

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>In order to maintain a safe, quality environment for the residents at Aspire I focused on being in the back of the room sitting quietly. As well as, listening intently to the speaker and any individual who decided to share their personal experiences.</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>We have not had a full lecture on MH yet so I am not able to tie in what I learned lectures to my clinical experience just yet. However, I do have family members who are addicts/ alcoholics and seeing other people and listening to their stories made me feel close to them because I have seen the struggles they've described first hand.</p> <p>I can use the experiences that the residents at Aspire talked about to teach me not to judge so harshly on those who struggle with addiction. I do not know what they are going through but I can be a helping hand and motivator to get better.</p> <p>I learned from clinical that it is best not to judge people who have an addiction. It takes a lot of strength to check yourself in to a facility in order to get better as well as the steps towards recovery.</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 that stuck out to me. It was his second time doing recovery and this time he had attempted to take his own life. He talked about wanting to turn his life around because he got a second chance and he does not want to waste it.</p> <p>I would suggest that alongside group meetings with different speakers, a therapist talking to him about his attempt and past experiences could help him find better ways to cope with stressors in his life.</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 constantly being engaged to who was talking and paying close attention. I also sat quietly in the back and allowed the residents to speak without the feeling of being judged by others.</p> <p>This experience has taught me a lot about different recovery places in the surrounding area that don't get a lot of attention. It is important for our patients that we know of these places in order to help them succeed in recovery.</p>
<p style="text-align: center;">Communication & Collaboration</p> <p>Describe how you utilized therapeutic communication/collaboration</p>	<p>We talked about what Aspire has to offer with some of the residents there and they told us how they felt about their experience there.</p> <p>We even got to watch Planet Earth while eating potato soup, that the Aspire workers offered to us. It felt nice to just sit and talk about the different animals running around the screen with the other residents and I bet it put them at ease as well.</p>

<p style="text-align: center;">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 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? 	<p>I will be honest, I was a little nervous before getting to Aspire. I wasn't sure of what to expect and wasn't too sure what we would be doing. I was thinking that I was just going to try my best to help anyone who needed it.</p> <p>The different speakers allowed me to open my eyes to the perspective of addiction and how it can affect everyone around that person. This clinical did get me a little emotional because I just thought of my family members who are currently in this battle. I felt like I learned a lot and gained an entirely new perspective after this clinical.</p> <p>The most important emotional I had during this clinical is empathy. This clinical has made me more self-aware to those who come through the hospitals and that are needing a little more care due to them trying to get on the road to recovery.</p>
<p style="text-align: center;">Evaluation</p> <p>What stood out the most about Aspire, AA, or Oceans</p>	<p>I think what stood out to me the most was the setup of Aspire. I was expecting a more facility kind of feel, but it was the complete opposite. When we walked in it looked more like a house and had a welcoming atmosphere. The residents were also a lot different than I expected and were also welcoming and willing to answer questions we had. Overall, I had a great experience there and would recommend to anyone who is struggling.</p>