

THE DIMENSIONS

WHEN THINGS
FALL APART:
RISE ABOVE



The DIMENSIONS

Issue 2

About BH WELL

The University of Kentucky College of Nursing's Behavioral Health Wellness Environments for Living and Learning (BH WELL) research team exists to promote behavioral health and wellness among individuals facing health challenges. We live DIRECT by prioritizing Diversity, Innovation, Respect, Compassion, and Teamwork.

Research

ADHD is one of the most common childhood neurodevelopmental disorders. Nearly two-thirds of children living with ADHD have symptoms that persist into adulthood. Successful transition from pediatric to adult healthcare providers is essential and can prevent negative consequences related to unmanaged ADHD symptoms. Maintaining such care in adulthood promotes health and improves daily living. While the main character in our story is a non-smoker, youth living with ADHD are 2-3 times more likely to smoke than their peers without ADHD. In this story, we incorporate Eric's consistent use of a nicotine patch as an example to Lucy of consistently taking her ADHD medication.

Centers for Disease Control and Prevention. (n.d.). *Data and Statistics About ADHD*.
<https://www.cdc.gov/NCBDDD/adhd/data.html>

Inman, D. D., Scott, L.K., & Aleshire, M. (2017). Transitioning of youth with attention deficit hyperactivity disorder to adult health care. *The Journal of Nurse Practitioners*, 13(5), 336-341.

van Amsterdam, J., van der Velde, B., Schulte, M., & van den Brink, W. (2018). Casual factors of increased smoking in ADHD: a systematic review. *Substance use & misuse*, 53(3), 432-445.

Acknowledgements and Credits

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along with internal funds.

**FOLLOW
ALL OF OUR
COMIC BOOK
ISSUES:**

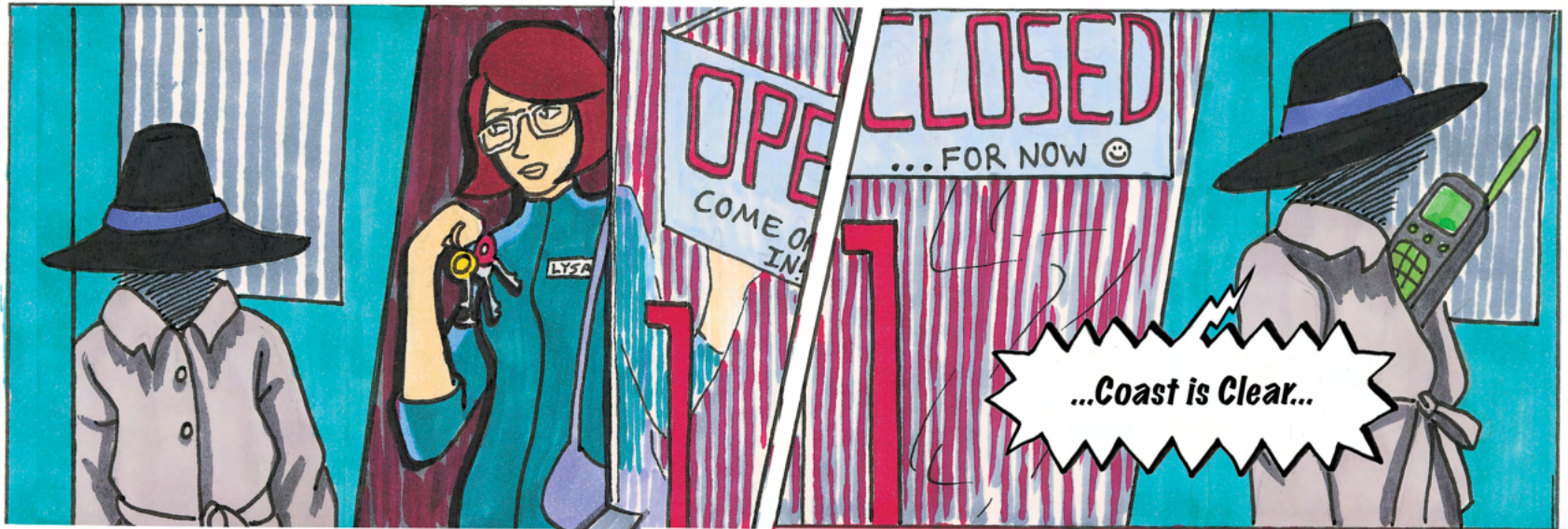




WHEN THINGS FALL APART: RISE ABOVE

“When *Things Fall Apart: Rise Above*” features the story of LS Beauty CEO and *Dimensions* superhero, Lucy Stretch, a.k.a. Elastic Beauty, and her experience as an adult living with Attention Deficit Hyperactivity Disorder (ADHD). As the story begins, LS Beauty is raided by a company employee and his *labor of moles*. The raid could halt the successful launch of Lucy’s newest beauty line: *Depth of Beauty*. Lucy has been skipping her medications and avoiding therapy for her ADHD for some time. This leaves her feeling disorganized, lacking focus, and often running late. The combination of her flaring ADHD symptoms along with a mole in the company leaves her overwhelmed. Will Lucy regain control of managing her ADHD in time to save the beauty line?

