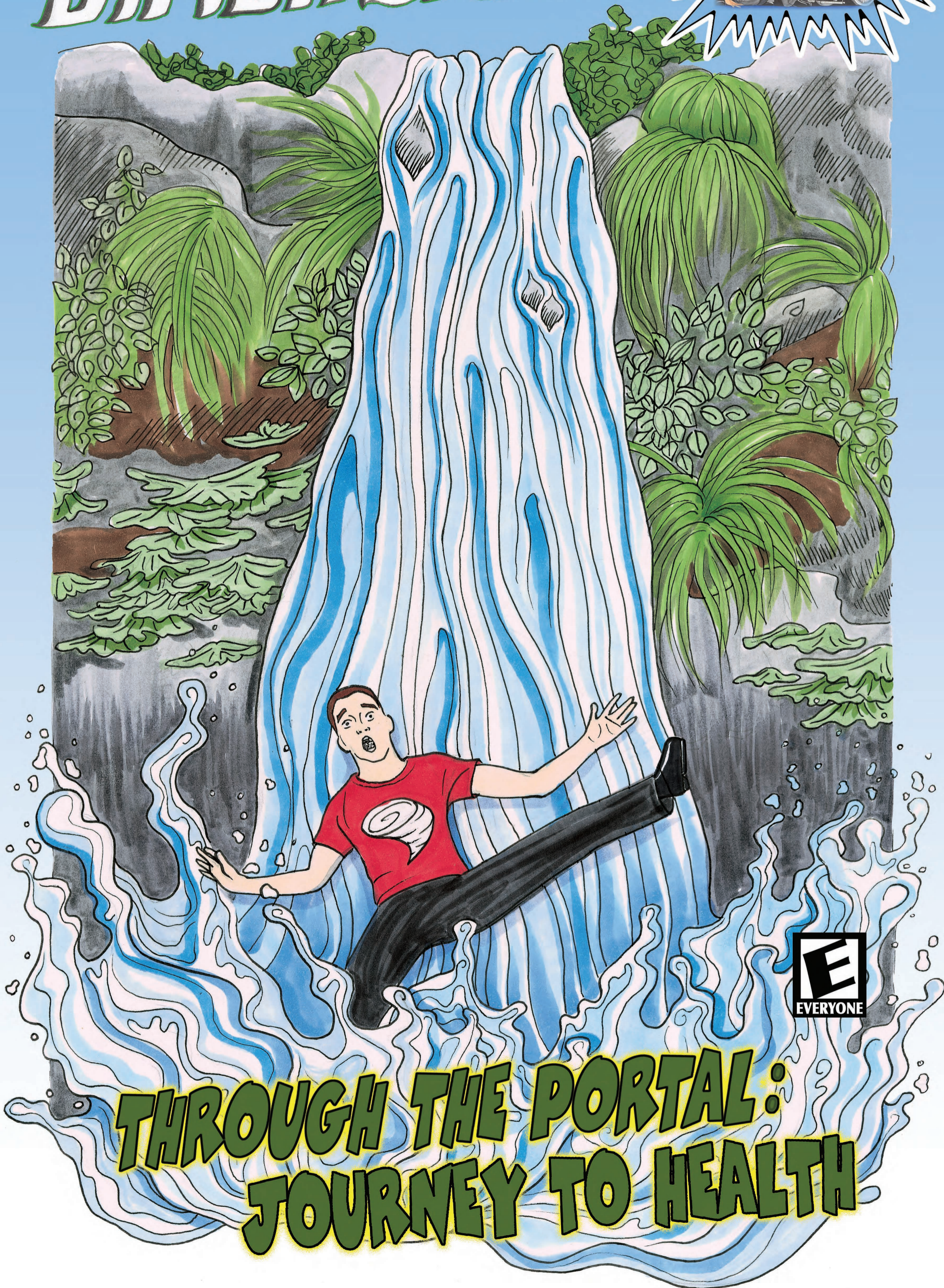


THE DIMENSIONS



**THROUGH THE PORTAL:
JOURNEY TO HEALTH**

The DIMENSIONS



Issue 3

Storyline

“Through the Portal: Journey to Health” features the story of Leo Lowe, a veteran who uses a wheelchair and who lives with Post Traumatic Stress Disorder (PTSD). He is the drummer for *The Dimensions* (a band whose mates turn into superheroes when needed). Leo begins his day with his disciplined morning routine. A newspaper photo on the wall reminds him of his platoon buddies who were lost in war. Already on edge, he arrives to the library for his work shift. A car backfires and heightens his PTSD symptoms. A call from his fellow *Dimension*, Raha, reminds him that, in addition to PTSD, he’s about to find out about a possible diabetes diagnosis. He logs onto the BH WELL health portal to check his labs and accidentally knocks his coffee onto the keyboard. The ensuing short-circuit creates a vortex that sucks him into the computer. Leo needs to navigate the health portal levels to successfully find his lab results, schedule follow-up appointments, and pick up his medicine. Just as he finds himself in over his head (literally), his superhero platoon, *The Dimensions*, shows up just in time to help him travel through the portal. Will these challenges disorient him to the point that his PTSD flares? Hopefully, he can stay calm and focused long enough to complete all the levels and get his health under control.

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 DIRECT by prioritizing Diversity, Innovation, Respect, Compassion, and Teamwork.

Research

