Jimmy Hatch was part of the elite military group, Navy SEAL Team 6, and was shot during the rescue of Army deserter, Bowe Bergdahl.

In addition to the extreme pain and learning to walk again, Jimmy struggled with his emotions over no longer being part of a close knit purpose driven group, losing his military working dog, Remco who was killed in the same operation, and feeling that his screaming in pain when shot jeopardized his teammates safety.

After two suicide attempts that were stopped by his wife, Kelley, Jimmy went through extensive mental health treatment and captured his experiences in his book, “Touching the Dragon and Other Techniques for Surviving Life’s Wars”. Touching the Dragon refers to a form of therapy where you confront the memories that are the most traumatizing. His book was one of the first brutally honest portrayals of mental health issues encountered in adjusting to life after war.

Hatch found purpose in sharing his story with military personnel, fire fighters, and police. If a SEAL could be open and honest about his mental health issues, then hopefully others could too.

Jimmy’s dedication to helping others took shape in forming his charity, Spike’s K9 Fund, which provides ballistic vests, training, and medical care for dogs who serve their country and communities.

The charity is named after another military working dog that Hatch worked with that was killed in Iraq. The profits from his book helped get the charity started and gave Hatch the opportunity to tell his and the stories of the people with which he served.

To date, Spike’s K9 Fund has helped 671 working dogs and their human partners. For more information, www.spikesk9fund.org