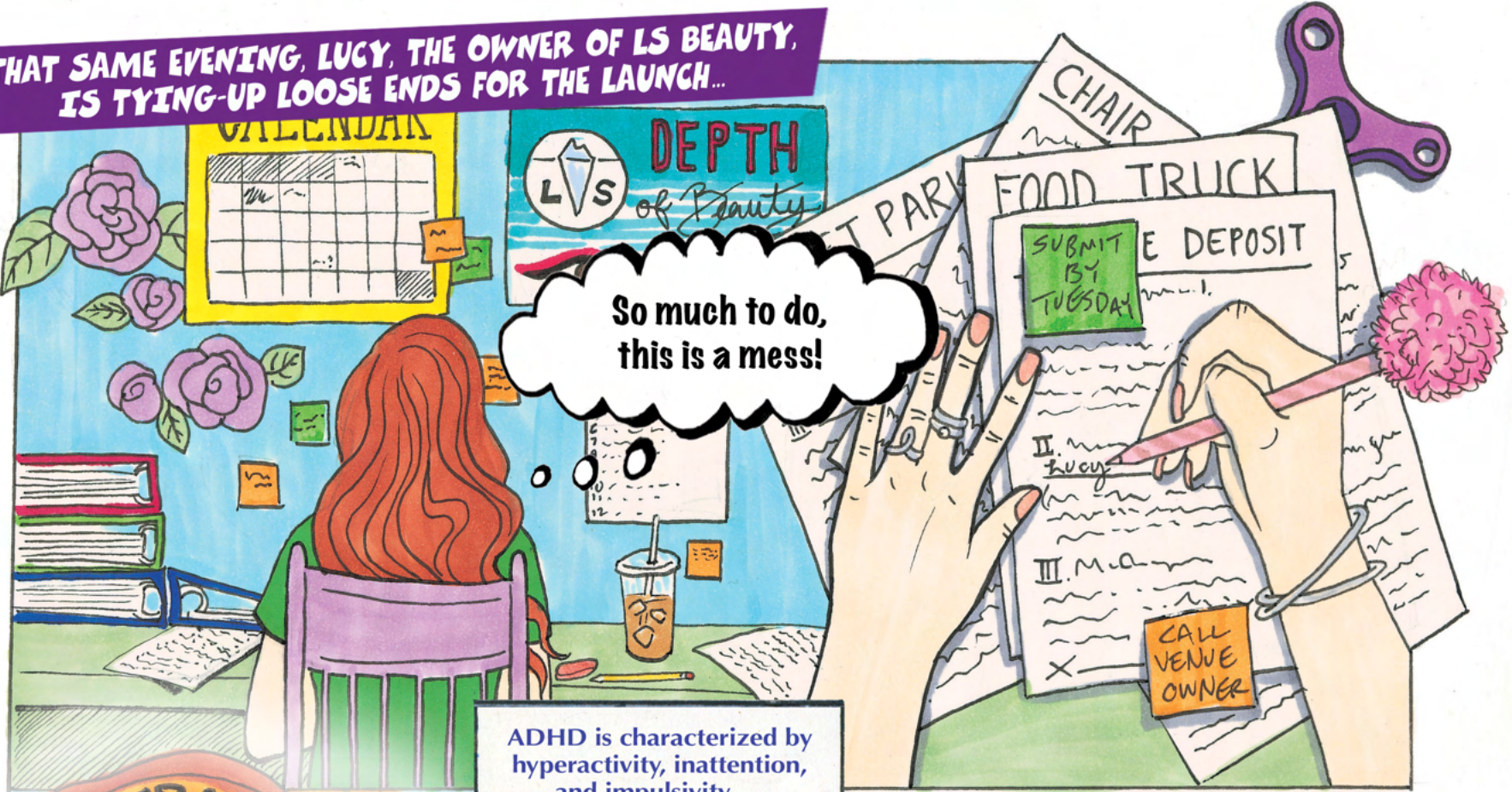
ON THE NIGHT BEFORE A BEAUTY LAUNCH AT LS BEAUTY COMPANY...



THE MOLES BREAK IN AND STEAL ALL THE BEAUTY SAMPLES...



THAT SAME EVENING, LUCY, THE OWNER OF LS BEAUTY, IS TYING-UP LOOSE ENDS FOR THE LAUNCH...



ADHD is characterized by hyperactivity, inattention, and impulsivity — women being more likely to have inattention.



STRESSED, LUCY REFLECTS UPON HER CHILDHOOD WITH ADHD...

AS SHE FALLS ASLEEP, SHE HAS A NIGHTMARE ABOUT THE BEAUTY LAUNCH...

