

THE DIMENSIONS

**WHEN
MEMORY
MISFIRES:**

**BOOST
THE
BRAIN**

E
EVERYONE

The DIMENSIONS



Issue 4

Storyline

When Memory Misfires: Boost The Brain features the story of story of Dr. Einstein Al-Kno. He plays the keyboard for *The Dimensions*. Dr. Al-Kno's superhero alter-ego, Agent Replacement, wears a water-hose-soaker backpack and is known for his remarkable inventions. He is extremely intelligent and works as a professor and health professional who studies Alzheimer's disease. Alzheimer's disease is a disorder in which a person's brain cells break down and often causes them to forget details in their lives. Al-Kno implements current research to improve memory loss for Alzheimer's disease patients using matching games. Recently, Dr. Al-Kno has been having difficulty socializing due to his self-centeredness. To handle this, he invents a device to help him socialize. But things don't go as planned. He passes his challenges with social cognitive abilities on to his audience through this failed experiment. To make matters worse, his academic rival and fellow inventor, Dr. Heathrow, is up to his own devices. While Al-Kno's invention enhances his memory and social skills, he notices that those around him are increasingly forgetful. Can he figure out how to reverse this odd memory loss in others while fending off Heathrow Knulls's dreadful invention?

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

People living with serious mental illnesses often experience reduced social cognitive abilities. This means they may struggle with loneliness, social support, their work environment, and social integration. In *When Memory Misfires: Boost the Brain*, Dr. Al-Kno is struggling with his social cognitive abilities. The story depicts how cognitive enhancement therapy and cognitive remediation therapy (CET/CRT) may help address social cognitive challenges. It is important to lesson the effects of social cognitive deficits since they can harm relationships, impact the ability to work, and make interactions with others more difficult. CET/CRT has emerged as a promising way to improve social cognitive skills, thus improving participation in meaningful relationships and behaviors.

Cognitive Enhancement Therapy (CET): Cognitive enhancement therapy (CET) uses a combination of medicines, computer-based exercises, and group therapy to treat schizophrenia, bipolar disorder, serious depression, and some forms of autism.

Cognitive Remediation Therapy (CRT): Cognitive remediation is designed to improve neurocognitive abilities such as attention, working memory, cognitive flexibility and planning, and executive functioning which leads to improved psychosocial functioning.

Seng, S., Abu Farsakh, B. M., & Okoli, C.T.C., (2023). *The Effect of Cognitive Enhancement Therapy on Social Cognition among People Living with Serious Mental Illnesses* [Poster]. October 4-7, 2023. American Psychiatric Nurses Association 37th Annual Conference. Lake Buena Vista, Florida

