Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	During the addiction recovery meeting, I observed how important it is to maintain a safe, welcoming environment. The meeting was very open and respectful to all the people who attended. Everyone was allowed to speak freely and it did not seem like there was a fear of being judged at this meeting which I assume is very important.
Clinical Judgment As you listened during group, how were you able to integrate classroom knowledge with what the patient/therapist were discussing: • 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?	I could not make any connections to classroom knowledge since we have not yet started lectures but watching them open up and discuss their struggles opened my eyes to how helpful these meetings are for people struggling with addiction. Hearing their real-life stories and struggles helped me have a better understanding of addiction, and that it is not always a choice for these people but rather something they are truly struggling with, almost like a disease. Attending this session was very enlightening and helped me put a better picture on addiction. I will use this in practice by not judging someone if they are struggling and being more patient and understanding. At this clinical I learned that anybody can be struggling with an addiction and we may not know it and that it takes courage to reach out to someone and say you need help.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	One common concern among the group seemed to be a fear of relapse, because once things start getting better it would be easy to fall back into that temptation of drinking again. My recommendation to someone struggling with that would be encouraging them to continue attending their support groups and to have a person or persons that they could reach out to at any time to receive advice and support when they start feeling like they could relapse.
Professionalism How did you maintain professionalism? You can review your clinical evaluation for ideas (What has this taught you about professional practice? About yourself?	I maintained professionalism by being respectful and paying attention to the speaker and also the attendees when they would start to speak about their struggles. Although I was not a participant in the discussion, I think just being there also reminded me how important it is to just simply listen and support our patients no matter what they could be going through.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	The communication was open and honest and very supportive of one another. Everyone shared their personal experiences and people even had laughs with each other. This showed me that having those support groups/people is very important for people struggling with addiction since they all could relate and understood each other’s struggles.
Feelings • How were you feeling at the beginning? • What were you thinking at the time?	At the beginning of the meeting, I was feeling very nervous and just unsure of how these meetings went. At the time I was thinking that I was not sure what kind of people would be present at this meeting. This event opened my eyes to addiction and that it could

• 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?	be any one we run into daily that is struggling. I thought that it was very brave and courageous to listen to these grown men be comfortable to open up and share their stories. I really enjoyed the meeting and the outcome; it seemed to have such a positive effect on everyone attending. The most important emotion I had was compassion.
Evaluation What stood out the most about Aspire, AA, or Oceans	At Aspire what stood out to me the most was the support they had for everyone and how welcoming the environment was.