

E
EVERYONE

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 behavioral health challenges. We live DReCT 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

Script and Story: BH WELL Research Team

Creators: BH WELL Research Team

Artwork: Dotty K. Berryman

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along with internal funds.

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

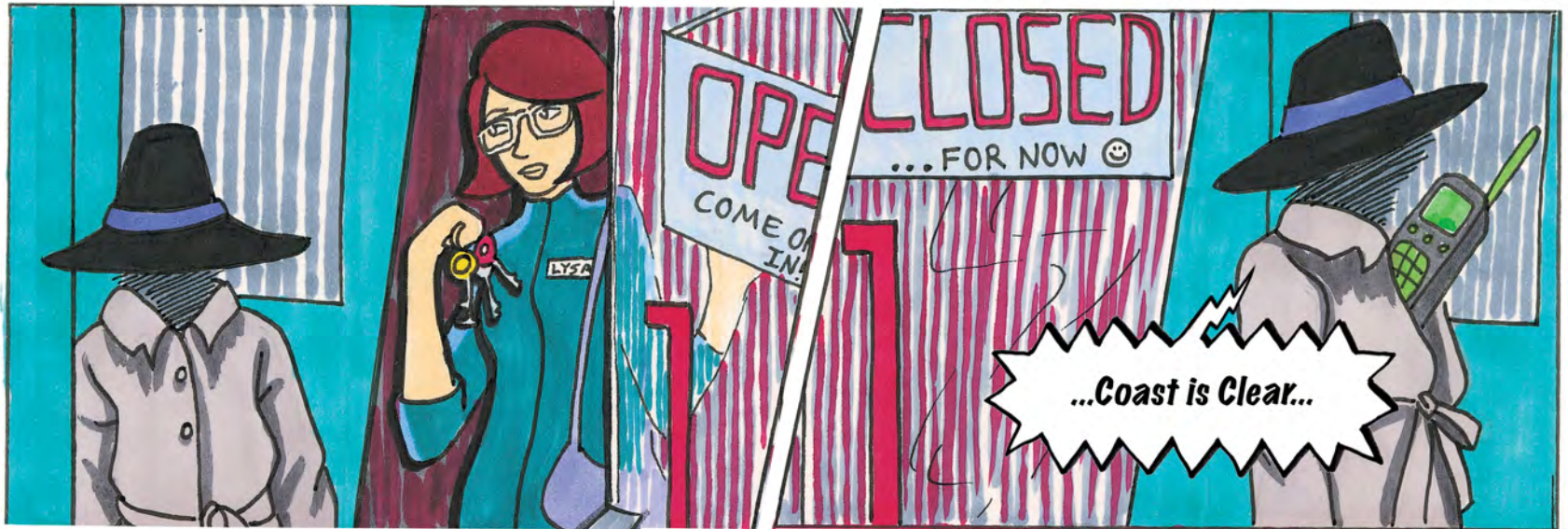




WHEN THINGS FALL APART: RISE ABOVE

“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...



...Coast is Clear...