Acknowledgements and Credits

Script and Story: BH WELL Research Team

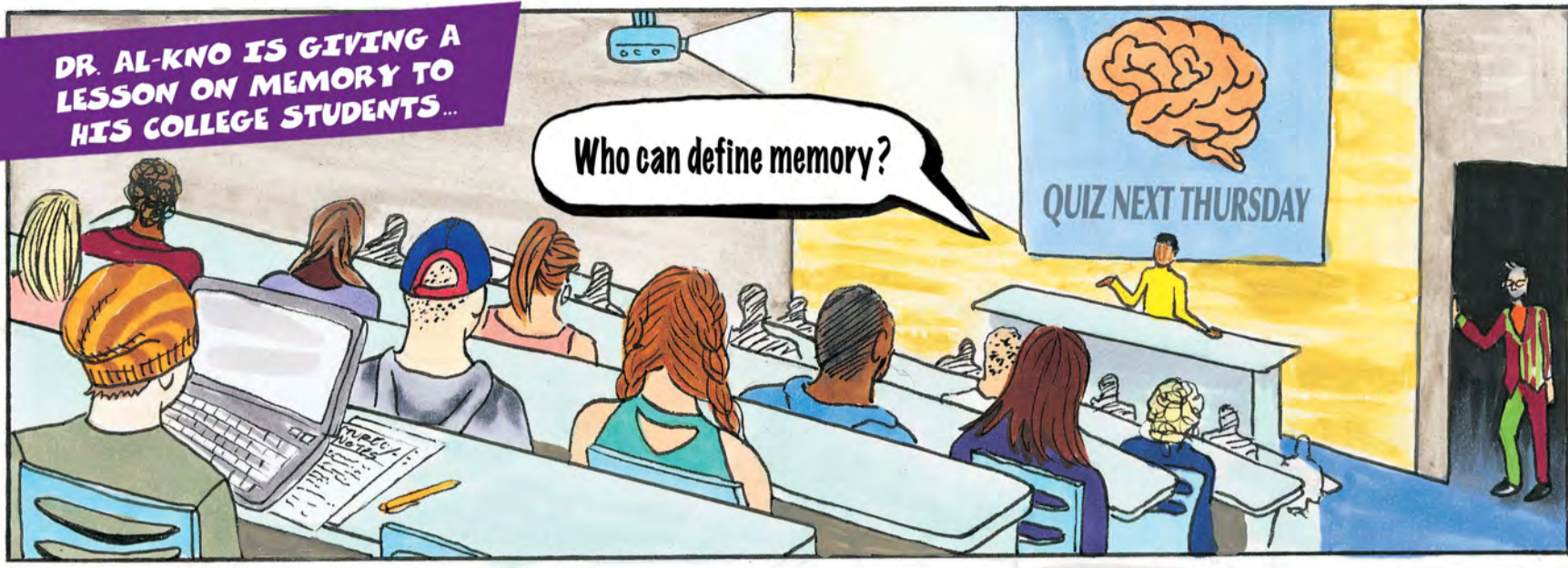
Creators: BH WELL Research Team

Artwork: Dotty K. Berryman

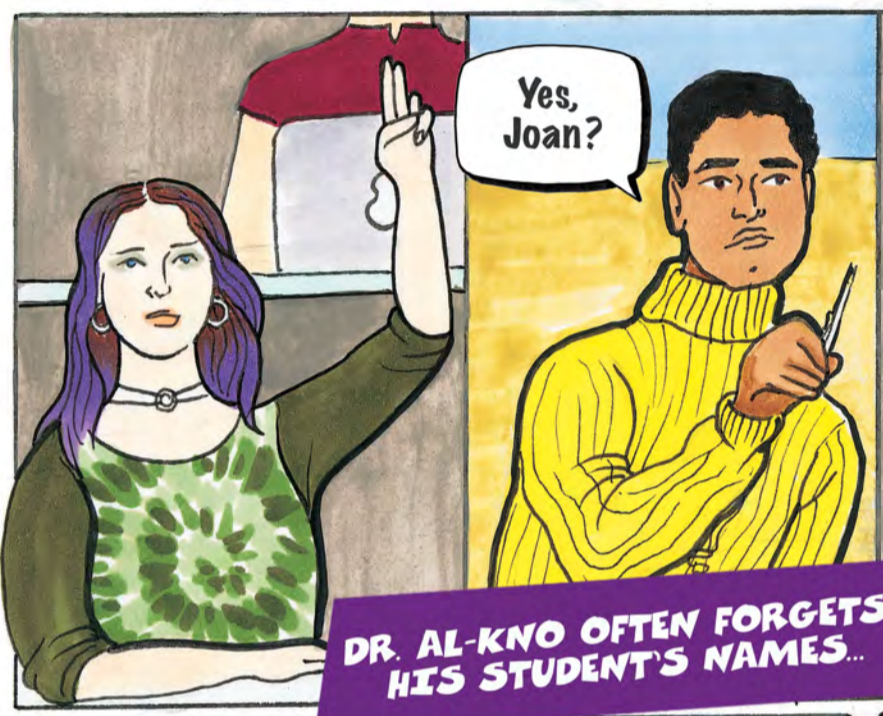
Art Director/Production: David Bryan Blondell

