

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>At Aspire, I maintained a safe, quality environment by respecting the patients story and confidentiality. The environment itself felt very home-like which I really liked and feel like is helpful for the patients recovery. The owners allow their patients to have their phones, TV's in their rooms which provides them a sense of dignity.</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 therapy, the owner who is also a counselor led the session which was called "euphoric recall". This allowed the patients to reflect on how they felt during their addiction compared to how they felt coming to Aspire, which were very different. This helped with going over different coping mechanisms as well as talking about how to prevent relapse. I was able to connect this to what we have learned about therapeutic communication. I can apply this to not just psych nursing, but nursing communication with patients for the rest of my career. This clinical was a really amazing experience and I have learned so much, I think specifically this clinical involved meeting patients where they are in their needs and giving them a sense of normalcy during their recovery process.</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 from the group shared that while talking about this, it made him want to use again from just talking about how it made him feel at one point. I think it is a very big step to even bring that up during group and shows that he does want to get better and wants help. He then shared how if he were to he knows he would potentially end up in jail or dead, which really shows that he knows the consequences. I would recommend for him to keep talking about this one on one and also stay reminded of the consequences that can occur if he were to use again.</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 being respectful, staying engaged and nonjudgemental while talking to the patients and while hearing them and parts of their stories during group. This reminded me how important it is to treat any and all patients with dignity and maintaining boundaries while still giving them the best care.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>I utilized therapeutic communication by actively listening during group as well as well as observing how the owner talked to the patients and how he related to the patients being a recovering addict himself. He does not make them feel small because of their addiction and empowers them and helps give them hope in what is to come.</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>At the beginning, just walking in I felt very comfortable and at home from the environment. I was then very intrigued to hear more about the place and their mission. The owner then told us about himself, why they built this place, and their intent behind it. When listening to group, I felt inspired by the patient’s honesty, openness and strength. When they were speaking about their addiction feelings compared to now it was such a big difference. This made me feel hopeful for them during their recovery. I felt very good about the outcome after group especially seeing the patients say how good this session was for them. The most important feeling I had was hope for not only the people here, but this whole population.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>What stood out to me most, was how “normal” the environment felt. It wasn’t institutional and felt like a real home. The owner and his personal recovery story creates an atmosphere of trust and hope which I think is very cool. I really enjoyed Aspire and love how they treat their patient’s. I think one of the best ways to heal and recover is in an environment build on respect, understanding and connection, and Aspire offers this.</p>