

What it feels like to be a returning college student as well as having a dual mental illness of Anxiety and PTSD?



As for me returning back to college is an awesome feeling; however, my dual mental illness has not kept nor hindered me from achieving personal goals. After being out of school for a couple of years trying to reconnect my life back has had many obstacles and challenge's for me. My once troubled past has left me with PTSD and extreme Anxiety attacks due to a fatal car accident back in April of 1999 which left my 10 year old niece and 2 year old nephew passed on while I and my 5 year old niece lived. I had awoken two days later to find out the bad news of losing my loved ones and injuring myself and other niece. Since that time I have faced many ups and downs in my life. I struggled with the pain daily and utilize coping skills such as art, reading, poetry, music, and sharing my story. My mood and attitude have changed and become like it ought to be. Focusing on the positive things in life and myself as well as helping others. I am always anxious to educate myself and do more to better my life to have atonement and redemption. Gradually seeking a higher level of education has always been a passion and dream

of mine and giving back what was once freely given unto me the right tools and informal information to structure my life and maximize the potential abilities that I can share with others.

Since early on in my childhood, I have always been creative to express my mind by putting my thoughts on paper and rapping about it. Shooting the breeze about daily life and , how I grew up and the potential it had on my style and personality. It fascinated me and others of my resilience to combat to move forward in spite of the hardship that I faced. I always thought my life and attitude was like a fast moving Porsche daily. Running hard and fast with no care in the world to stop me. Yet that was a lesson I had to learn the hard way. I never gave up on myself no matter how I felt no matter what type of situation are circumstance I was put in.

After being a very troubled child. I normally ran into a lot of consequences and heartache being a hot head and not listening to my parents, teachers and other public figures. I insisted on using drugs and alcohol and being a class clown in school and out of class as well. I thought it was thrilling and hilarious at the present time. Never having to do what anybody said or act gave me great pleasure and excitement at that time in my life. I did not care if i received a diploma are failed. Only living the hype of my life that time.

Since being displaced since October 2015 and using programs I found 'The Circle' here in Fairfield, CA by way of BACS Bay Area Community Services, which helped me gain housing and the opportunity I needed to deal with my current issues. (Anxiety,PTSD, and housing, and case management). It has afforded me the pedestal in which to build and reconnect the pieces of my life back together again with a steady stream of support and resources.

After having much time to reflect and view my life, I went back to school all on my own. My will and love for a higher education prevailed once more to reach the surface of my daily life and maintain the balance with the prospective I needed to push forward. The passion for new interaction with individuals and cultures has been very profound to me. To explore and learn the experiences of other races and cultures as well as my own history is exciting. Having a productive attitude and mind set with the hopes and belief of my life can be fulfilled. I do not let my dual mental illness define me nor hinder me today. I have many things to look forward to of positivity as well as knowing myself and the abilities that I have.

I find it to be enthusiastic offering me a new zeal of self esteem and energy to be around other people of great minds, behavior, attitude, and professors who are willing to share there time, knowledge, and experiences with me and other consumers. The campus life, and the The Circle is totally awesome and rewarding. The hustle and bustle of activity as well as all the tools here is a continual benefit to me. As well as the beautiful women I see on campus is always a bonus in my book. Just like driving a nice Porsche on the open road with the top down and wind blowing in my hair. Oh so thrilling and exciting!. It feels tremendously awesome and gives me profound meaning and definition to my personality and character to exhibit to others. The rare and novelty of my resilience, persistence, commiteemen, confidence and consistency is all due to having positive people and a good support team in place using the opportunities afforded to me. Learning new techniques and tools to stay with a structured foundation and spiritual guidance is totally good feeling. As if I owned a Porsche myself. nice, clean, and sleek.

I recommend to anyone that living with a dual mental illness and learning which programs are available to use is also a great stepping stone for one to use and implement in their live.' For I now, 'each one teach one'.

I am available to due Motivational Speaking or Co- Chair Engagements, I can be reached at: juleshatchett01@gmail.com or by ph # (707) 290-4417 for future booking's.

Jules D. Hatchett

03/31/2016