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The "Dear Colleague Letter and Resource Guide on ADHD”

https:// www2.ed.gov/about/offices/list/ocr/letters/colleague-201607-504-adhd.pdf

I was diagnosed with ADHD around the time I was in 3rd grade or somewhere around there. I was very fortunate to be able to have parents and teachers who were very supportive and able to work with me to help understand my potential and my value. It's because of them that I have been able to understand that I am not weak. My ADHD makes me unique, and just because my brain doesn't work like everyone else's, I take longer to learn things, I am in a constant state of disarray, that means I just need help.

I realize a lot of people with ADHD and other mental disorders don't get the same help that I did, whether it's because their parents don't understand what is happening with their child, their school doesn't have the resources to carry 504 out, or any other reason. We whose brains are different, we are told that we can't achieve, that we will be failures for the rest of our lives, whether it's ourselves saying these things, or others. People with ADHD are more likely to develop addictive behaviors, like alcoholism, drug habits, or any other number of things.

But we are also some of the most epithetic, creative, and funny people you may ever be around.

And do you know what the difference between failing and thriving is?

Understanding.

Understanding that just because we are what some people call "defective", that does not mean that we can't succeed. Sure it may take us a little while longer to get things done, or not, depending on how interested we are. But we are so much more than a cluttered room or dirty pantry.

And when we ourselves not only understand what we are capable of, but others do as well, that is when we have the power to break through and, for lack of a better phrase, blow your freaking minds!

That's why the "Dear Colleague Letter and Resource Guide on ADHD” is so important. It puts into plain English what we ADHDers may not be able to describe because we may not understand. It allows parents and teachers to understand and therefore help their struggling children and students. It allows them to see what accommodations they should be getting in school and what they are entitled to.

When we, ADHDers, parents, and teachers, proceed forth, hand in hand, with an understanding of what our limitations are and what they are not, and when others understand that as well, that is true success.