A low percentage of veterans with diabetes are active users of the HealtheVet health portal. Women with a diabetes diagnosis are more likely than their male counterparts to use the portal. The HealtheVet portal can be used to send messages to healthcare providers, view lab results, schedule appointments and refill prescriptions. Secure messaging between patients and their clinicians is associated with improved glycemic control. Of note, while the main character from our story is a non-smoker, individuals who smoke are 30-40% more likely to develop diabetes. Therefore, the importance of nicotine replacement therapy has been incorporated into the story.

Coughlin, S.S., Carbone, L.D., Heboyan, V., Williams, L.B., Hatzigeorgiou, C., Rangachari, P., & De Leo, G. (2017). Use of My HealtheVet patient web portal among veterans seen for diabetes mellitus at a medical center in the southeastern United States. *Mhealth*, 3.

U.S. Department of Health and Human Services (USDHHS). *Smoking and Diabetes Factsheet*. Atlanta, GA; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2014. https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_diabetes_508.pdf. Accessed February 18, 2019.

Acknowledgements and Credits

Script and Story: BH WELL Research Team

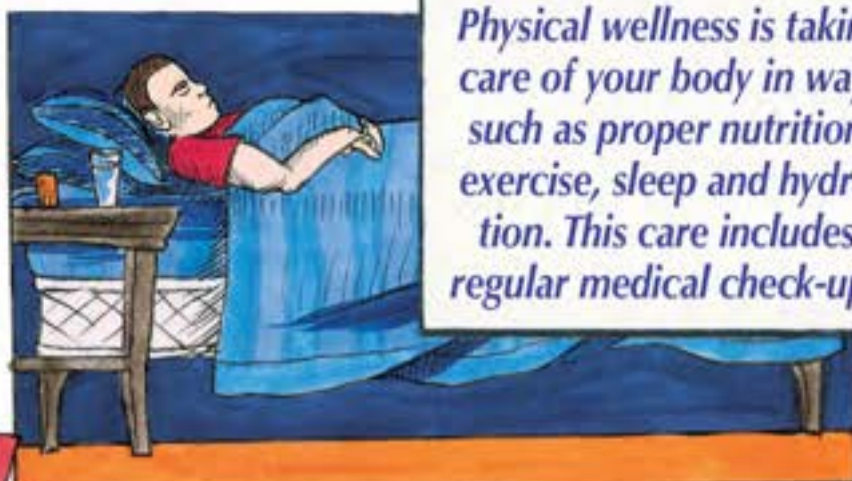
Creators: BH WELL Research Team

Artwork: Dotty K. Berryman

Art Director/Production: David Bryan Blondell

Funding Support: KDPH Tobacco Prevention and Cessation Program
along with internal funds.

ONE FINE MORNING, LEO WAKES UP TO HIS DAILY ROUTINE...



Physical wellness is taking care of your body in ways such as proper nutrition, exercise, sleep and hydration. This care includes regular medical check-ups.



Hmmm...
A new record!



... "Lucky to be alive," said Lowe...



...injuries sustained from explosion...

