

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 am so used to, looking at my surroundings when I first go to a new place or environment that I go to. I have always been like that since I was younger. I like to look at where exit doors are. I also like to try and notice the mood in a crowd or a room, and these were a few things that I looked around for.</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>As I listened to the groups talk, I related with some of the younger men talk about their experience(s) I can see why some of them fell into the addictions they fell in to! I learned that you do NOT need a traumatic past to get involved in drugs. I learned that you do not need to be young or old or come from a poor or rich family! Just like cancer, it doesn't discriminate who picks up an addiction. I know that it is a mental situation, and it is hard to step away from addiction even though you know you are hurting the ones that you love and support you. We cannot judge a person without knowing what they are going through.</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 is 1 younger gentleman that stood out to me. He was 19 years old, and he had been battling addiction since he was 14 years old. I really do not know what interventions or recommendations I would give this young man. I was happy that he was there and owning up he had a problem. Just seeing him in there and him participating in the program gave me joy him seeking help.</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 not judging anyone and not going in there judging anyone. It has taught me from not jumping the gun to say something negative before I know the story. I know WE ALL have that in us. We can look at someone and start judging for what they look or how they act.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I was there and was actively listening and hope I showed that I was not better than them. I wish I could have had time to share or be involved in the discussion and gave some kind of support to these men. Show some kind of respect and empathy for them.</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? 	<p>At the beginning, I did not know what to expect! I was a bit nervous at first not knowing what we were going to do. Again, I didn't know what was all involved in this project we had to do. The event made me want to be involved in something like this that I can help someone with recovery such as addiction. It made me feel that this is a big thing. The stats of drug and alcohol addiction is big just here in the USA. The counselor mentioned how the US itself has the highest rate of obesity and drug/alcohol problem in the world. I feel there should be more programs and government help for this problem. I pray and hope that these men in this program truly have a great outcome and they come out having and taking back their lives with their families. My emotion on this is again, I can</p>

<ul style="list-style-type: none"> • How did you feel about the outcome? • What is the most important emotion or feeling you had? 	<p>relate how a traumatic event can change you world and no one knows why a person seeks ways to make their situation better. It is just sad and a real problem.</p>
<p>Evaluation What stood out the most about Aspire, AA, or Oceans</p>	

Aspire just was different than AA. I mean they do have a similarity that people are seeking help for their addictions. Aspire felt more personal community of people and counselors making that difference in every single one of the persons in there.