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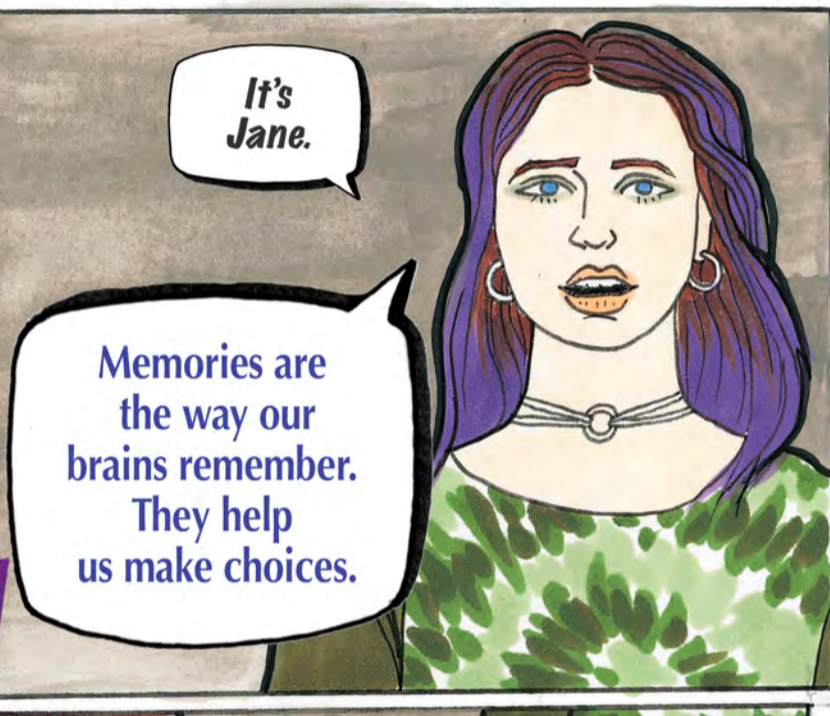
DR. AL-KNO IS GIVING A LESSON ON MEMORY TO HIS COLLEGE STUDENTS...



Who can define memory?



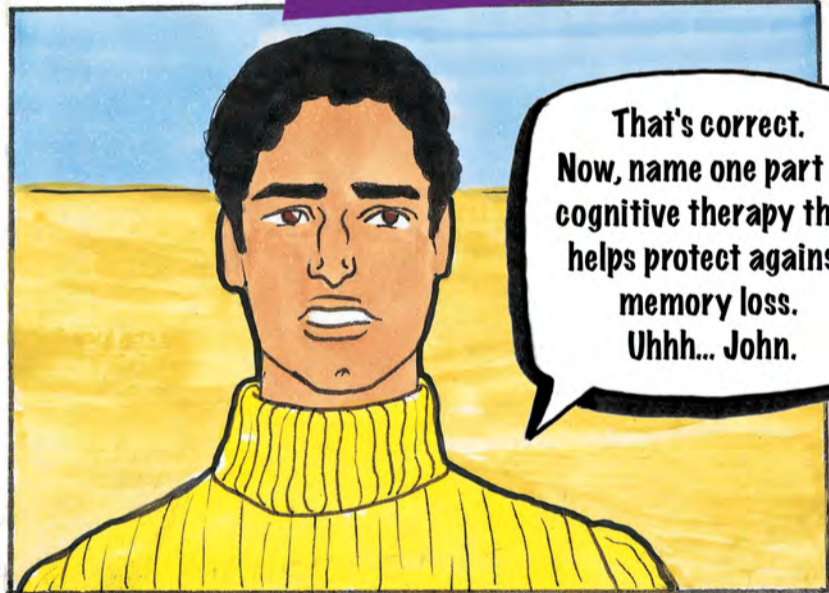
Yes, Joan?



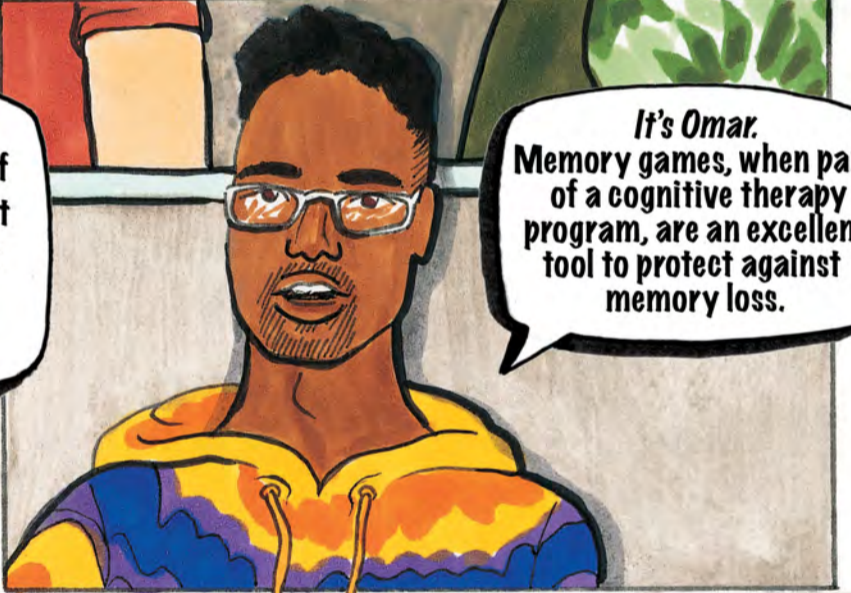
It's Jane.

