

Raptured Creature

Créature ravie

Juan P.

"It wasn't wishful thinking but reasonable doubt that had me writing about my experiences with psychosis in the first place; But it is a story I think has merit". -

Juan P

About the author

I have been tormented with psychosis for the majority of ten years! The first doctor I saw seemed to describe it as an unnecessary or unwanted reaction to outside stimuli. It was his mental health diagnosis which began my uphill battle with schizophrenia.

I come from a separated family; both my parents as well as myself and a younger sibling were born in Medellin, Colombia. I have a sister that also endured my parent's divorce. Thankfully both my parents as well as my younger sister have moved on to more fulfilling roles that makes me happy. I graduated high school in 2013 - an Ontario Scholar - and I moved on to pursue more post-secondary education in university.

My biggest regret is that I did not graduate because soon after I began, I fell victim to a weed and alcohol problem that left me second brained and unable to finish my engineering studies. I have often told myself that if I was to get out of this institution that I would work hard to get an Electrical Engineering Technician Certificate after having saved some money by going back to work.

Unfortunately, my diagnosis of psychosis has caused more harm than good in my family. I am looked down on for refusing to take medication. Also, because of previous

CRITICAL DISABILITY DISCOURSES/ DISCOURS CRITIQUES DANS LE CHAMP DU HANDICAP 11(1)

experiences I have gotten kicked out and am unable to continue living with my mom. Moreover, I was not able to reside with my dad either because of my illness. I am lucky however to never have been homeless. I have had some close calls but with my parent's income and support, I have managed to scathe by. I consider myself very resourceful and just as my parents did when they first arrived in Canada with little money: I too am able to provide for myself on just enough.

I have had countless hospital and jail stays in the last ten years...

This is not something that I say with pride but I find that in some occasions you just cannot seem to get your point-of-view across. I find that some rehabilitation centers and hospitals are a great place to get help also but you always have to keep your eyes set on what might be coming over the horizon with respect to your situation and your stay. I realize I am luckier than others in some sense that I might be living again on the outside. I look forward to having my freedom and although things have been really comfortable for me in here, I think that life for me is still possible on the outside because I know where to get help.

Juan P is my writing alias and I started writing using my mental health perspective for more than four years. Along with my hospital and jail stays I think I qualify as an artist; Coming from a humble street background. I treat my poetry as my work. Raptured Creature is a collection of poems that show off my point-of-view featuring all the trouble I have been in and how deeply I feel about this issue. I began to work on these poems during my last jail and hospital stays four years ago.

Table of Contents

About the Author	p. 1
Table of Contents.....	p. 3
When I Get Out (By Juan P)	p. 4
Raptured Creature (By Juan P)	p. 5
Off Balance (By Juan P)	p. 6
Apology To My Mother (By Juan P)	p. 7
Waving Hand Haiku (By Juan P)	p. 8
Conclusion	p. 9

When I Get Out

In this room that I am Hostage

I think about what I have done.

In this room that I am Hostage

I have no control or say... when I get out.

In this room that I am Hostage

I do not seem to mind my self-doubt.

In this room that I am Hostage

I doubt that I will never be out!

In this room that I am Hostage

I read to keep myself entertained.

In this room that I am Hostage

I am bothered by ever getting ingrained.

In this room that I am Hostage

I wonder what my future will be like...

In this room that I am Hostage

I am lucky to be Alive!

Raptured Creature

Introspective vision of whom the monster is that has been inside of my door

My jail cell mother

Vermin vitals feeling out of the door

Respect my Class

“To be or not to be...”

A disgraced bird filled with shame other birds learn to accept-it

Shame on Other birds that learn to fly

Respect my Life

Off- Balance

I live for tomorrow and my Family name

I write this to keep myself getting off-balance

I think about running away and it is a shame

My life is incredible thoughts sensible and story relatable

I keep myself good like I am going to work

If it is stature you are looking for don't walk out of the door

It is easy to see I need some life work

But life has me pegged up to be in JAIL

I think about goals that are just out of reach

I teach by example and try not to preach

I listen to music it keeps me tuned in

To people complaisant on people I've been

My life is Off-Balance

And I live it with confidence

Apology to My Mother

Hurt so deep the way you did me in

Kept to yourself talking

Words that would not work for me

Unless I did your chores

Independence had my mind thinking

It is what had me dealing with your shit

While you admired something different

It is what still has me going the distance

Inspirational words I used to know

“Time has healed some wounds but there is always more”

Your words had me people pegged to be the liar

So let the truth be your glory when you preach-it

Forgiveness is a word that I will always accept

My life had me doing time in jail and I was wrong

I wish you all the best with all my best intention

But with the world like this I know things are different

Waving Hand

Unbothered goodbye

The beauty in likeness and

Imagination

Conclusion

As I think about *Raptured Creature* I cannot help but feel overcome with emotion about how it came together. I am lucky if my poetry can be read by others and I would love it if they too could see the work through my eyes: kind of like I wrote it. I don't have enough good things to say about the mental health system in Canada because I experienced it myself first hand. Unfortunately, some people don't seem to quite get-it and they complain so deep rooted that I seem to wonder if they see anything good about anything at all. My Haiku I think pretty much sums up how I would like my entire mental health journey to end: with a waving hand.

Also, I did not really get to talk about all of the resources available to us as mental health patients at Waypoint Centre of Mental Health Care. Apart from computer and class time to work on my poetry, I have access to regular coffee, hot chocolate and French vanillas from the canteen, snacks and drinks from the pit stop- a one shop stop for all of your munching needs (I also work there as part of my employment training incentive), recreation both in gyms and pool as well as access to video games, book clubs (we're reading Harry Potters!) as well as what I think has given me the most support that I can take with me to the outside Alcoholics Anonymous.

I like to think that I took part in the most groups I could have possibly had time for but it would go without saying that we also live with a lot of barriers to co-dependency. It is hard not to be able to do anything you want at any time but I do find that with a positive attitude you will always find something to do. It is all about mind over matter in a place like this!