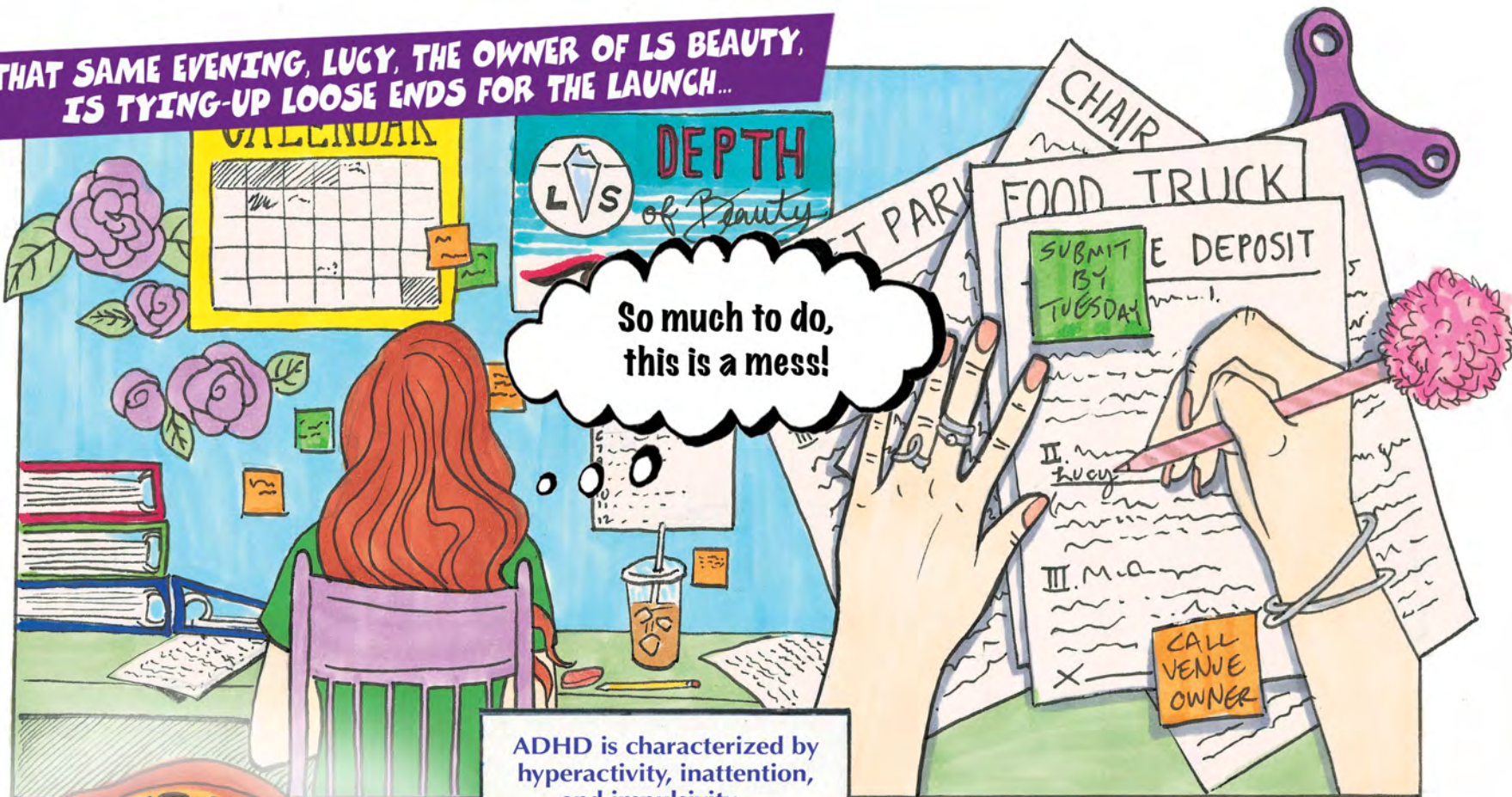
...We're going in!...

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



Take it all!

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



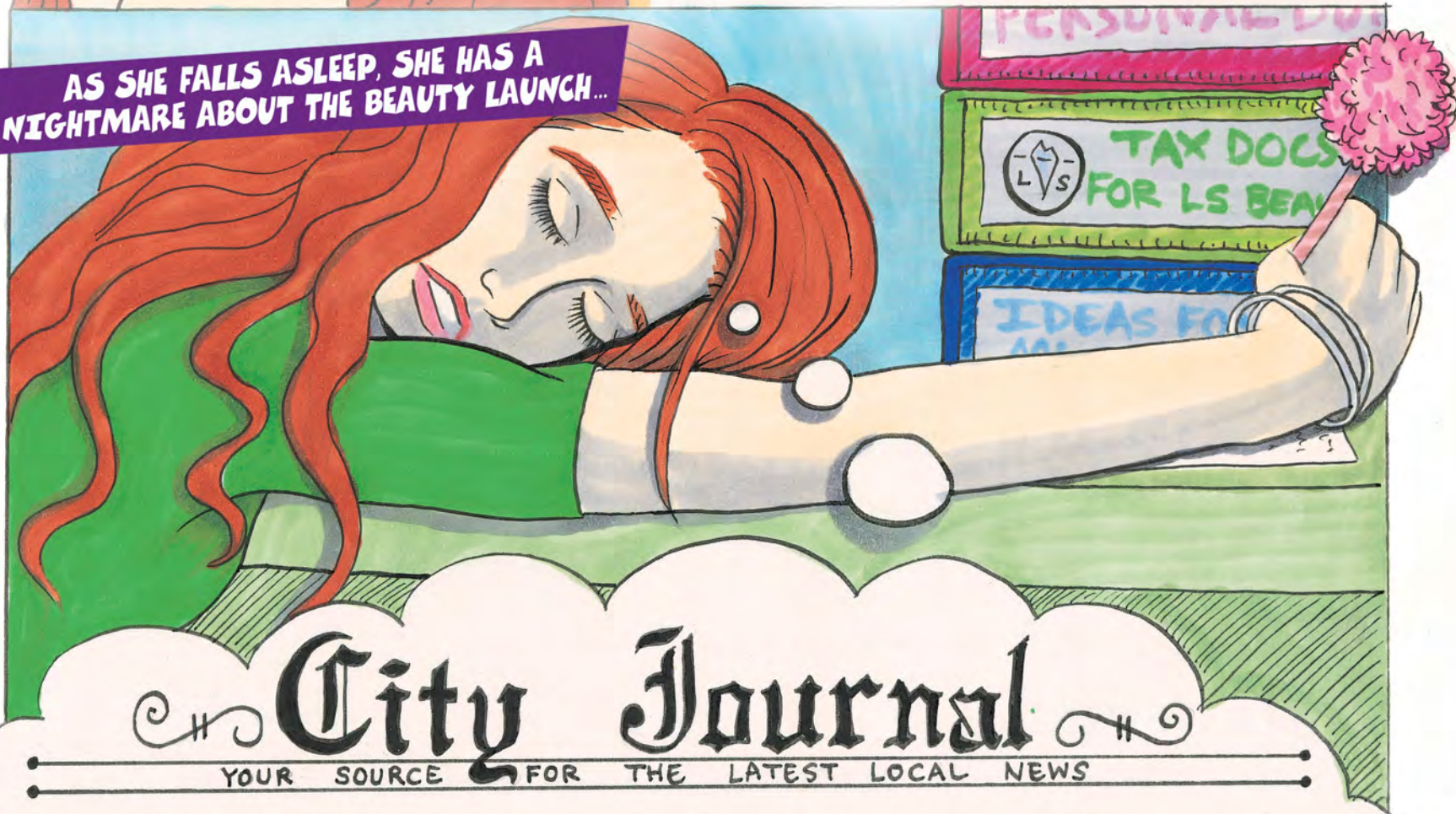
ADHD is characterized by hyperactivity, inattention, and impulsivity — women being more likely to have inattention.



