

<p>Safety & Quality Describe anything you accomplished to maintain a safe, quality environment</p>	<p>As I mentioned on my AA reflection, I am so used to, looking at my surroundings when I first go to a new environment that I go. I have always been like that as far as I can remember. I like to look at my surroundings and find where exit doors are. I like to try and notice the mood in a crowd or in a room, and these were a few things that I looked around for.</p>
<p>Clinical Judgment 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 related with some of the younger men talk about their experience(s) and 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 even come from a poor or rich family! Just like cancer, it doesn't discriminate who picks up an addiction. Now 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 that support you. We cannot judge a person without knowing what they are going through. I know from class that we need to find help for these kinds of patients and that we need to somehow research resources that they can have a sense of direction or a lead to find help.</p>
<p>Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>There is a younger gentleman that stood out to me today! He and his wife had a baby recently and he said that he is really trying so hard to make things work for him and his baby daughter. When asked of his goal was, he replied that he wants to see himself in 2 years having a job, new friends, and a well-functioning. marriage. So that was his motivation for him being there.</p>
<p>Professionalism 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. I also listened and made eye contact with them to show that I was listening.</p>
<p>Communication & Collaboration 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 had time to share or be involved in the discussion and give some kind of support to these men. Show some kind of respect and empathy for them.</p>
<p>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 	<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</p>

<p>others make you think?</p> <ul style="list-style-type: none">• How did this make you feel?• How did you feel about the outcome?• What is the most important emotion or feeling you had?	<p>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 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</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>Aspire is different than AA. They do have a similarity that people are seeking help for their addictions. Aspire felt more of a personal community of people and counselors making that difference in every single one of the clients in there. They know their clients by name, almost like a close tight family.</p>