Sole Survivor of
Platoon returns home

...9 lives taken in explosion...

... HE IS A VETERAN LIVING WITH POST
TRAUMATIC STRESS DISORDER (PTSD).

AS LEO ARRIVES AT WORK, HE IS STARTLED BY A MISFIRING ENGINE...



Hey... everything OK?



It's fine. My car is just acting funny.



POP!



You alright, Leo?



Yeah, thanks... I'm heading inside.

Symptoms of Post Traumatic Stress Disorder include physical sensations like being easily startled, sweating, and trembling when faced with a trigger.



AFTER CALMING DOWN, ... HE CONTINUES HIS WORK AS A LIBRARIAN.



Now Entering Health Portal

LEO GETS SUCKED INTO
THE COMPUTER AND FINDS
HIMSELF IN A GAME...



MESSAGES

RECORDS

APPOINTMENTS

PHARMACY

What in the world?

HE NEEDS TO NAVIGATE
THE HEALTH PORTAL TO
GET HIS LAB RESULTS...

Health portals are secure
websites that store
personal health information.
Once you enter, there are
different options to choose.

LEVEL 1 MESSAGES

LEO ARRIVES AT LEVEL 1
OF THE GAME: MESSAGES...

You have one
new message.

Skwwwaak... HELLO!

Hi... bird?

Hi bird is an
incorrect password.

Se-*skwwak*-curity
Question:
What was your childhood
career dream?

SUPERHERO!

ACCESS GRANTED

LOWE, LEO
CHECK
LAB RESULTS

But where?

MEANWHILE BACK AT THE LIBRARY,
HIS FRIENDS, "THE DIMENSIONS,"
ARE LOOKING FOR LEO...

...then he stopped answering.

CLICK

Now Entering Health Portal

Leo?
Are you here?

Where are we?

THEY ALSO GET
SUCKED INTO
THE GAME...

Last I saw,
he was over in
health records.

Thanks, man!

RECORDS LVL 2

This is
impossible.
There's too many.

Looks like
you could
use some
help!

"THE DIMENSIONS" CATCH-UP
WITH LEO IN LEVEL 2: RECORDS...

How'd you guys get here??



LEO'S TEST RESULTS REVEAL THAT HE HAS BEEN DIAGNOSED WITH TYPE 1 DIABETES...

Though considered a childhood diagnosis, Type 1 diabetes can be diagnosed into the 30s.

FOUND IT!



What am I going to do?
This calls for *The Dimensions*!

NOW LOADING...
LEVEL 3

SCHEDULING
OF APPOINTMENTS

HAVING TRANSFORMED INTO THEIR SUPERHERO SELVES, "THE DIMENSIONS" GET STUCK IN QUICKSAND ONCE THEY MAKE IT TO LEVEL 3: SCHEDULING...

I think we leveled up.

Planning your healthcare visits can feel like sinking in quicksand, but there is help for scheduling these appointments.





ERIC ASKS FOR
THEIR HELP...

Hoofer, you'd be
a great provider for
Leo's diabetes
care.

WINNIE

Woofers, you
are in Leo's
network and a
great therapist.

RUFF

**HIGH
5!!!**



I can't take any
more paperwork!

We're almost
done. Hang
in there!



One last Hancock!

NOW LOADING

LEVEL

4

**LEO AND THE DIMENSIONS
MAKE IT TO LEVEL 4:
APPOINTMENTS...**

APPOINTMENTS

Regular follow-ups to take care of mental and physical health are needed to stay well.

Who's a good boy?
YOU'RE a good boy!

Eat more carrots.

Remember to keep
all 178 feet
clean and dry.



AT LEO'S APPOINTMENTS,
EACH ANIMAL REPRESENTS
A DIFFERENT KIND OF
HEALTH PROVIDER TO HELP LEO...

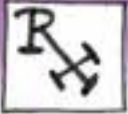
Strut your stuff.

Neigh to sugar
cubes. I know
it's hard.

