

Chapter 8

Tuesday
November 19, 2013
1:50am

I feel like I am searching for something within myself—but I know not of *what*, or of *where* it can be found or *who* can help me find it wherever it may be—and I know not *whether* I will find it in time. I do not know whether I will find this key within myself, in time to unlock the riddle by which they intend to steal my civil rights from me. I'm looking and I'm looking and *still* it's nowhere to be found...

And yet somehow, I feel it's sitting squarely in front of me and just *staring* me dead on into my *face*. I wish the command key wasn't in such an annoying place on my Mac board. Ahh well, I love my mac baby regardless...

Sigh...I just don't know where or when and I'm tired now; I'm so *tired* of *looking* at myself. Maybe that's the key — maybe now is the time to mirror reality.



Marissa Varcho <marissavarcho@gmail.com>

Sorry

Marissa Varcho <marissavarcho@gmail.com>
To: Geoffrey Collver <gcollver@disabilityrightsohio.org>
Bcc: Marissa Varcho <marissavarcho@gmail.com>

Tue, Nov 19, 2013 at 4:58 AM

Sorry about the email last night Geoff.

Yesterday was the first official day of unemployment, and being under that stress can cause me to become symptomatic. I think today will be a better day. I see my psychologist today too, which usually proves helpful.

Sincerely,

Marissa

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Marissa Varcho <marissavarcho@gmail.com>

SubHB104 Opposition Witness Testimony - Written Materials

Marissa Varcho <marissavarcho@gmail.com>

Tue, Nov 19, 2013 at 5:51 AM

To: "Rep. Butler-OHJC-Chair Aide" <Jeff.Dillon@ohiohouse.gov>

Bcc: Marissa Varcho <marissavarcho@gmail.com>, Rachel Varcho <rsteffanni@yahoo.com>, Geoffrey Collver <gcollver@disabilityrightsohio.org>, Mary Turocy <mturocy@disabilityrightsohio.org>, April Friedman <sssteady@gmail.com>, Jen Hershberger <jkalmis@yahoo.com>, Stacey France <stacgosh@neo.rr.com>, Danielle Terrazzino <danielle.terrazzino@gmail.com>

Hi Jeff,

Please find attached my written materials for speaking on Wednesday in opposition to SubHB104 for posting to the Judiciary Committee's website. Did you get my witness form and were you able to open it alright? Also, are there any other speakers lined up as of yet for the hearing as it relates to SubHB104?

Thanks very much,

Marissa

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MKV-Opposition to SubHB104 Part D'eux.pdf

68K

Marissa K. Varcho
January 24, 2008
Written @ Age 26

PRESENTED NOVEMBER 20th, 2013 IN OPPOSITION TO OHIO SUB.H.B.104
TO HELP YOU UNDERSTAND WHAT IT MEANS TO BE MENTALLY “ILL”

Ohh my my, let me tell you...I most certainly don't know much, and in comparison to all there is to know, I am eternally destined to knowing very little. But today, in this moment, I know this much to be true – most people in life, or at least most of the people that *I* have known, settle. And the decision to settle makes sense, sometimes I think much more sense than not. But the fundamental reason, I think, that people settle (as I am very presently finding out), is because *when* you settle, at least you know you have *something*, at least you know that *some* sort of concrete certainty fulfills the basic premise of your *life*.

The most *depressing* part about settling, though, is that in many cases, in more cases than *not* (I believe), persons that settle find out later that what it is that they settled for was not at all what they really wanted. To hold out and put yourself out there is a fundamentally *difficult* task – it requires perseverance and faith, hope and belief. The most difficult thing I have found in refusing to settle for less than *I* deserve, and most certainly less than I *want*, is that in doing so, I assume the risk that I will find myself empty-handed in the end.

I told Jen once, and felt absolutely ashamed and embarrassed after having come clean, but I *did* tell Jen once, that I think the most brilliant people that have ever existed and walked the face of this earth were also very much so those that others found to be insane. Now don't get me wrong, I think there are different kinds of insanity, and when I speak here I do not intend to include them all. But the idea very *much* so goes hand in hand with the premise that the most brilliant of all minds come at the cost of isolation, misunderstanding, mental illness and oftentimes death.

I'm not sure I'm quite expressing myself in a clear manner, in fact I don't think I'm doing myself justice at all – but anyways, I think right now it's much more important to get the ideas down, regardless of whether the wording is precisely right. So I proceed on...

I believe that the most brilliant, poignant and creative minds I've come to know are contained in the hearts of people who are fundamentally incapable of disregarding truth. We all know that the truth hurts, for why else would it be so little used? It follows, though, that the life of a person who lives by truth and truth alone, is destined to be one full of pain and strife. Call me crazy, but to me, it makes absolute *perfect* sense that in order to esteem living in truth,

Marissa K. Varcho
January 24, 2008
Written @ Age 26

one must voluntarily open their hearts and their minds to all that is out there to be had.

Perfect sense, it makes to me. So anyways, to bring you round full circle (in what now seems to be also a *very* roundabout way!), I just want to say that one of the most *difficult* things I've ever had to do in this life, is to be willing to give freely and voluntarily without thereafter becoming resentful when I feel that I have not justly been appreciated or adequately compensated in return. To give and not expect in return seems such a simple, elementary concept. And what's even *more* tricky is the fact that it immediately feels *good* to have given. But as time passes and my efforts go unnoticed or unappreciated, at least in my mind, my immediate reaction is to close my heart and mind. It *hurts* to put yourself out there and get rejected...as elementary a concept as it seems, I have found that in *life*, the most *elementary* of concepts often turn out to be the most complicated *of all*.