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

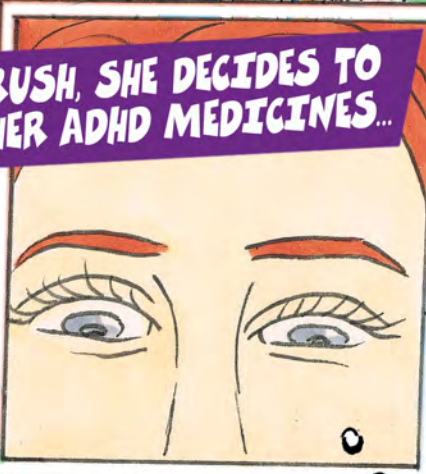
LUCY WAKES UP AFTER A RESTLESS NIGHT...



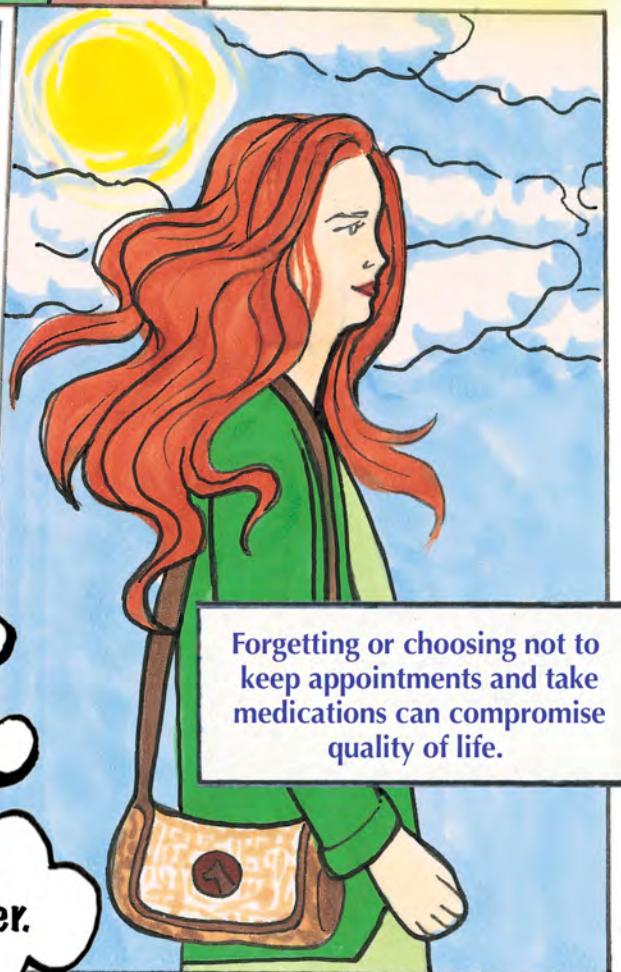
IN A RUSH, SHE DECIDES TO SKIP HER ADHD MEDICINES...

NOTIFICATION: Reschedule Counseling and Occupational Therapy Appointments.

DISMISSED



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



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



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, C.E.O.