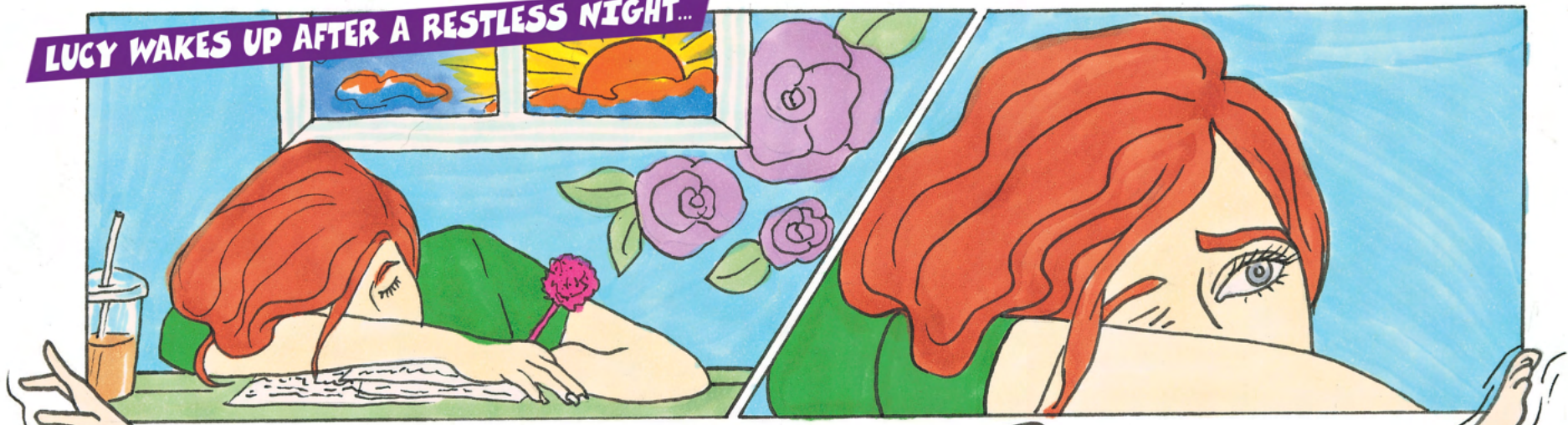


City Journal

YOUR SOURCE FOR THE LATEST LOCAL NEWS

TOP NEWS STORY: Makeup Brand Launch Disaster at LS Beauty Event

LUCY WAKES UP AFTER A RESTLESS NIGHT...



A morning stretch only Elastic Beauty can do.



IN A RUSH, SHE DECIDES TO SKIP HER ADHD MEDICINES...

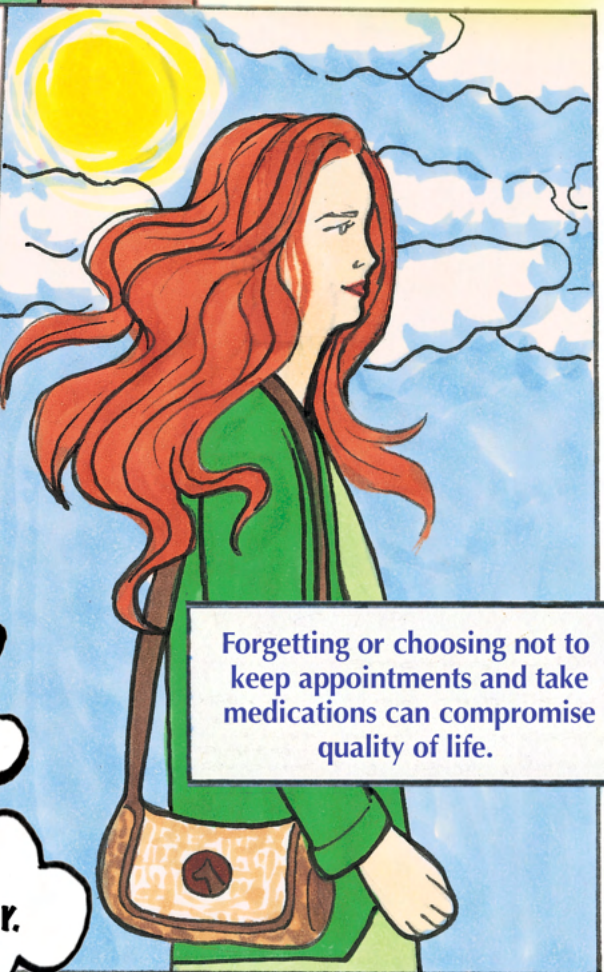


NOTIFICATION: Reschedule Counseling and Occupational Therapy Appointments.

DISMISSED



Gotta get out the door. I'll take my medicine later.



Forgetting or choosing not to keep appointments and take medications can compromise quality of life.

ARRIVING AT HER WORK, THINGS AREN'T GREAT...



What's going on?

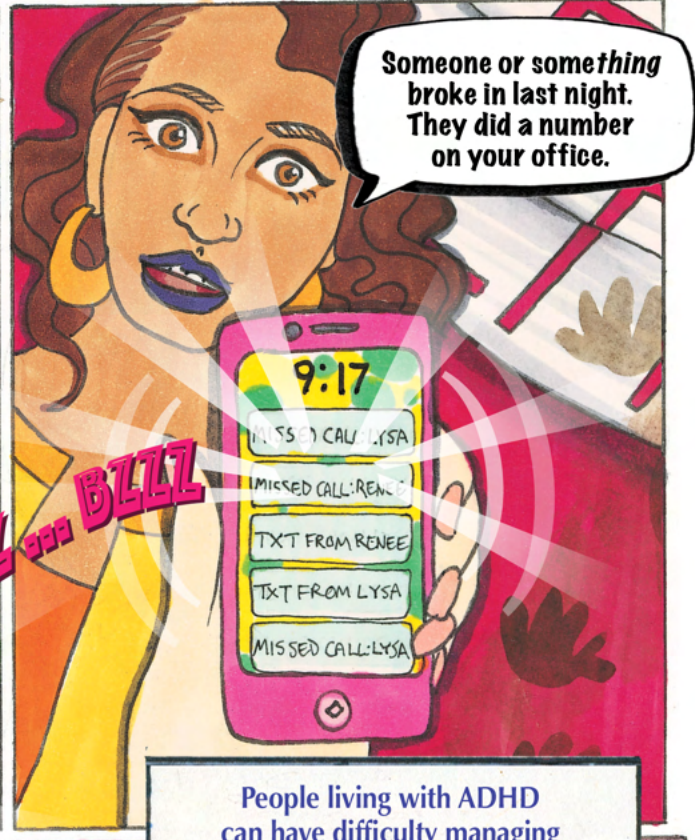


Where have you been? We've been trying to reach you!

