

# My Pandemic Journey

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## EMPATHY

the ability to understand and share the feelings of another.

## GENTLEMEN IN WHITE COATS



2021 recognized by Norfolk Public Schools  
Mentoring Students at (Norfolk Technical Center) NTC

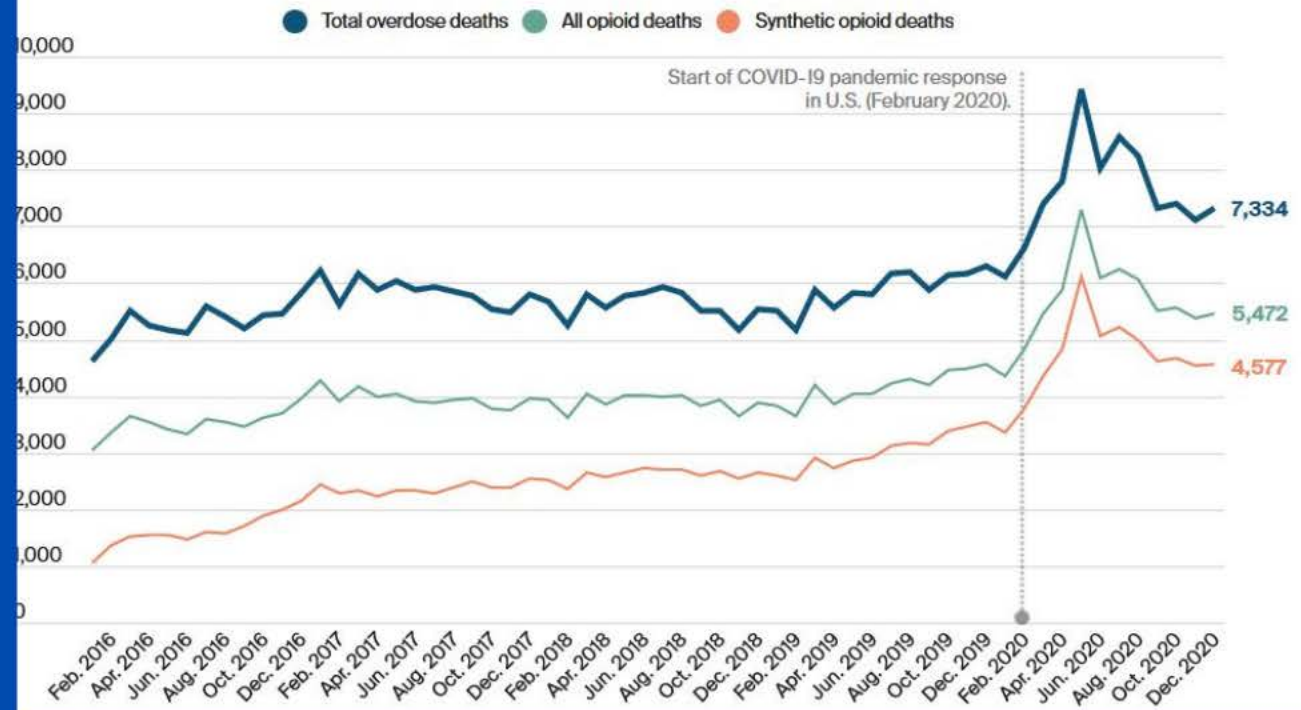
# Increase in alcohol consumption and overdose deaths

# Classroom Transformation

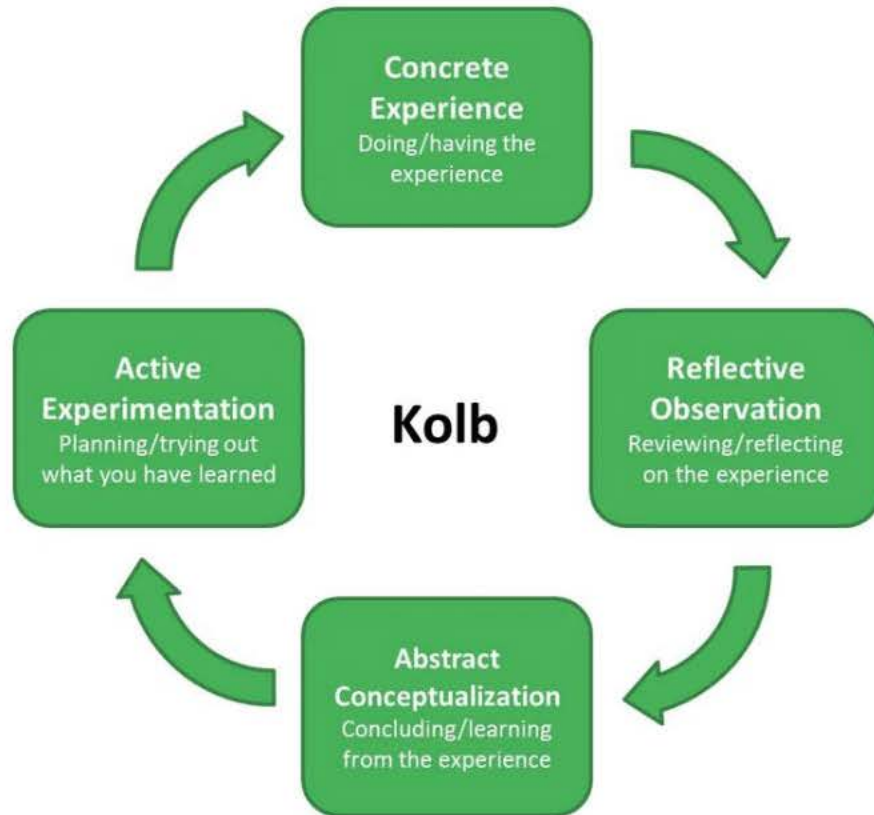
PHA 582 Drugs of Abuse

Overdose deaths spiked at the start of the pandemic and stayed high through the end of 2020.

Monthly drug overdose deaths



# Reflective Learning



## Active learning experience

Alcoholics Anonymous  
Narcotics Anonymous  
Al-anonon

## Write a Reflective Essay

Guided questions about the experience

## Conclusions from experience

How does it compare to other treatment programs?

## Use the experience on clinical rotations or in future practice

Put it to practice