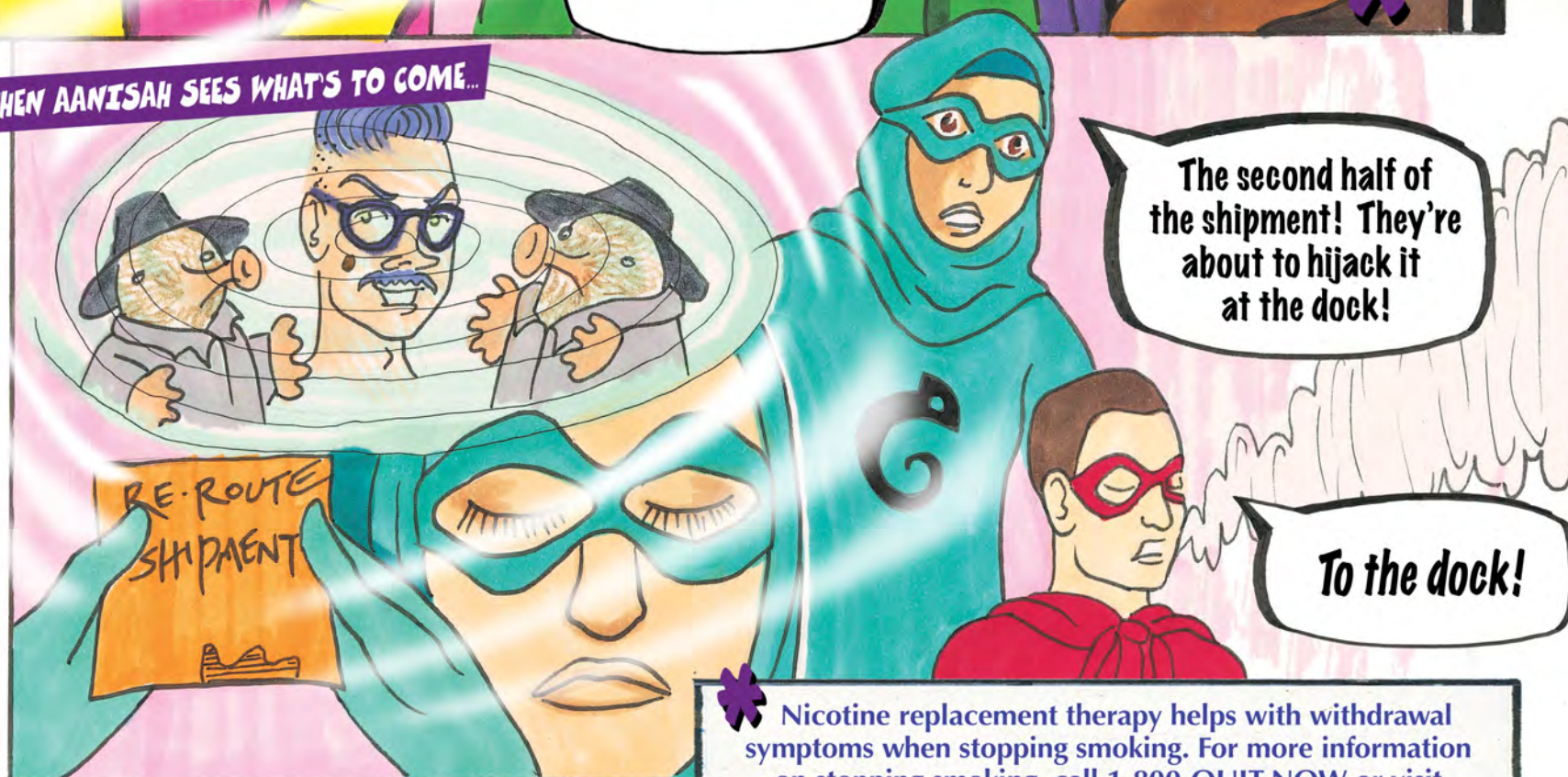




AND WHILE SHE'S CHECKING ON HER NEXT SHIPMENT... THE DIMENSIONS ARRIVE!



THEN AANISAH SEES WHAT'S TO COME...



