

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>While at Aspire I maintained safety and quality by being respectful and listening to the discussions during group. I was also nonjudgmental when the residents shared their struggle with addiction.</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>During group, the leader was discussing DSM-5 and the criteria that determines if a person is an addict. In lecture we also learned about the DSM-5, so I was able to use that information during the group discussion. The leader was describing the criteria for addiction and asked the group if they feel like they met any of the criteria. Most of the group had an experience or related to the reasons that determines addiction. This discussion was helpful for me to learn about the qualities and experiences that people go through with addiction, and I will use this information in my future practice to notice the signs of addiction so I can provide the care my patient will need.</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>There was one member in the group who was an athlete and participated in marathons. He shared that he was not drinking alcohol or doing drugs when he was training for a marathon, but after he competed in the race, he did not have anything to train for anymore, so he started doing drugs. The leader suggested that this member might also be addicted to working and always needing to be active or doing something. A recommendation that I would give for this patient is to return to working out and exercising to channel his energy into a healthier activity.</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>I maintained professionalism by respecting the members and being nonjudgmental when they shared their experiences with alcohol and drug addiction. The other students and I made sure to not talk to each other or get on our phones during the group discussions.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I used therapeutic communication by actively listening to the members during group because it was helpful for them to talk about their struggles in a safe environment.</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? 	<p>I felt comfortable at Aspire because the employees were very kind and taught us a lot about the program. I think that Aspire is a very healthy and safe space for people to recover from addiction because the leaders are extremely invested in providing the treatment that the members need. I</p>

<ul style="list-style-type: none">• 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?	also feel like Aspire provides a sense of freedom that other recovery facilities do not have because they allow the members to have their phones and other belongings.
<p style="text-align: center;">Evaluation</p> What stood out the most about Aspire, AA, or Oceans	What stood out to me about Aspire was that most of the leaders have gone through addiction and recovery in the past, which allows them to connect with the members on a deeper level. I enjoyed getting to learn about Aspire and it is very beneficial place for people to go to for recovery.