Haven't you gotten our calls or texts?



Oops



Someone or something broke in last night. They did a number on your office.

People living with ADHD can have difficulty managing emotions, relationships, and daily activities when ADHD symptoms are not properly managed.

GOOD THINGS ARE COMING

Lucy Stretch, CEO.



CERTIFICATE OF APPRECIATION
Kentucky's Best New Small Business

DAYS UNTIL LAUNCH

MORE THAN MEETS THE EYE SH
DEPTU

MEETS THE EYE SH
COMING SOON!

SAMPLES



All the samples are gone!

Yes! That's what we've been trying to tell you!



I've got bad news.

MORE?!?!

The first half of the shipment arrived yesterday.

Isn't that good news?

Would be, if it hadn't been rerouted to Alaska.

WHHAAATTTT?!?!?



I've invested so much into this! I need help!!

LUCY CALLS FOR HELP...

hehe... she's losing it!

DIMENSIONS UNITE!!

People living with ADHD may struggle with finances when their symptoms are not managed. When feeling overwhelmed, seeking help is important.

AND WHILE SHE'S CHECKING ON HER NEXT SHIPMENT... THE DIMENSIONS ARRIVE!



When the other product shipment arrives, it stays until I pick it up myself!

You signaled... WE'RE HERE!



LOVE what you've done with the place!

It looks SMASHING! HaHa!!



I still can't find the samples. The office is a mess. I JUST CAN'T FOCUS.

Wow, that's a lot to deal with at once. If you're feeling overwhelmed, try thinking about one thing at a time.

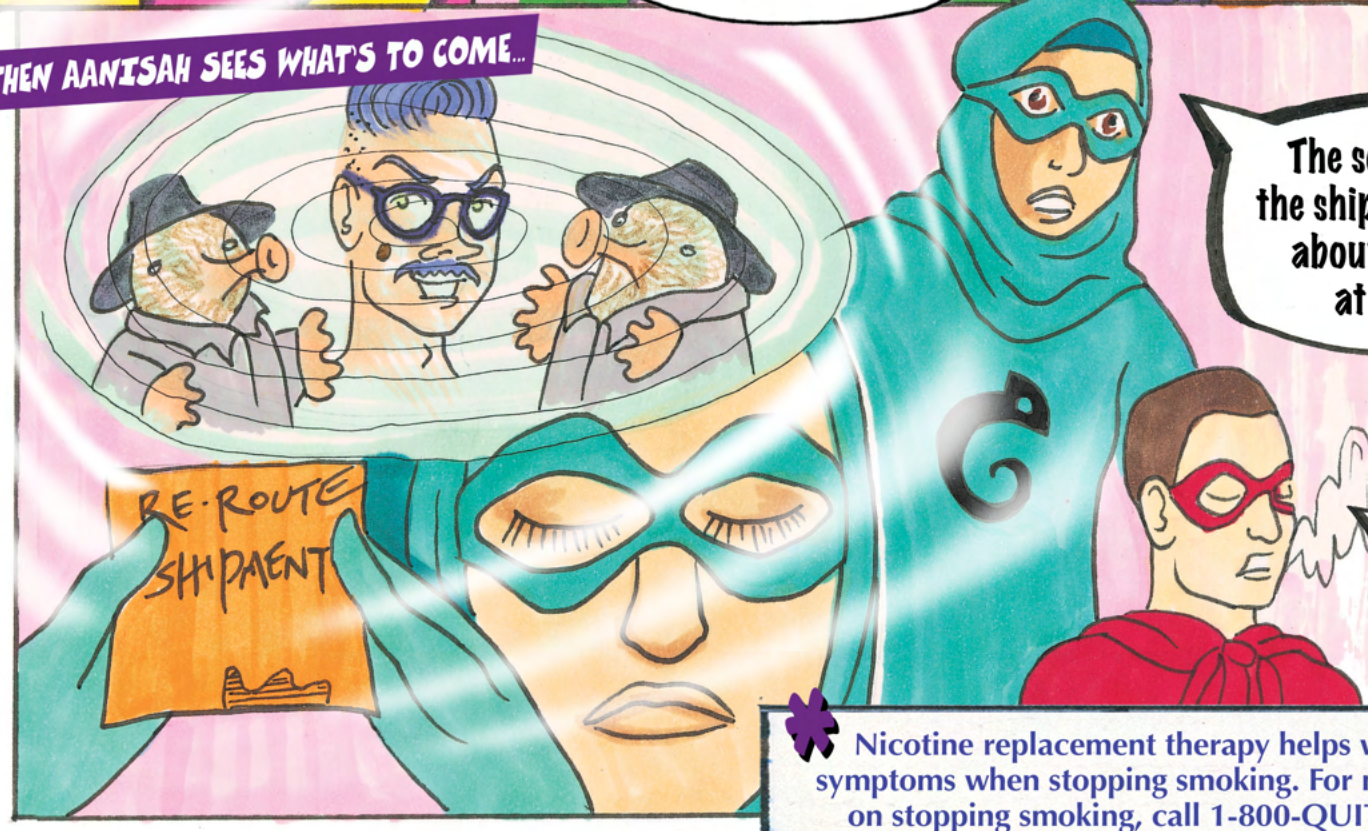
Ah, there's no focus today because you didn't take your medicine.

