

**Reflection #11**

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### **1-Discuss the three primary reasons why AA may work for some people.**

AA, as in Alcoholics Anonymous, can work for some people as it provides a safe space for people to speak and share. The second is the view of alcohol, seeing it as a disease. It can help give the tension away of the people's responsibility; that "it's not their fault". So if the view of alcoholism is truly like poison, then it can have hate towards it, which can motivate addicts to quit. The third is how there is the religious aspect, allowing those who attend to have that familiar environment with others who also attend.

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

Meaning the government has failed to have those with Serious Mental Illness (SMI) receive proper care. From being released without provision, in jail or prison, cared for by the government only to keep them in a space to stay ill. In New York City here, there are a few homeless folks in the streets and subways that I have seen wandering about with signs of having a serious mental illness. At the place where I volunteer, there is a woman who has schizophrenia, and I see the reality of the times when she chats about the person calling her "stupid" or "any negative slurs" that make her upset. However, of course, there is no one there.

### **3-Identify several strengths and landmarks of development that present in middle adulthood.**

First off, the biophysical aspect of midlife development is not the best. Hormone levels dropping and body aging causes more need to exercise to stay in shape for health. Otherwise, diseases and cancers may develop. Others like, "type 2 diabetes, heart disease, many types of cancer,

depression and anxiety, and dementia.” (CDC, 2020). Besides the physical, the psychosocial and social development will be challenged to become a strength or a hazard. Meaning that becoming of age, becoming a partner, a parent, or a worker for either a career you dream of or not can all affect the development of the woman or man on whether they fall or rise and create their works and accomplishment as part of their identity.

**References:**

<https://www.cdc.gov/chronicdisease/resources/infographic/physical-activity.htm#:~:text=Regular%20physical%20activity%20helps%20improve,What%20Is%20Physical%20Activity%3F>