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Aspire Reflection

Safety and Quality

I feel like one of the ways I contributed to a positive safe environment was laughing at the jokes the residents were making and chatting with them. We discussed in class how being in the moment and physically present for patients makes a vast difference in their outcomes. We were a part of this in several ways. Eating with them, sitting with therapy, paying attention to what they have to say and more.

Clinical Judgement

During group therapy, they were discussing a few different things. The main counselor was discussing the REBT. Rational Emotive Behavioral therapy is more of a focus on our belief systems and how they impact the choices we make. There was also discussion of mental distortions that we went over in class such as black-and-white thinking, generalizations, mind-reading, and a couple others. There was encouragement from the counselor when people were talking about it to explore that idea, and he even used clarification to understand what the residents were saying. Honestly, I really think the men that were in this facility appreciated us coming by to hang out with them and listen to them.

Patient Centered Care

One of the clients I met there was a gentleman who seemed to have everything going right for him. I will have to spare some details due to confidentiality, but he had a good job, a supportive wife, and several good things going right. He told me that before he started treatment, he had a hard time sharing his thoughts and feelings and still kind of does. One of the recommendations I would share with him is to continue going to group therapy. Seeing several other people sharing their thoughts and ideas about substance abuse seems to help. Another thing I would recommend just future health care workers is to be attentive to him and listen to what he has to say.

Professionalism

What this site has taught me is that there is genuinely good people in the mental health industry that care a lot about their clients. It seemed very homey and comfortable at Aspire, and you could tell the staff to care for their clients, and the clients want to change. To be a successful nurse or even as a person, it is best to always give a person a chance before we judge them. We need to approach our patients with open arms and care for them in the best way possible.

Communication and Collaboration

One of the ways I felt that I had utilized therapeutic communication at Aspire was just chatting with the clients. Not only that but listening to what they had to say and repeating back what they had said to me a couple times just to make sure I heard them right.

Feelings

Before I got there, I was expecting white walls, a safe medical environment, but nothing that nourishes the soul. I was also thinking there were going to be a lot of strung-out junkies to be honest. After getting there and meeting everybody, they were so kind and nice. There was some vulgarity and that made me a little uncomfortable at first, but honestly it really reminded me of being in a college dorm more than anything. After we went home for the day, it gave me a new appreciation for the mental health field and for people with substance abuse disorders that want to change their lives.

Evaluation

What stood out the most to me was the group therapy session. It was much more geared towards men but I was really impressed with what these guys had to say. I remember the counselor/owner during therapy said something along the lines of, "Most people assume addicts are dumb and not very intelligent, however a lot of drug addicts are some very smart people." It kind of made me realize I had an unconscious bias about it. As I work as a nurse, I am going to work hard to ensure that when I have substance abuse patients to care for them and listen to what they have to say