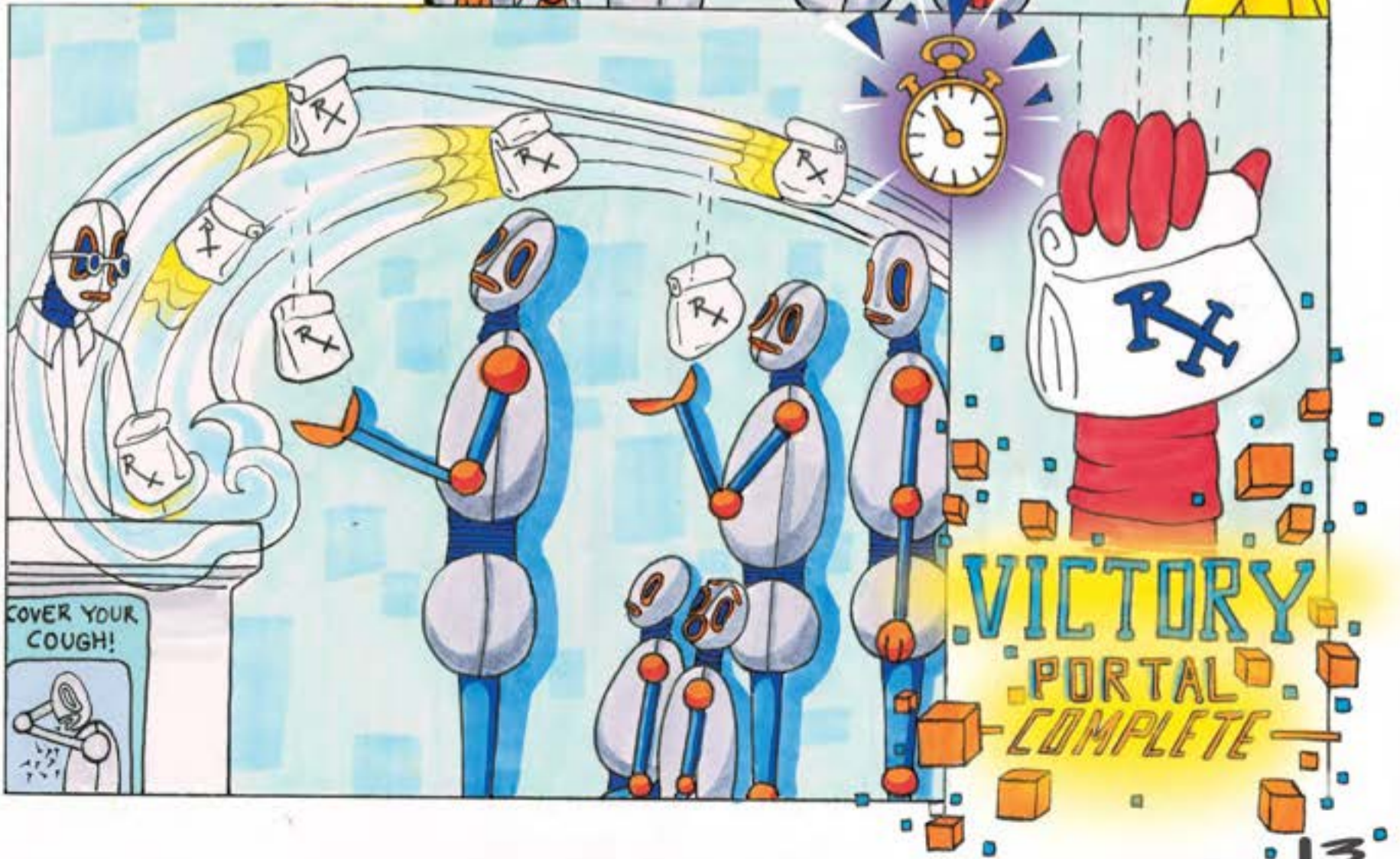
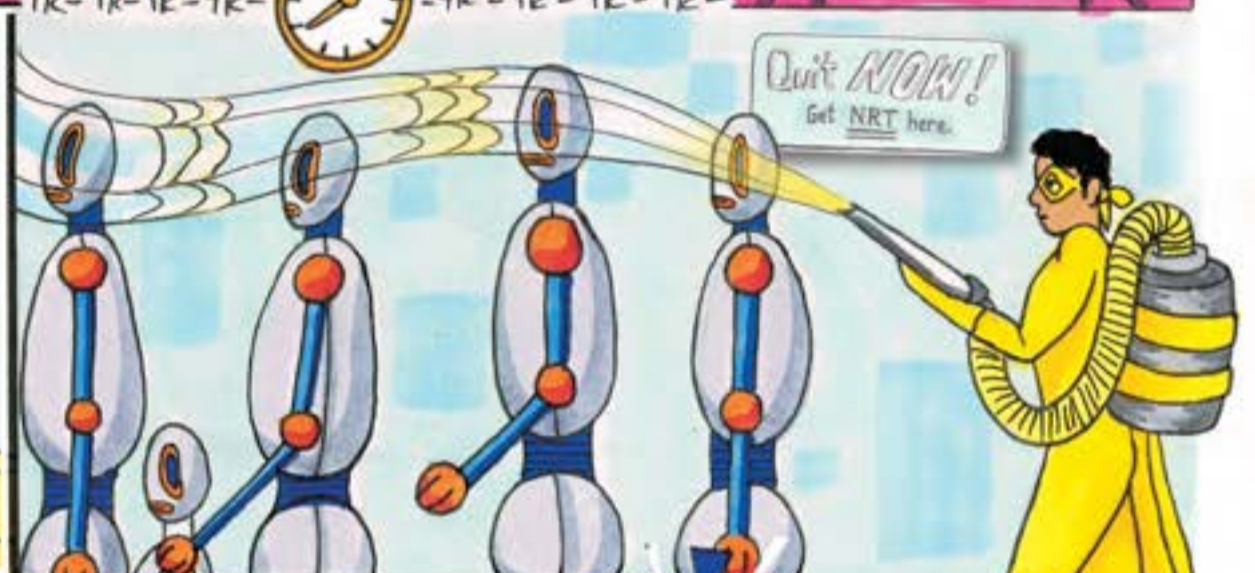