It would be so much easier in the-now, to close my heart and my mind, and to judge others and pretend I already know what is right from what is wrong. But I'd be lying if that were so. Life is rather more about varying degrees than it is full of pretty little boxes that house bright lines and morals without decay. But the very sense of morality without conflict is premised upon the assumption that life can be lived *without* gray. The more I live, everyday I spend, *all these* days that I have to spend on this earth, I find, that life is ever *more* gray than I ever thought it *could* be, and this realization comes in waves, but also with increasingly exponential velocity.

I don't know any other way to live, than to live in the pursuit of all that is true. And as much as I suffer as a result of living this way, I truly believe that I would rather die than live any other way. It's funny in life, how most things are actually gray, but every once in a great while you find a hint of light completely separated from the darkness.

I feel I'm overreaching again, and this is the point where I want to smoke pot because I'll tell you what, I am *infinitely* more able to express what I am thinking and feeling, to *zero in* on what it is that I mean to say when I am high. I get lost in this sea of words otherwise, and it's beyond frustrating to hear all these beautiful concepts in my head, only to subsequently falter in my recording and inevitably blunder their glory. Life is messy and it is ugly, as is all that I've written above. I despise overreaching, but I suppose I'd rather get the ideas down messy than not get the ideas down at all. It's disappointing, more than anything, to see something so beautiful in my mind, and then find that I am fundamentally incapable of transposing all that is worth seeing.



Marissa Varcho <marissavarcho@gmail.com>

Sorry

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To: Geoffrey Collver <gcollver@disabilityrightsohio.org>
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Tue, Nov 19, 2013 at 8:12 AM

Geoff,

Did you see the front page of the Dispatch today? A 20-year-old dies from a heroine overdose and her mom says "we were shocked and embarrassed... We thought heroin was a street drug, a junkie's drug" and "this is a disease I couldn't fix. I couldn't make it better" and "I knew something was going on in her life but I didn't think it was heroin." Mother was a former member of City Council for Pickerington, had just moved to Upper Arlington for a "fresh start", mother had a brother who died of a heroin OD 10-years prior and she says "how naive was I that I didn't see these things".

Next article down, Summit Set for At-Risk Youths, foster kids are having "increasingly complex problems" and "days...spent in locked facilities or institutional care has increased by 17 percent since 2011" and "younger children and those with fewer behavioral issues are more likely to be placed with relatives or traditional foster homes" and the others are placed in group homes where AWOL incidents occur frequently, but "fights, suicide attempts and thefts also occur."

This is why I can't even read the newspaper. It makes me so sick to see children dying and adults acting like children. Doesn't this stuff make you angry? How do you not panic every time you read it? It's just over and over and over again...that's why I'm so *irritated* with these people in the house and senate. Have you just seen it for so long that it doesn't bother you as much? Because it's driving me crazy over here...I don't know what to *do* about it.

Did you see the email I'd copied you with my witness testimony for Wednesday? It's only 2 pages this time. It's an old entry but I thought it was applicable. I'll speak to it, but I won't speak it directly. But I won't speak about Burke either. So we'll see what that leaves.

Would you mind giving me your thoughts when you have a moment? I could use an update as to where you are at, if you get a moment.

Thanks,

Marissa

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Marissa Varcho <marissavarcho@gmail.com>

Withdrawal for Oral Testimony (SubHB104)

Marissa Varcho <marissavarcho@gmail.com>

Tue, Nov 19, 2013 at 12:09 PM

To: "Rep. Butler-OHJC-Chair Aide" <Jeff.Dillon@ohiohouse.gov>

Bcc: Geoffrey Collver <gcollver@disabilityrightsohio.org>, Marissa Varcho <marissavarcho@gmail.com>, Rachel Varcho <rsteffanni@yahoo.com>, April Friedman <ssteady@gmail.com>

Hi Jeff,

I would like to withdraw my witness form for purposes of oral testimony for the hearing tomorrow. If you could keep my written testimony in though, in opposition to Sub.H.B.104, I would appreciate it. If you cannot, I understand.

I apologize for any inconvenience I may have caused you yesterday in overstepping the boundaries within which I am supposed to be working, and for any harm that I caused you as a result of my actions.

Marissa

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JANE SAYS ~ Let Us Rise Above

SPEAKING OUT ON MENTAL ILLNESS – Bad Day

19 Tuesday Nov 2013

POSTED BY MARISSA K. VARCHO IN VIDEO JOURNALS

≈ 2 COMMENTS

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Tags

Advocacy, Bipolar, Blogging, Culture, Depression, fear, Health, Humanity, Life, Mental health, mental illness, Pain, People, Personal, Politics, Struggles, Suffering, Thoughts

Today's been kinda a bummer...

Here's why:



VIDEOjournalno.3



VideoPress

thoughts on “SPEAKING OUT ON MENTAL ILLNESS – Bad Day”

1. *said:***Eli**

November 19, 2013 at 10:23 pm

So sorry you're going through such severe emotional distress. I have been through that and it's confusing.

REPLY

[Edit Comment]

2. *said:***Laura P. Schulman, MD, MA**

November 19, 2013 at 4:40 pm

Wow. I'm so sorry you're having such a hard time. From what I'm seeing in your video, I hope you're using the homeopathic remedies as an adjunct to medication. Frankly, I'm worried about you. It seems to me that you're heading into crisis mode. Do you know what you're going to do about your mental health? I hope that one of the things you're doing is applying for your COBRA benefits, your health insurance continuation after your job termination. Please let me know, either here or by PEM, what you are doing in addition to homeopathics to take care of yourself and avert a mental health crisis. I am one of the people who wants to help you and I WILL if you let me.

REPLY

[Edit Comment]

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