Aspire, AA and Oceans Reflection (300 word minimum)

Safety & Quality Describe anything you accomplished to maintain a safe, quality environment	I made sure to maintain the rules of not being alone with an in patient client and to make sure all rooms where clients may be are well lit. I also made sure not to stand/block any exits incase of a potential fire from the kitchen to which they were cooking.
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?	A lot of discussion in group was over how anxiety and depression as a big trigger for their relapses or continued substance use. Knowing that there are other coping mechanisms, I was able to integrate those teaching from lecture into the workspace by simply talking about the root of where those fears may be coming from. Robin, the owner also discussed a lot about how medications can help such as lexapro, I was able to tell some of the clients the MOA and side effects of the medication.
Patient Centered Care Identify one client in the group, what concerns, recommendations/interventions would you suggest?	There was a 23 y/o man in there that was 45 days sober and was now living back home. I recommended that he continue to attend group daily and visit with his therapist regularly. I feel he should also look for jobs because he says now, he is worried because of the free time he has which the job can help with.
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 kept professionalism by of course not repeating information of patients to another patine tor anyone else for that matter (HIPPA). I was at aspire on time and made sure to be where they suggested we be at those given times as well. This taught me that simply listening and being punctual can have a greater effect because they appreciated the fact that we did not have

	to be reminded to be somewhere.
Communication & Collaboration Describe how you utilized therapeutic communication/collaboration	A lot of the men there had a challenging time opening about their feelings because of the expectation society puts on men when it comes to expressing their emotions. The owner also told me it is something their patients struggle with everyday there. So, when having talks with those men during meal or after group, I made sure to let them know feelings are thing everyone has and it is okay to express them in a healthy manner.
Feelings • 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 think aspire is an amazing place and a blessing this world needs. I loved every bit of it because I thought about how much this relates to my dad and I just appreciated it so much. I felt very at ease there and comfortable, I also felt confident in my abilities to understand the mentality behind these people so that I could potentially help in the future. The words of others honestly made me sad hearing about their backgrounds and addictions but after hearing how everyone plans to stay sober, it was very healing to my heart. I love to hear when people want to do better and be better, so I felt so fulfilled simply being there.
Evaluation What stood out the most about Aspire, AA, or Oceans	What stood out the most to me was how caring and real everyone was. It was not like something that was unrealistic in expectations, it was real and forced the clients to face reality which I absolutely thought was important especially for their transition back to home life.