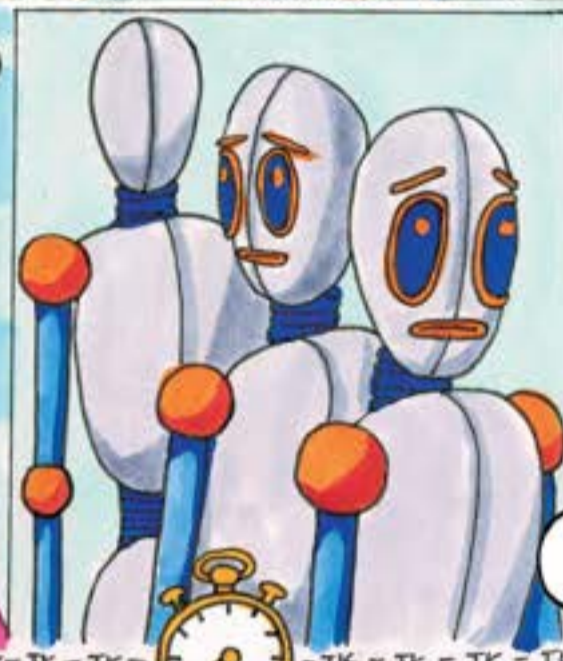
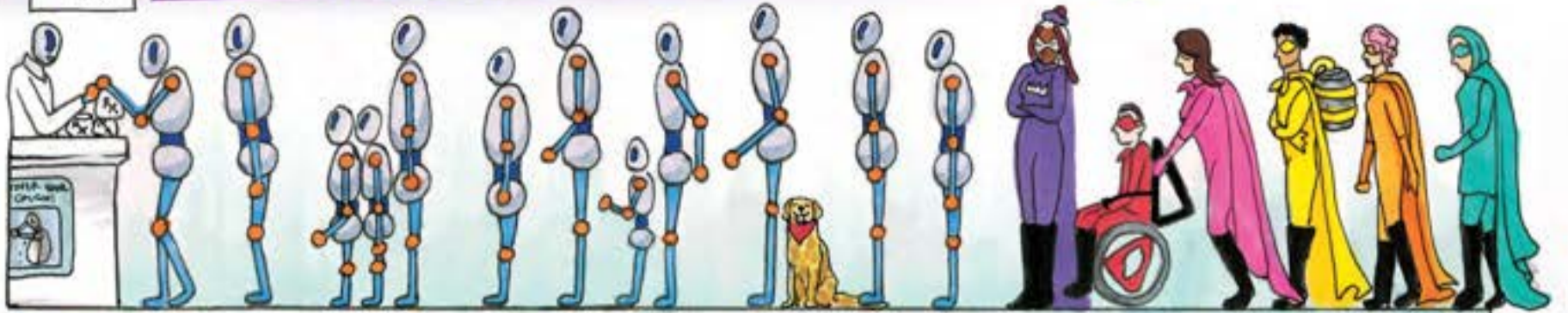
NOW THE FINAL LEVEL