Memories are the way our brains remember. They help us make choices.

DR. AL-KNO OFTEN FORGETS HIS STUDENT'S NAMES...

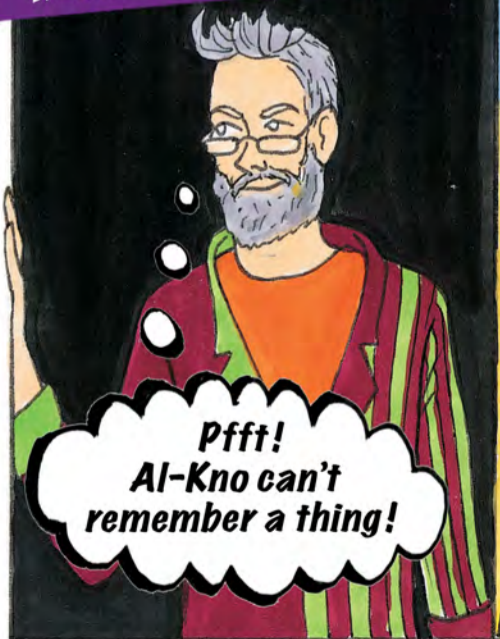


That's correct. Now, name one part of cognitive therapy that helps protect against memory loss. Uhhh... John.



It's Omar. Memory games, when part of a cognitive therapy program, are an excellent tool to protect against memory loss.

LOOKING INTO THE CLASSROOM IS DR. AL-KNO'S RIVAL, DR. HEATHROW KNULL...



Pfft! Al-Kno can't remember a thing!



Excellent! And now class, if you finish your assignment early ...

... you can attend the great Dr. Al-Kno's presentation tonight at the Memory and Alzheimer's Conference. And MY band, *The Dimensions*, will be this evening's entertainment.

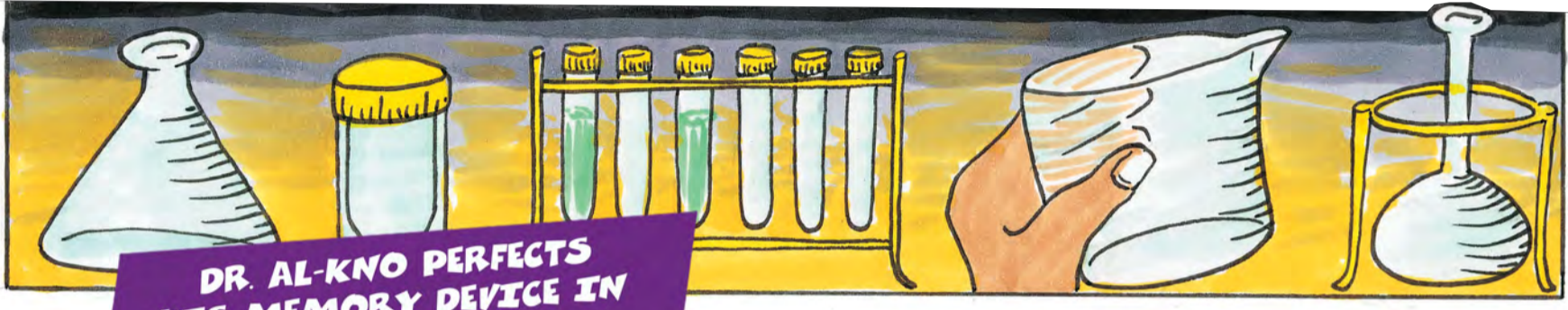
AFTER CLASS IN THE HALLWAY...