I know how it feels to forget my medicine. I keep my patch by my bedside and set an alarm. Could that work for you?

Don't forget to hydrate. It will help you think more clearly.

Thanks, y'all.

THEN AANISAH SEES WHAT'S TO COME...



The second half of the shipment! They're about to hijack it at the dock!

To the dock!

* Nicotine replacement therapy helps with withdrawal symptoms when stopping smoking. For more information on stopping smoking, call 1-800-QUIT-NOW or visit www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitline

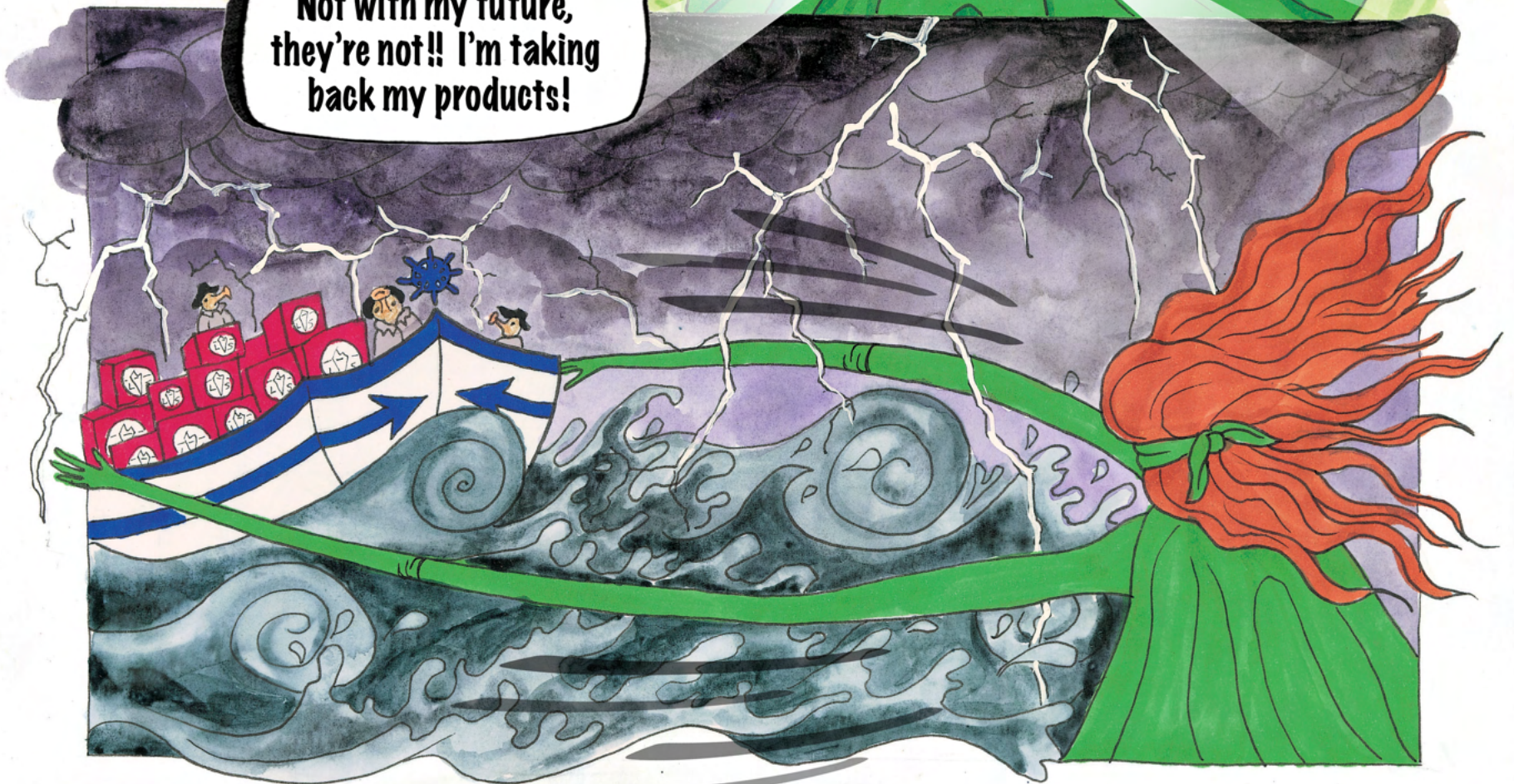
AT THE DOCK, THE DIMENSIONS SEE THE MOLE TEAM SAILING OFF WITH THE SAMPLES...



They're getting away!



Not with my future, they're not!! I'm taking back my products!

