was expecting men you see in a dark alley camping out by a dumpster.
- This experience made me feel compassion for these people. Hearing these men's stories about how they're trying to get better for their families made me want to help them as well. I wanted to be invested in their care and strategies to make it easier for them. The outcome was as expected the men put their pride to the side to get better. The most important emotion I had is probably the compassion I had a strong urge to help these people.