

Aspire, AA and Oceans Reflection (300 word minimum)

<p><b>Safety &amp; Quality</b> Describe anything you accomplished to maintain a safe, quality environment</p>	<p>The owner of the center created a fun, safe, welcoming environment for us and the men involved. This was a place you could share your testimony and not feel judged or scared of reprimanding. Robin made it clear that everyone was to listen and not interrupt and it was a free place to come and share your feelings for those who have graduated and still needed the safe place to come and not be alone so they didn't have to go through those feelings by themselves. The support from one another contributed to quality care by encouraging honesty, accountability, all leads to continued recovery.</p>
<p><b>Clinical Judgment</b> 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"> <li>• What can you apply to this situation from your previous knowledge?</li> <li>• Can you apply these learnings to other events? How can you use this to further improve your practice in the future?</li> <li>• What have you learned from clinical?</li> </ul>	<p>As I listened to the group talk, I was able to connect the things ive learned in previous lectures about substance use disorders and mental health issues to real life experiences. They talked about what triggers them, and how they cope, the importance of support systems. Hearing these applied in real situations helped reinforce that addiction is a chronic condition that requires a lot of support no just willpower. I can apply what I learned last night by being more understanding, recognizing warning signs early and encouraging patients to use resources available to them. Also not just saying theyre an addict they did this to themself.</p>
<p><b>Patient Centered Care</b></p>	<p>There was one man in the group who had was having a</p>

<p>Identify one client in the group, what concerns, recommendations/interventions would you suggest?</p>	<p>lot of emotions about his addiction and things related to his family. I had concerns about self-harm, anxiety and depression. I would recommend seeing a therapist one on one and maybe seeking medical treatment if needed to aide with the anxiety and depression.</p>
<p><b>Professionalism</b>  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>My professional demeanor remained intact throughout the entirety of the night. I sat and listened to each man's testimony, introduced myself in a professional manner, and remained respectful, attentive, and open minded throughout the group. I respected each man's boundaries and did not ask any questions that would have placed them in an uncomfortable position.</p>
<p><b>Communication &amp; Collaboration</b>  Describe how you utilized therapeutic communication/collaboration</p>	<p>I actively listened to each man share their experiences. The group supported each other and offered great advice and strength for one another. Seeing this reinforced how powerful peer support and teamwork is in recovery.</p>
<p><b>Feelings</b></p> <ul style="list-style-type: none"> <li>• How were you feeling at the beginning?</li> <li>• What were you thinking at the time?</li> <li>• How did the event make you feel?</li> <li>• What did the words or actions of others make you think?</li> <li>• How did this make you feel?</li> <li>• How did you feel about the outcome?</li> <li>• What is the most important emotion or feeling you had?</li> </ul>	<p>At the beginning I was a little nervous I wasn't sure what to expect. As the meetings went on I felt more relaxed and enjoyed hearing what the men had to say and seeing how men deal with their emotions and what they go through. Because as women they don't let us see that side of them very often. It was a very real deep conversations that were happening. And the honesty in the room was impactful on many levels.</p>
<p><b>Evaluation</b>  What stood out the most about Aspire, AA, or Oceans</p>	<p>This experience gave me better understanding of addiction and recovery. It helped me grow by reminding me to approach with compassion, patience, and an</p>

open mind.