

## Aspire, AA and Oceans Reflection (300 word minimum)

<p style="text-align: center;"><b>Safety &amp; Quality</b></p> <p>Describe anything you accomplished to maintain a safe, quality environment</p>	<p>We maintained a safe &amp; high-quality environment by establishing clear rules, making sure everyone feels supported, and keeping the house clean/ secure. Regular check-in and activities that promote well-being were on the list of high priority at Aspire as well!</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>I enjoyed group at Aspire because the therapists made the men feel like real human- beings rather than being labeled as “addicts”. I was surprised how open the group was to each other, very rarely was there a silent moment. The therapist did an excellent job at keeping the conversation going and including everyone in the group. I took mental notes of how this group was run because I would like to be able to incorporate this into my later practice as a nurse, not just because it can help people, but because it WORKS! The aspect that stood out to me the most today was how excepting the therapist was about men having real emotions. It wasn’t like how we believe men should be in West Texas, which is “tough”, “strong”, “men don’t cry”, “men can’t be emotional”, etc. Instead the therapist WANTED the men to cry, show emotions, and be vulnerable with their feelings.</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>I connected the most with an older gentleman that was in his 50s. He is recovering from alcohol and meth addiction, but he is also a former athlete. We were able to talk about sports, God, and the stigmas that are placed on him as an addict. I am concerned that the stigmas that are placed on him throw him into relapse. It makes me sad to know that this is an issue he is having to deal with in America, despite there being an increase in awareness of addiction and mental health issues.</p>
<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>	<p>I maintained professionalism the most during group therapy. I participated in active listening, remaining silent, having a presence, and ensuring that I was not showing judgmental nonverbal language.</p>
<p style="text-align: center;"><b>Communication &amp; Collaboration</b></p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>During lunch we had about half an hour to talk to the men at Aspire. During that time, I was able to communicate with the man previously mentioned. I showed therapeutic communication by active listening, remaining silent, making appropriate eye contact/ touch, used a calm/ low tone, and gave the gentlemen plenty of time to answer any questions I had. Overall, it was a lovely conversation and I enjoyed it very much!</p>
<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 was worried at the beginning because I did not know what I was about to walk in to. I was worried that it was all men and specifically all men that were coming off whatever they were addicted to. I was worried that there might be aggression or other negative symptoms, but boy was I wrong! I was so wrong, it’s not even funny! The men at Aspire were welcoming, kind, and open about their issues. We had over an hour discussion with the owner about how the place was run, the men that were there, the clients they treated, etc. He told us stories about recovery, his life, others lives, and everything in between. The most important emotion I had at Aspire was gratitude and hope for the men that had the opportunity to be there. They WANT to get better and they WANT a better life for themselves.</p>

**Evaluation**

What stood out the most about Aspire, AA, or Oceans

The part that stood out to me the most was how the facility felt like a home. It didn't feel like a hospital, sterile, or heavy chairs everywhere. The main goal for Aspire is to integrate the men back into society and be successful. You could tell from the very beginning that the owners, workers, and the other men at the facility CARE about each other. They proved in a short time frame that they want their men to be successful and live a life that is purposeful.