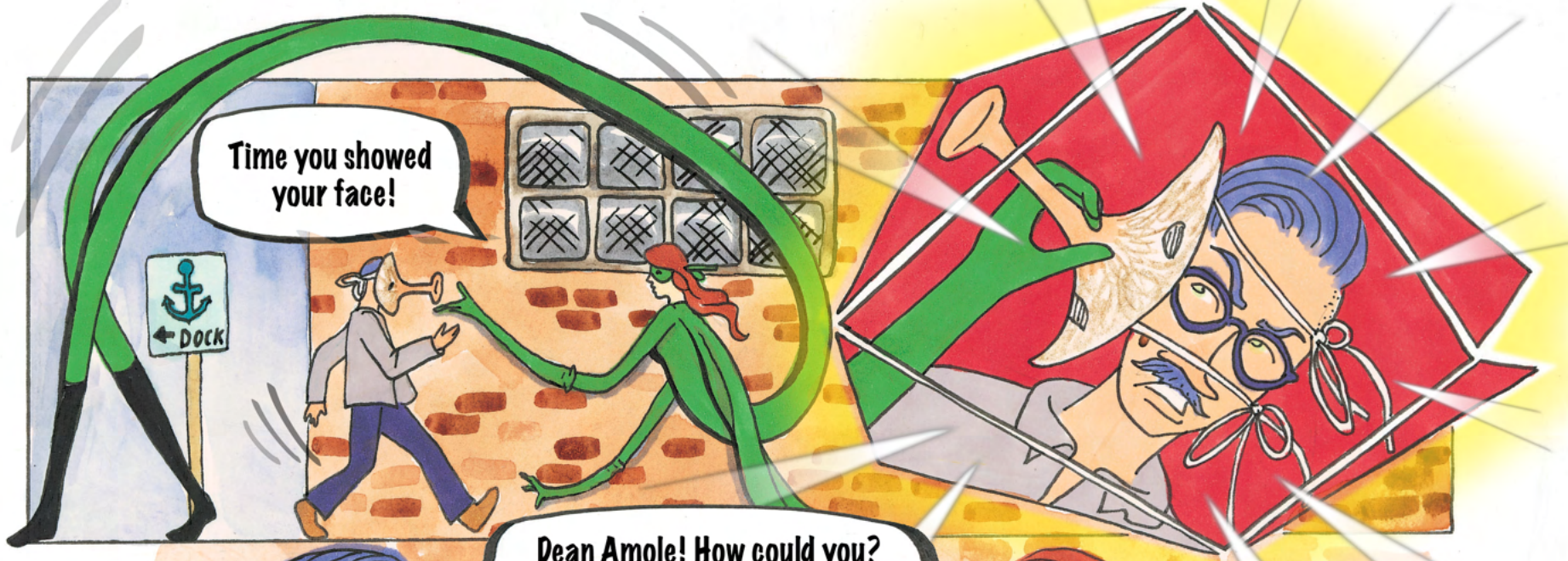


Good job! Keep pushing it back towards the dock!

We're returning this package first class TO THE POLICE STATION!!

You can get him, Elastic Beauty!

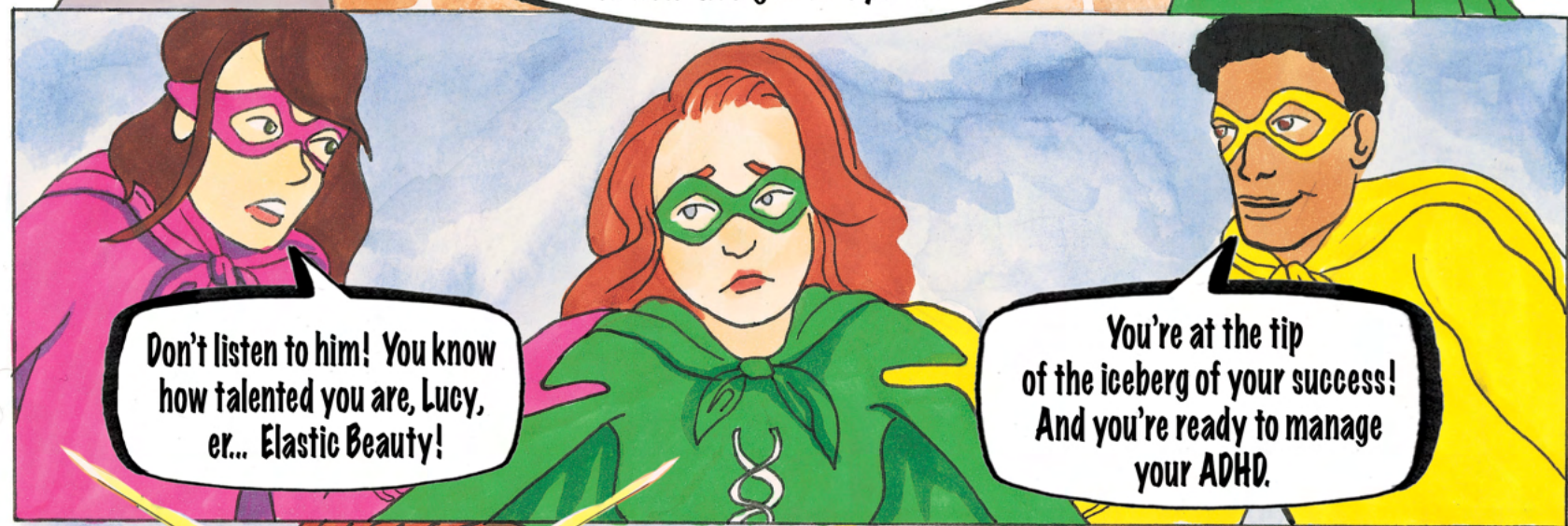
* NOTE: NO MOLES WERE HARMED IN THE MAKING OF THIS COMIC BOOK!



Time you showed your face!

Dean Amole! How could you? You were one of my first employees!

