

Safety and Quality: I achieved a safe and quality environment by simply maintaining privacy among the clients there.

Clinical Judgement: I can take what prior knowledge I have gained and apply it to this situation by simply listening and learning. The knowledge I gained from this clinical I can use in my future career in nursing by taking the therapies and resources I learned about and applying them to future and current patients I come across in the clinical setting. I learned all about denial and also how to self reflect on myself. I related to this particular clinical coming from an experience with a family with addiction as well as losing my best friend to addiction. Looking back after talking about what we did I learned about steps my family member went through as well as what he was working on that I didn't exactly understand at the time. This gave me a eye opening experience.

Patient centered care: The client I would recognize would actually be all of them in this clinical group. They all seem to be doing well currently and I would recommend them sticking to the path they are on and not falling to the risk of addiction and relapsing.

Professionalism: I maintained professionalism by keeping a non judgemental attitude when interacting with everyone that was at aspire.

Communication: I used therapeutic communication by simply listening for the most part as well as connecting with some of the guys by playing football.

Feelings: At the beginning I was feeling nervous that I was not sure what I was walking into or what to expect, However it turned out great with a welcoming staff and welcoming clients staying at aspire. The words and actions of the people out at aspire made me feel welcomed as well as empathetic. I did not relate to the patients however I did relate to family members and friends that they spoke about during the group. The guilt they felt towards things they have done in the past made me really open my eyes to forgiveness to my family members. The most important emotion I felt while at aspire had to be empathy to the patients.

Evaluation: The things that stood out at Aspire was how different it is run compared to other rehabs I have seen or heard of. Allowing it to be so patient ran and more autonomy than others allows the patients to be seen and heard and also assist more in the plan of care for each person. It was almost like a big family between patients each looking out for one another and holding each other accountable. This clinical has by far been one of my favorites so far in nursing school and I am so thankful that we get to experience it.