

## Aspire Reflection (300 word minimum)

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<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>While attending Aspire: Fire Sky Ranch recovery center, I made it a priority to try to foster an open, non-judgmental atmosphere where everyone felt safe to share their experiences, which would help reduce stigma and encourage honesty in conversations about recovery. I was also committed to following all the rules and guidelines set by the recovery center.</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>From my classroom knowledge, I had learned about addiction, coping mechanisms, and therapeutic communication techniques. Hearing patients discuss their struggles with substance use allowed me to recognize the psychological and physical aspects of addiction, helping me better understand how theories like Maslow’s Hierarchy of Needs or Cognitive Behavioral Therapy were being applied in practice. Especially when a patient shared about relapsing due to stress at work or his personal relationships at home with loved ones, I could connect that to what I had learned about triggers and stress management. I also was able to apply the concept of patient-centered care from the classroom, recognizing the importance of empathy and active listening. In group discussions, I observed how the therapist validated patient feelings and provided a safe, non-judgmental space, which I understood to be essential in fostering trust and supporting recovery.</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>One of the patients had a history of substance abuse beginning in adolescence, using drugs to cope with stress and reality. He struggles with anger issues, which have negatively impacted his relationships, particularly his first marriage. He continues to battle with addiction, using a variety of substances to escape his emotions.</p> <p>Concerns: his short temper and anger problems are a significant concern, especially as they have impacted his relationships and likely contribute to his ongoing substance abuse. The drug use as a coping mechanism for stress and emotional pain suggests that substance abuse has been a long-term escape from unresolved emotional issues. The destruction of his first marriage and possibly strained future relationships indicate that his emotional and behavioral challenges need to be addressed in a holistic way. I would recommend that the patient continue to work with the therapist on anger management techniques and emotional regulation. Techniques like deep breathing, mindfulness, cognitive-behavioral therapy, and conflict resolution strategies can help him manage anger more effectively; medically assisted treatment to help him manage cravings and withdrawal symptoms. It could support his recovery, especially since his addiction has been long-term and includes multiple substances. Participation in 12-step programs or other peer support groups like</p>

	Narcotics Anonymous (NA), where he can share his experiences and hear from others who have faced similar struggles. Engaging in healthy coping mechanisms for stress, such as physical activity, journaling, regular sleep, balanced nutrition, and relaxation techniques to build resilience against stress.
<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>	I focused on being fully present during group therapy and patient interactions, actively listening without judgment. This allowed me to maintain professionalism by ensuring that patients felt heard and understood. I kept an empathetic attitude, which helped build trust and foster an open, safe space for them to share their struggles. As a student nurse, I was mindful of maintaining professional boundaries. I respected patients' privacy and personal space, especially when dealing with sensitive topics like addiction and past trauma. I reminded myself that each patient's journey is unique, and maintaining a non-judgmental attitude was crucial. It taught me not to form biased opinions or make assumptions about individuals, as you never know the depth of their struggles or what led them to addiction or emotional distress.
<p><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	I was able to apply my knowledge of therapeutic communication by observing how open-ended questions, active listening, and reflections were used to encourage patients to share. I learned how creating a supportive environment allows patients to express their feelings, which is critical to building trust and supporting recovery. I was also able to have short but meaningful conversations with some of patients in the common area about their struggles in day-to-day life.
<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>I had a great experience at Aspire recovery center. It was positive, eye-opening experience, especially with the level of organization and the patients' support systems in place.</p> <p>It was very fulfilling to see how everything, from the patient care to the therapeutic environment, came together to create a space of healing and growth. I entered these kinds of settings with certain expectations, but it's the unexpected positive aspects is what was the most significant feeling I've had. I also felt inspired, knowing that I was a part of an environment dedicated to healing and recovery. The ability to observe and learn from such a supportive atmosphere deepened my commitment to improving your own practice, both professionally and personally.</p>
<p style="text-align: center;"><b>Evaluation</b></p> <p>What stood out the most about Aspire, AA, or Oceans</p>	What stood out the most about Aspire was how warm and welcoming the recovery center felt, creating a safe, comfortable environment for healing. I was also inspired by the fact that many of the staff are recovering alcoholics or former drug addicts, which made the care feel authentic and relatable. Their lived experience helps build trust and offers hope to patients, showing that recovery is possible. The combination of a warm environment and staff with shared experiences creates a powerful, supportive space for recovery.