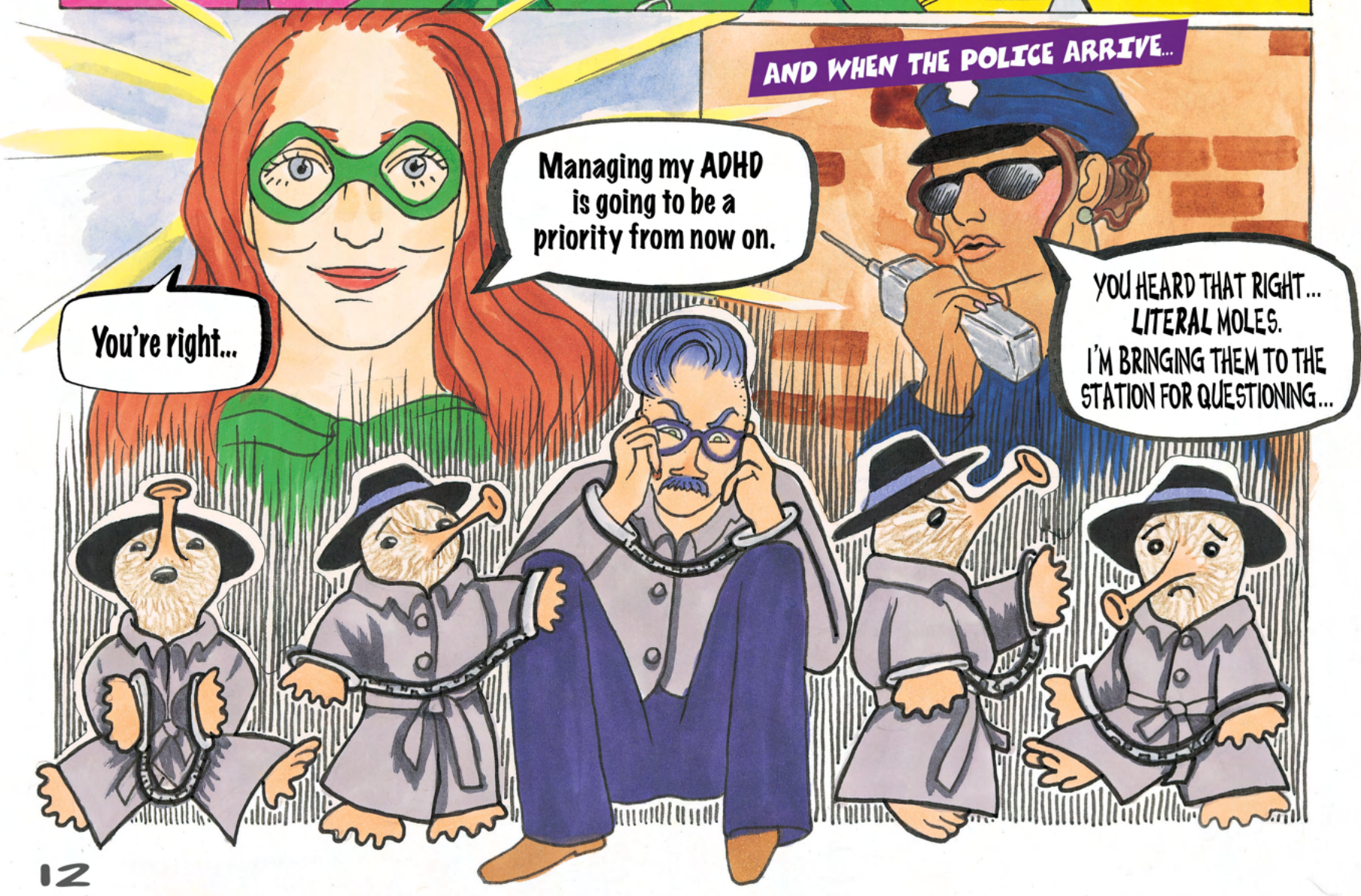
Lucy, YOU'RE Elastic Beauty and own a company? No way! You don't have it in you to succeed! You're late all the time, and don't even get me started on how disorganized you are.



Don't listen to him! You know how talented you are, Lucy, er... Elastic Beauty!

You're at the tip of the iceberg of your success! And you're ready to manage your ADHD.

AND WHEN THE POLICE ARRIVE...

