

Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;">Safety & Quality</p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>Something that I did that maintained a safe, quality environment, was asking everyone's names, and giving my own. Showing respect and listening is one the most important tasks in a new enviroment.</p>
<p style="text-align: center;">Clinical Judgment</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"> • What can you apply to this situation from your previous knowledge? • Can you apply these learnings to other events? How can you use this to further improve your practice in the future? • What have you learned from clinical? 	<p>Many of the clients at this facility have difficulty expressing their feelings which led to addiction. When I got there, I treated everyone with the same respect I would treat anyone else outside of the ranch. I looked them in the eye, listen to what they were saying, and felt compassionate to each of their stories. I learned that addiction affects anyone in anyway, therefore I will take with me, the fact that I will not discriminate towards anyone's illnesses, whether is mental, or physical. The main thing that I learned leaving the ranch was that there is a stigma towards individuals with addiction, but I left without it.</p>
<p style="text-align: center;">Patient Centered Care</p> <p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>One individual specifically, could improve his quality of interrelationship, with consistently meeting with a therapist along with his family. At Aspire, they have an indoor heated pool where they can invite their family members on the weekends to reconnect and build those relationships up. By reconnecting with family members, this could increase his mental health with positive reinforcements.</p>
<p style="text-align: center;">Professionalism</p> <p>How did you maintain professionalism? You can review your clinical evaluation for ideas</p>	<p>By showing up on time, wearing my covenant uniform and introducing myself appropriately, I was able to express myself as a professional nursing student. In my</p>

<p>(What has this taught you about professional practice? About yourself?)</p>	<p>opinion, when individuals see professionalism, it also comes with a little bit of trust as well.</p>
<p>Communication & Collaboration Describe how you utilized therapeutic communication/collaboration</p>	<p>One way I used therapeutic communication, was when I was talking with one of the counselors who had gone through addiction himself for 15 years. As I was able to conversate with him, he was able to open up and share his story of recovery to how he got to the point of going to school for counseling to help other men.</p>
<p>Feelings</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<p>At the beginning of clinicals, I felt a bit anxious to be around all males with drug and/or alcohol addiction. When you hear rehab, you assume the very worst. I thought I would be surrounded with a group of men who I could not relate with. Immediately as I walked in, we met the corporate officers who greeted us very kindly and openly. One man who introduced us as the co-owner of Aspire, immediately sat us down in his office and told us his story, and what he wanted Aspire to be about. He then asked us who we were and what we aspire to be. This made me feel calm and welcomed as I was able to give him some of my background. The owner was also a counselor which increased the experience to that level. Coming out of this clinical day, and I very much appreciated the fact that we were able to submerge ourselves in an experience with these people. Addiction has no prejudice and realizing that today, I know will follow me in many situations outside of this experience. Many of these mens' is stories have opened my eyes what addiction can really look like.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	<p>The main thing that I took out of being at Aspire, was how intelligent and open these men were to expressing their feelings of how addiction had affected their lives.</p>