PHARMAFRENZY

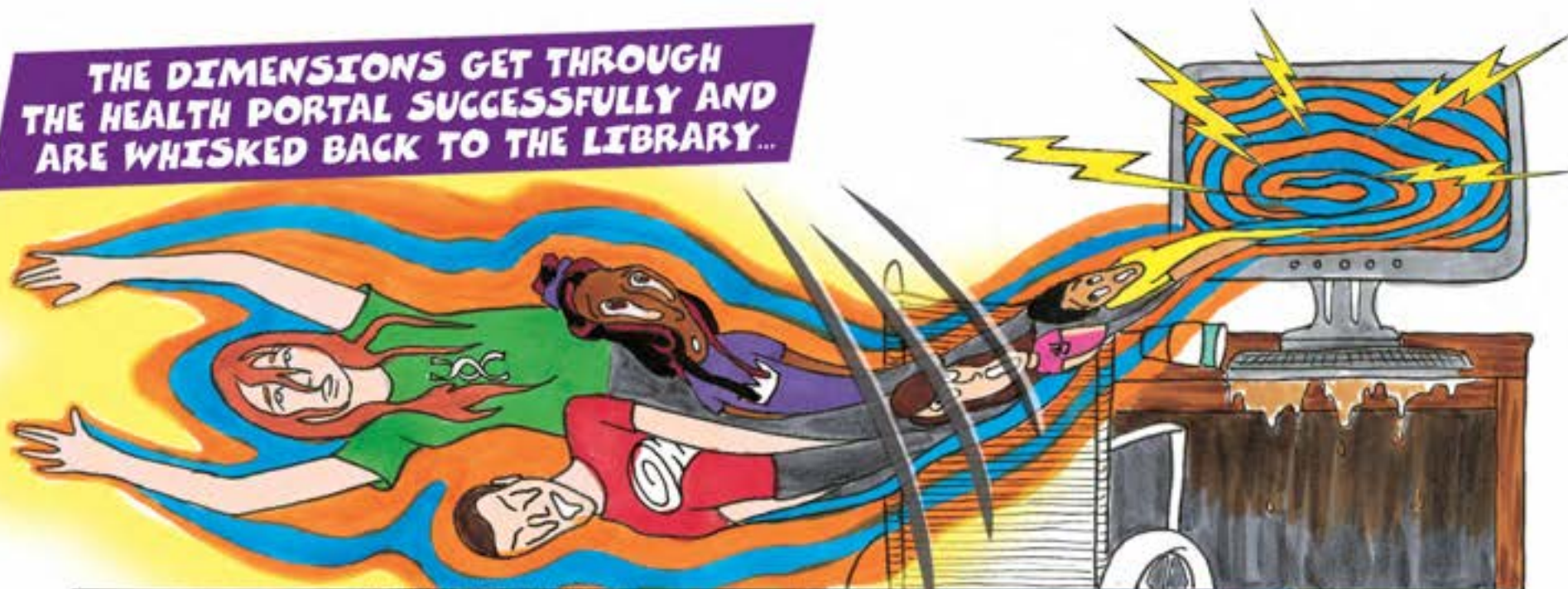
**NOW THE DIMENSIONS WAIT
IN LINE AT THE PHARMACY
TO GET LEO'S MEDICINES...**



-TK-TK-TK-TK-  -TK-TK-TK-TK-



THE DIMENSIONS GET THROUGH THE HEALTH PORTAL SUCCESSFULLY AND ARE WHISKED BACK TO THE LIBRARY...



... and Leo gained a new platoon member:
his furry friend.

