

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>I kept a respectful presence during the meeting that kept a safe space for the clients to discuss their previous experiences.</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>We sat in on an IOP meeting and during this we were able to see how the people attending who graduated from recovery program were doing as well as how or why addiction consumed them for so long.</p> <p>I think it puts into perspective that addiction does not discriminate, no matter age, career, or anything for that matter. I saw open dialogue, active listening, and group sharing. Sitting in on this meeting will help me practice nonjudgmental listening and motivational interviewing in patient interaction in clinical setting. This will help build rapport through empathy. I learned that group members supporting each other, sharing accountability, helps others be strong in staying on a sober path.</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 client shared that he had used nearly every drug and struggled heavily with depression. This patient probably was experiencing depression alongside substance abuse when he was in the recovery facility. He may have lacked effective tools to manage depressive symptoms without turning to substance abuse. I would recommend that he continue coming to IOP meetings and continuous peer support and accountability. Also, just making sure he has a relapse prevention plan in place.</p>

<p style="text-align: center;">Professionalism</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>During the meeting, we just saw and listened to the clients tell their personal stories.</p>
<p>Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I feel like because I was more of an observer, I didn't get to demonstrate a lot of therapeutic communication. However, I do feel that my presence was respectful, demonstrated empathy, and nonjudgmental. I think by providing this, it also helped keep a safe space for the outpatient clients.</p>
<p style="text-align: center;">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>I was a little nervous at the beginning just because I didn't know what I was going into or expediting. I think I was expecting to maybe see the stereotypical drug addict you see on the side of the highways but it was people of all upbringings and careers. I felt that the event was super informational and made me open my eyes to struggles and addict may go through. By the end of the meeting, I actually felt that I could see myself going into this field of nursing.</p> <p>I feel the most important emotion I had during this meeting, was empathy. It allowed me to connect with the clients' experience without judgment, even in silence. It fosters respects for their vulnerability and reinforces that they are not alone in their recovery.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out the most for me with Aspire was that the owners are 24 years sober from meth and alcohol and have provided a safe environment for people to</p>

	<p>come and lead to a road of recovery. They also are not state funded, and houses 12-15 men, which is a more 1:1 approach. Once their insurance doesn't cover their stay, the owners if they don't feel they are ready to go back to real life they cover their cost of their stay which I thought was amazing.</p>
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