

Treatment to move beyond traumatic events

Quinton: My name is Quinton, served in the U.S. Army. My MOS was 14 Romeo, Air Defense. Deployed to Iraq with Operation Iraqi Freedom. We was out on night patrol and it's crazy because a IED had hit, we usually go out in pairs of three. We have a lead track, a middle track, and a back track. You know, since we were the highest-ranking track or whatever, we were supposed to take the lead. Just for some odd reason or whatever, we let one of our other sister tracks go before us. Insurgents or whatever, they decided they wanted to hit the first track. So, they hit the first track and it happened just like that, and we didn't know what in the world was going on or whatever, we just saw first track blow up. I had a buddy that was in that track. That night, in that track, we lost a driver, the gunner, and we lost the commander and then we lost the ICDC soldiers in the back. When stuff like that happens, you kinda like have to bottle it up. You can't sit there and sulk and cry even though you just lost your last buddy you have to...because the next morning we're back out on a mission.

Transitioning from the Army and stuff like that, I was thinking the whole time that it was, you know, everything would go pretty smooth because I just got a new job and stuff like that but really I didn't realize that being overseas and seeing all of this stuff was actually really affecting me in my day to day life. I've never really been the type of guy to have like a sharp temper. I would just go off on people. I would have nightmares and, you know to the point where it like scared my wife enough, said "Hey, you know, something is wrong with you." I realized that I really do need help. So, I started going down to the VA and I started going to a Psychiatrist one-on-one and that helped me a lot.

Things have gotten a lot better for me. I've been working for the Postal Service for about eight years now. Eventually, I got my associates degree. My marriage is better because my wife, she's also a Combat Vet and some of the things that I was going through or whatever, I see in her. She thought that she didn't need any help, I thought that I didn't need any help. She saw that I went and got help so now she's getting help. Everything has been fine and since I've had a little boy and I had a little girl and that's been real therapeutic also. I just make sure I still stick with my Psychiatrist or whatever because when you kind of like been through a lot of the things that we've been through or whatever, they say it's real therapeutic being able to talk to somebody and for them to be able to understand and not judge you.

What do you have to lose, just take a chance at it. If you have any doubts in your mind that it might not help you, just take a chance. You'll see some type of positive results out of getting help.



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