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



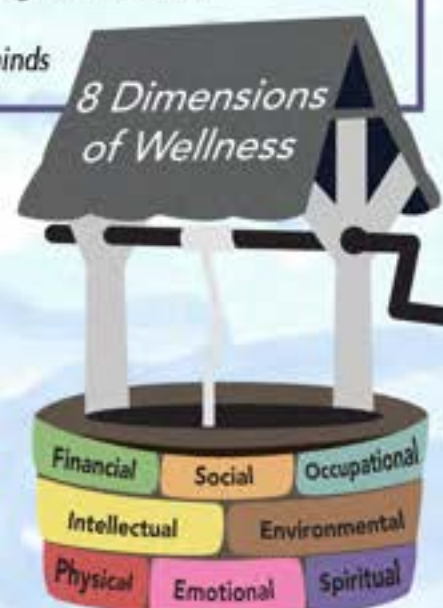
Spiritual Dimension:
Raha aka The Divine Queen

- 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!

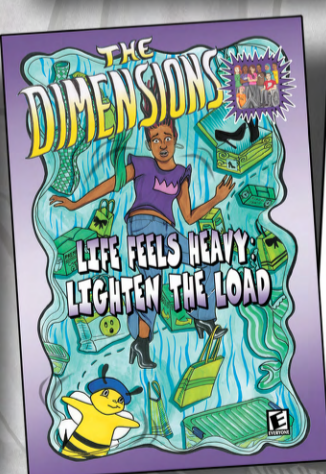
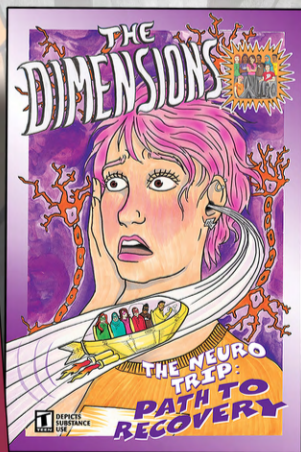
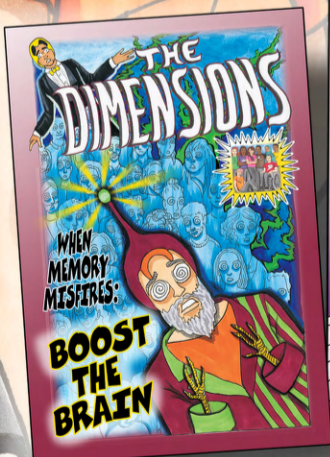
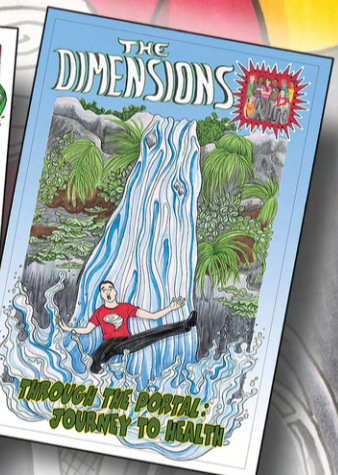
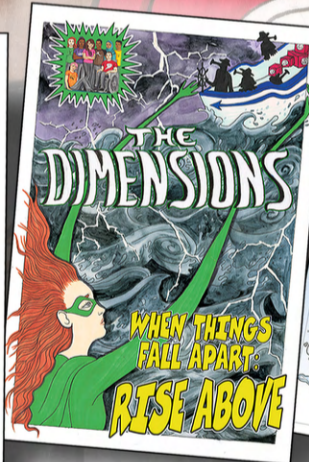
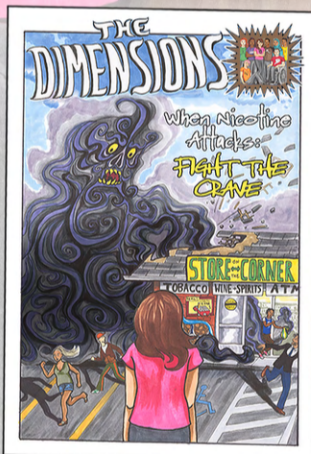


READ them ALL!

Each character has their own story.



The
Dimensions
series
includes:



WWW.UKY.EDU/BHWELL