* 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

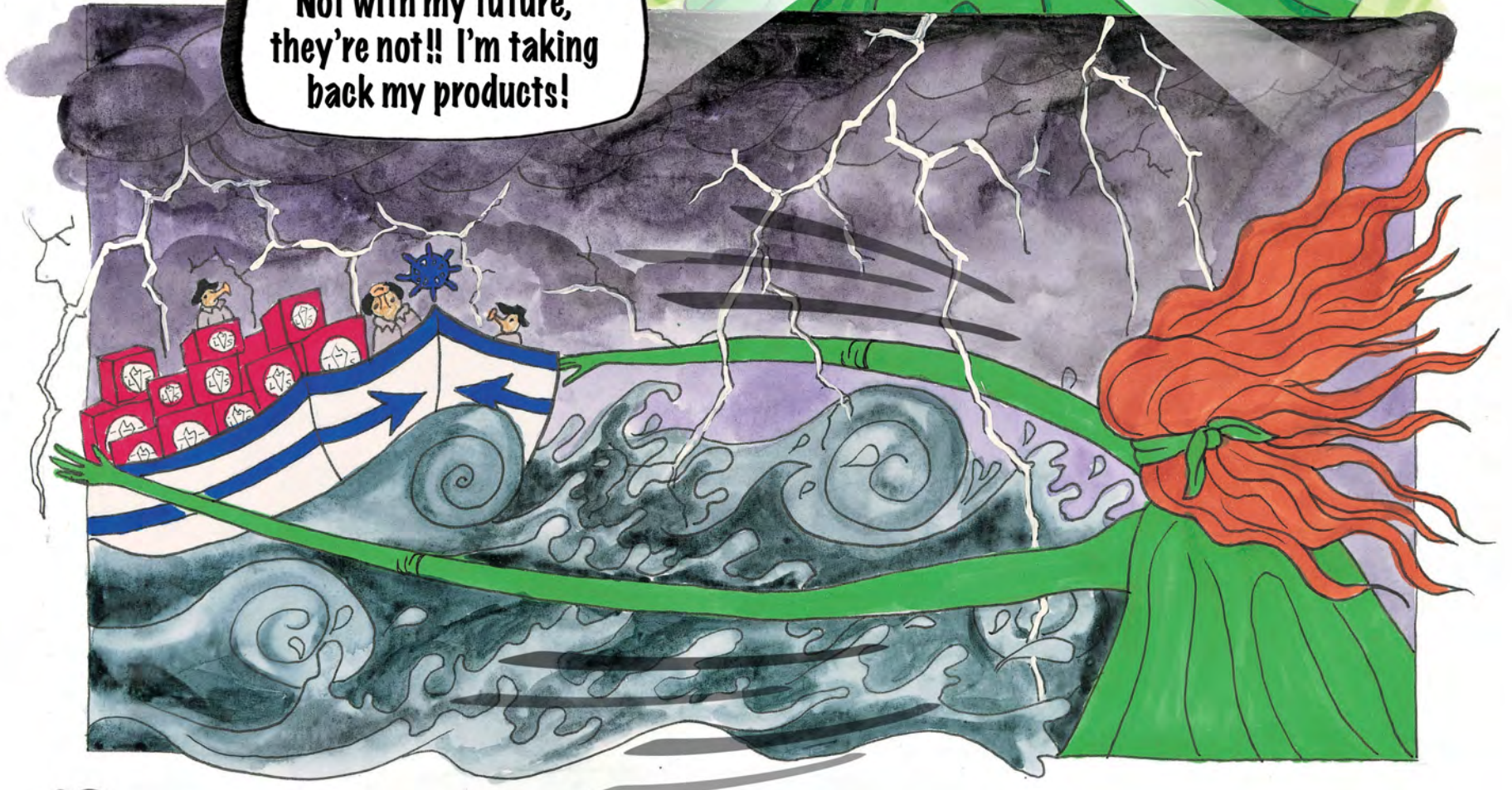
AT THE DOCK, THE DIMENSIONS SEE THE MOLE TEAM SAILING OFF WITH THE SAMPLES...



They're getting away!



