

1. Discuss the three primary reasons AA may work for some people.

The three primary reasons why AA may work for some people are:

- It provides a needed social context for addressing the problem. Providing a safe environment for people to share and understand who they are is crucial for growth, comfort, and healing. The social context in this setting (AA) addresses the issues the person faces, creating an environment where they feel accepted and not judged. This social context is similar to a support group, where people share common interests and goals and rely on each other for support.
- AA may work for some people because it provides a group setting for social support. Having social support helps to contribute to the feeling of success. It creates an avenue for members to feel supported, gain confidence and take action to solve their problems, mainly because in a group setting, the individual will begin to realize that they are not alone. Interestingly, based on my observation during an internship, I realized that placing some students in a group setting as opposed to one-on-one is more impactful for them because, in a group setting, the individual becomes more confident and interactive and is impacted by other members of the group positively which promotes change.
- It provides a clear structure and a path to follow. In my opinion, having a structured system helps to create routine and order, which shapes an individual's behavior pattern and practice over time. In the AA group setting, the members develop practical self-determined behavioral training during critical life moments, which helps the person focus.

2. Discuss several problems related to the deinstitutionalization of the mentally ill.

Several problems related to the deinstitutionalization of the mentally ill are:

- There are twice as many people living on the streets and in shelters as they are put in public psychiatric hospitals.
- There are increasing numbers of people with serious mental illnesses in the nation's jails and prisons.
- People with serious mental illnesses are regularly released from hospitals with little to no aftercare or follow-up treatment provision.
- Housing and living conditions for people with mental illness in the community are grossly inadequate.

Based on the problems mentioned, it is evident that the mentally ill population is being neglected, possibly by the government, the criminal justice system, psychiatric institutions, and the Department of Housing. The mere fact that there are more people with mental illness living in shelters and on the street than in psychiatric hospitals it is clear that there is a lack of advocacy for this population, a lack of thorough assessment to validate that these homeless people are not necessarily homeless by choice but due to mental illness. Also, the criminal justice system overlooks criminal acts and behaviors that warrant psychological evaluation that can determine the type of service and the individual needs reformation. As a budding social worker who is becoming more aware of the different problems related to the deinstitutionalization of the mentally ill population, I would show up in places where these individuals are lacking support, for example, at the housing agencies, to advocate for housing with adequate living conditions, and at the prison to collaborate with the specific

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stakeholders implement policies that create access to psychiatric needs for those prisoners who are mentally ill.

3. Identify several strengths and landmarks of development in middle adulthood.

Some strengths and landmarks of development that present in middle adulthood are:

- More purposeful living
- Enhanced friendship
- Focus on physical fitness

Reference: Ashford José B., LeCroy, C. W., & Williams, L. (2018). *Human behavior in the social environment: A multidimensional perspective*. Cengage Learning.