

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 was able to maintain a safe, quality environment by observing the individuals during this time and listening to their stories without judgment. I was staying engaged during the time at the facility. I believe that this allows for a quality environment because it decreases the patient feeling uncomfortable and doesn't cause any delay in their treatment.</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>I was able to integrate my classroom knowledge easily in this situation, but I do feel that is partially due to personal experiences. It is important to understand that addiction is a random occurrence, and we need to be mindful of the underlying cause and possible trauma. I was grateful that this was spoken of during group. We discussed how the choices that are made can impact the progress of treatment. I feel that this can be implemented in more situations that just addiction.</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 client who was very open about the choice to go into treatment. He stated that his family staged an intervention. This was the beginning of creating clarity for the change that needed to happen. I would recommend continued psychotherapy for this patient and a discussion of resources/support system when returning home.</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 listening and maintaining normalcy without coming across judgmental. When the patients were telling stories, I was sure to actively listen without seeming like it was a</p>

	clinical setting. This allowed for the individual to remain relaxed and comfortable to continue to share.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	I was able to utilize therapeutic communication by sharing my purpose in the environment and share my appreciation of the patient's openness during our time in the facility.
Feelings <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? 	I was very nervous at the beginning of this experience. I was quickly made more comfortable and welcomed by staff. I was very appreciative of this. The clients in at the facility were also very welcoming and curious about our presence at the facility. This experience changed the way I felt about mental health and even created interest in furthering my education related to addiction studies.
Evaluation What stood out the most about Aspire, AA, or Oceans	The Aspire facility was amazing and beautiful. It was refreshing to see how passionate the owners and the staff were to help the individuals who were in treatment. It felt like the staff and patients were all comfortable with each other which makes me feel like treatment would be smoother as opposed to hospital-like setting.