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

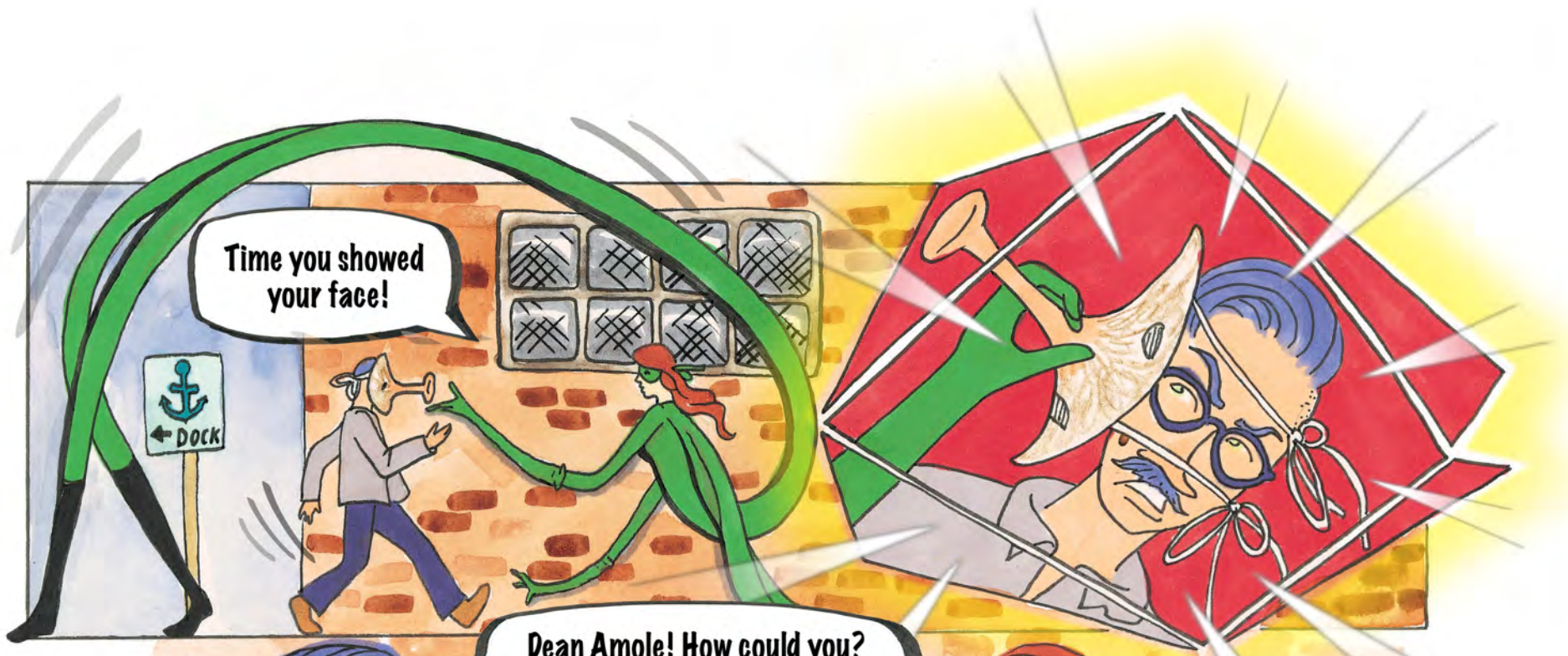


Good job! Keep pushing it back towards the dock!

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

You can get him,
Elastic Beauty!

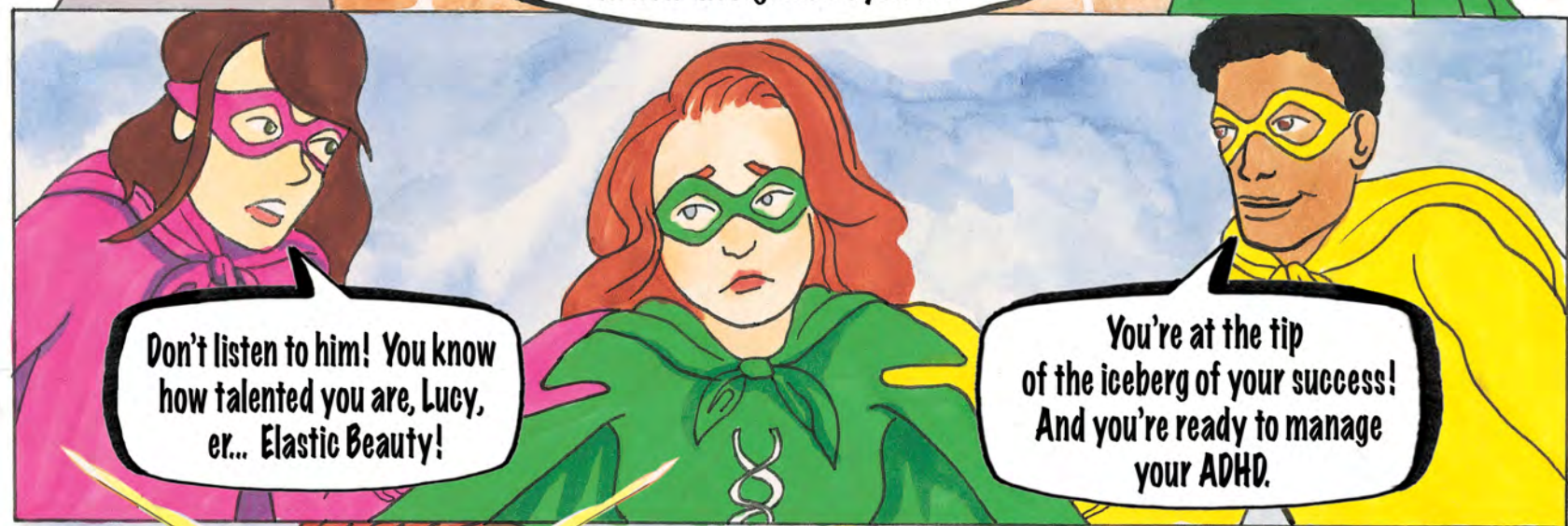
*** NOTE: NO MOLES WERE
HARMED IN THE MAKING
OF THIS COMIC BOOK!**



Time you showed your face!