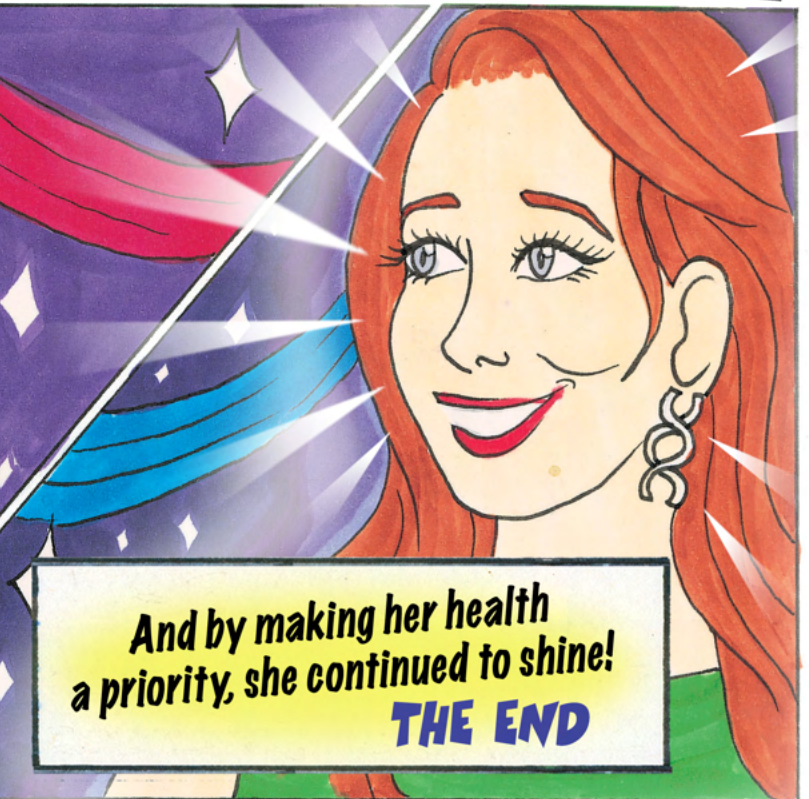
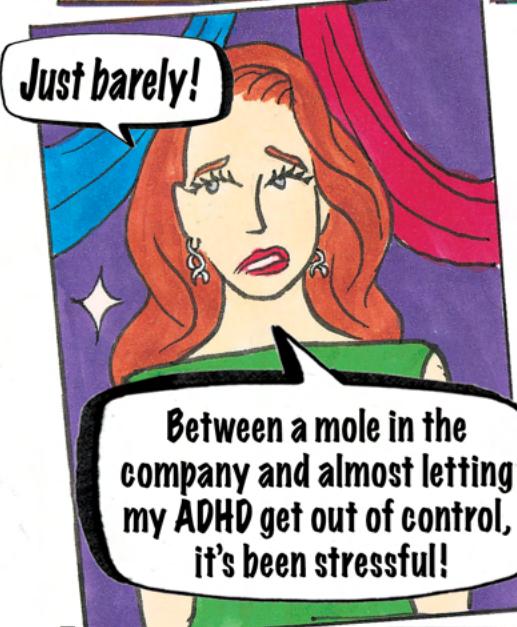


You're right...

Managing my ADHD is going to be a priority from now on.

YOU HEARD THAT RIGHT... LITERAL MOLES. I'M BRINGING THEM TO THE STATION FOR QUESTIONING...

ON THE DAY OF THE LAUNCH PARTY...



GET TO KNOW THE DIMENSIONS CHARACTERS!

The Dimensions characters represent the 8 dimensions of wellness supported by the Substance Abuse and Mental Health Services Administration (SAMHSA)
<http://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>



	Environmental Dimension: Eric Ripple aka Captain Calm	<ul style="list-style-type: none"> Local park ranger Married to Hope Ripple Co-Lead Singer for The Dimensions 	<ul style="list-style-type: none"> Experiences anxiety and has an addiction to nicotine Superpower: Super strength and the ability to talk to animals
	Emotional Dimension: Hope Ripple aka The Healer	<ul style="list-style-type: none"> School teacher who works at the local children's hospital Married to Eric Ripple Co-Lead Singer for The Dimensions 	<ul style="list-style-type: none"> Experiences panic attacks and compassion fatigue Superpower: Healing hands and X-ray vision
	Physical Dimension: Leo Lowe aka Thundering Tornado	<ul style="list-style-type: none"> Army veteran and librarian Drummer for The Dimensions Has traumatic events earlier in life which cause poor sleep and unhealthy eating habits 	<ul style="list-style-type: none"> Recently diagnosed with diabetes Superpower: Sonic wind, a voice-shattering roar, and tolerance to pain
	Occupational Dimension: Aanisah Alomar aka The Gentle Chameleon	<ul style="list-style-type: none"> Small business owner Bass Guitar player for The Dimensions 	<ul style="list-style-type: none"> Experiences depression Superpower: Shapeshifts and can see the future
	Social Dimension: Nova Pow aka Magnetic Shock	<ul style="list-style-type: none"> Martial artist Percussionist for The Dimensions 	<ul style="list-style-type: none"> Needs support controlling anger and substance use Superpower: Magnetically manipulates and attracts objects
	Financial Dimension: Lucy Stretch aka Elastic Beauty	<ul style="list-style-type: none"> Owner of a beauty company Plays lead guitar for The Dimensions 	<ul style="list-style-type: none"> Experiences ADHD and is known for showing up late Superpower: Body manipulation
	Intellectual Dimension: Einstein Al-Kno aka Agent Replacement	<ul style="list-style-type: none"> Professor and health professional who studies Alzheimer's and Dementia Plays keyboard for The Dimensions 	<ul style="list-style-type: none"> Can be self-centered and selfish which makes it difficult to socialize Superpower: High intelligence and wears a water-hose-soaker backpack
	Spiritual Dimension: Raha aka The Divine Queen	<ul style="list-style-type: none"> Dance instructor Violinist for The Dimensions Can be impulsive when shopping which leads to feelings of guilt and hoarding Superpower: Flies and reads minds 	

IN ADDITION TO THESE, BE ON THE LOOKOUT FOR 2 HIDDEN CHARACTERS!

ALLENE RECORDSTEIN is the band manager for The Dimensions. Her superpower is keeping the band organized!

DOTTY K. BERRYMAN is, well, the amazing artist of The Dimensions. But did you know she is also their biggest fan? Look for her cheering on The Dimensions at their shows!



READ THEM ALL!

Each character has their own story.



OUR COMIC BOOK ISSUES TO-DATE:

WWW.UKY.EDU/BHWELL



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