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

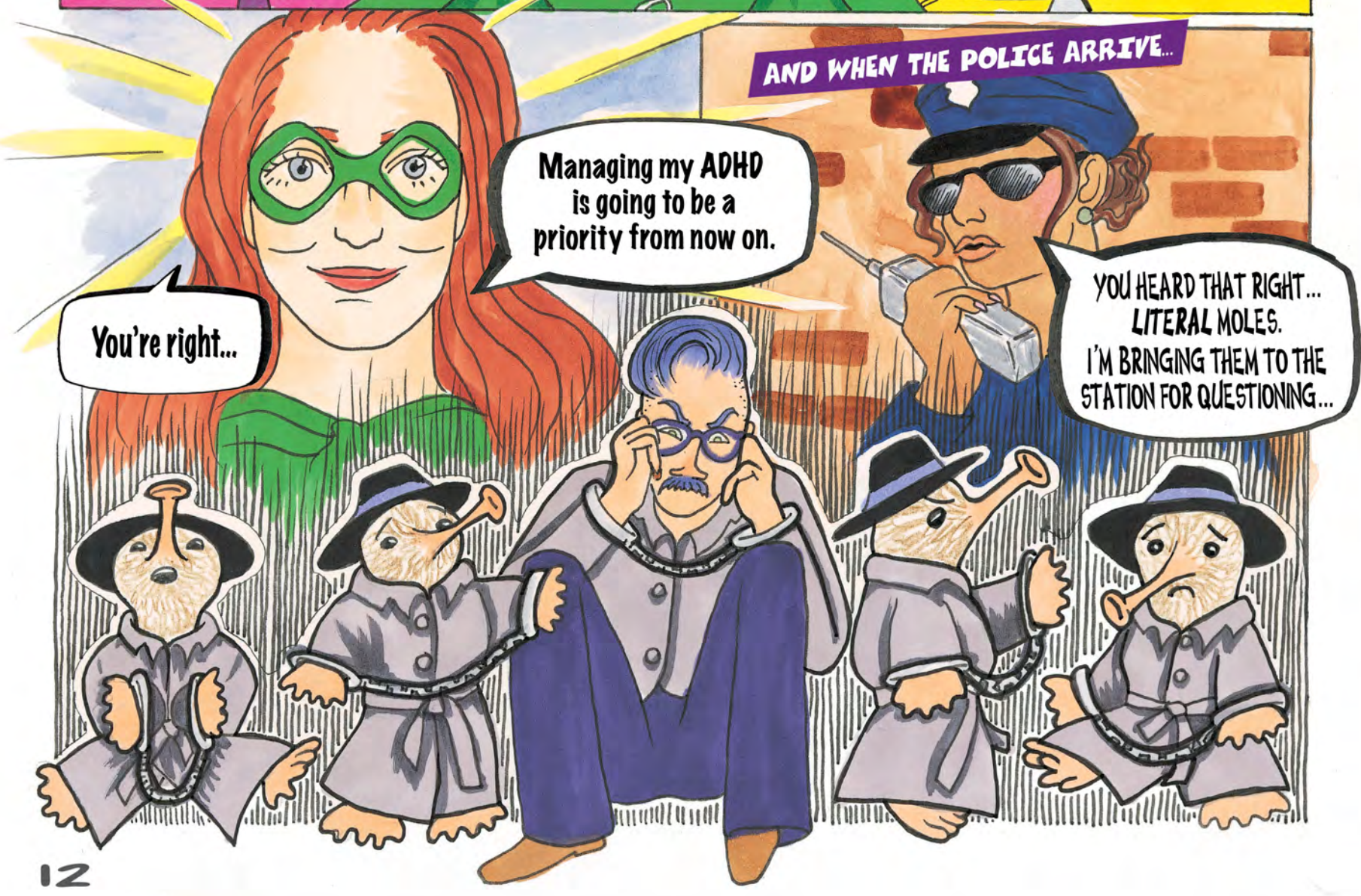
Lucy, **YOU'RE** Elastic Beauty and own a company? **No way!** You don't have it in you to succeed! You're late all the time, and don't even get me started on how disorganized you are.



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...

CALENDAR 		BAND PRACTICE @ 7 MEDS 7AM 8 MEETING @ 10:30 PSYCH @ 3 7AM 15 DAY OFF!	OCCUPATIONAL THERAPY @ 5:30 MEDS 7AM 9 MEETING @ 8 LUNCH W/ NOVA @ 1 MEDS 7AM 16 MEETING @ 8	GYM W/ RAHA @ 6 MEDS 7AM 10 MEETING @ 10:30 OCCUPATIONAL THERAPY @ 5:30 MEDS 7AM 17 MEDS 7AM	7AM BAND PRACTICE @ 7 MEDS 7AM 23
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LS BEAUTY LAUNCH!



CONGRATS!

A toast to Lucy and LS Beauty!

A successful launch!

Just barely!

Between a mole in the company and almost letting my ADHD get out of control, it's been stressful!

But you got back on track and we caught the mole.

AND you got organized and made this amazing launch happen!

You are right!

I've come so far!

Depth of Beauty sold out!!



LS Beauty is officially viral!

And by making her health a priority, she continued to shine!
THE END

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

- Local park ranger
- Married to Hope Ripple
- Co-Lead Singer for The Dimensions

- 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

- School teacher who works at the local children's hospital
- Married to Eric Ripple
- Co-Lead Singer for The Dimensions

- Experiences panic attacks and compassion fatigue
- Superpower: Healing hands and X-ray vision



Physical Dimension:
Leo Lowe aka Thundering Tornado

- Army veteran and librarian
- Drummer for The Dimensions
- Has traumatic events earlier in life which cause poor sleep and unhealthy eating habits

- Recently diagnosed with diabetes
- Superpower: Sonic wind, a voice-shattering roar, and tolerance to pain



Occupational Dimension:
Aanisah Alomar aka The Gentle Chameleon

- Small business owner
- Bass Guitar player for The Dimensions

- Experiences depression
- Superpower: Shapeshifts and can see the future



Social Dimension:
Nova Pow aka Magnetic Shock

- Martial artist
- Percussionist for The Dimensions

- Needs support controlling anger and substance use
- Superpower: Magnetically manipulates and attracts objects



Financial Dimension:
Lucy Stretch aka Elastic Beauty

- Owner of a beauty company
- Plays lead guitar for The Dimensions

- Experiences ADHD and is known for showing up late
- Superpower: Body manipulation



Intellectual Dimension:
Einstein Al-Kno aka Agent Replacement

- Professor and health professional who studies Alzheimer's and Dementia
- Plays keyboard for The Dimensions

- 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

- 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!

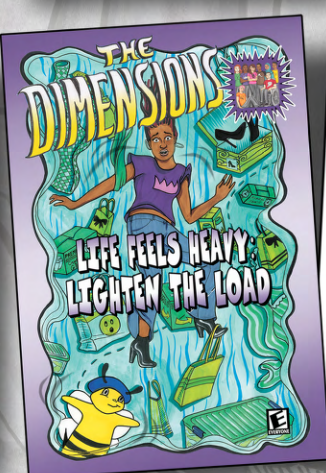
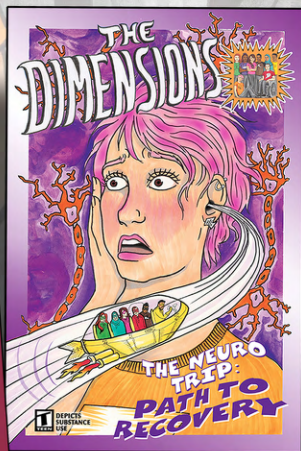
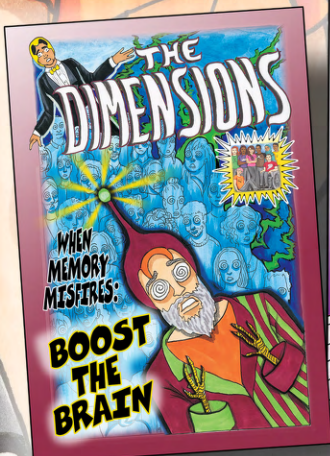
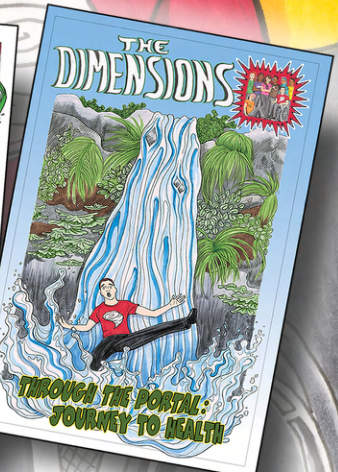
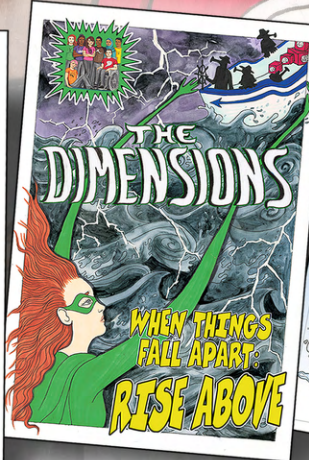
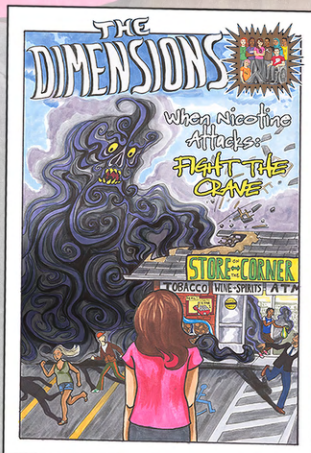


READ them ALL!

Each character has their own story.



The
Dimensions
series
includes:



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