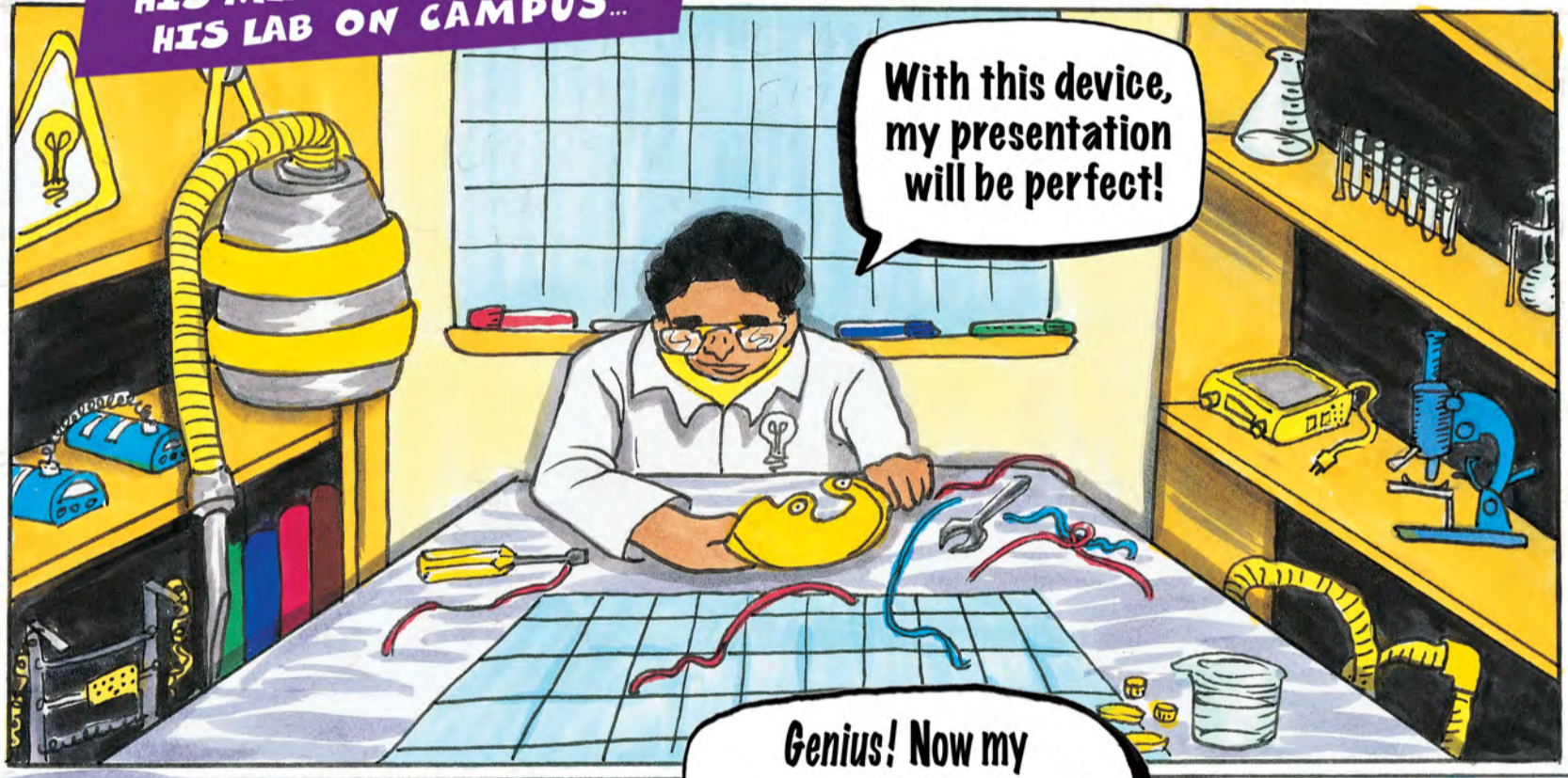
Go ahead and try...

I can't wait to discredit you this evening.

My research is solid, Heathrow.

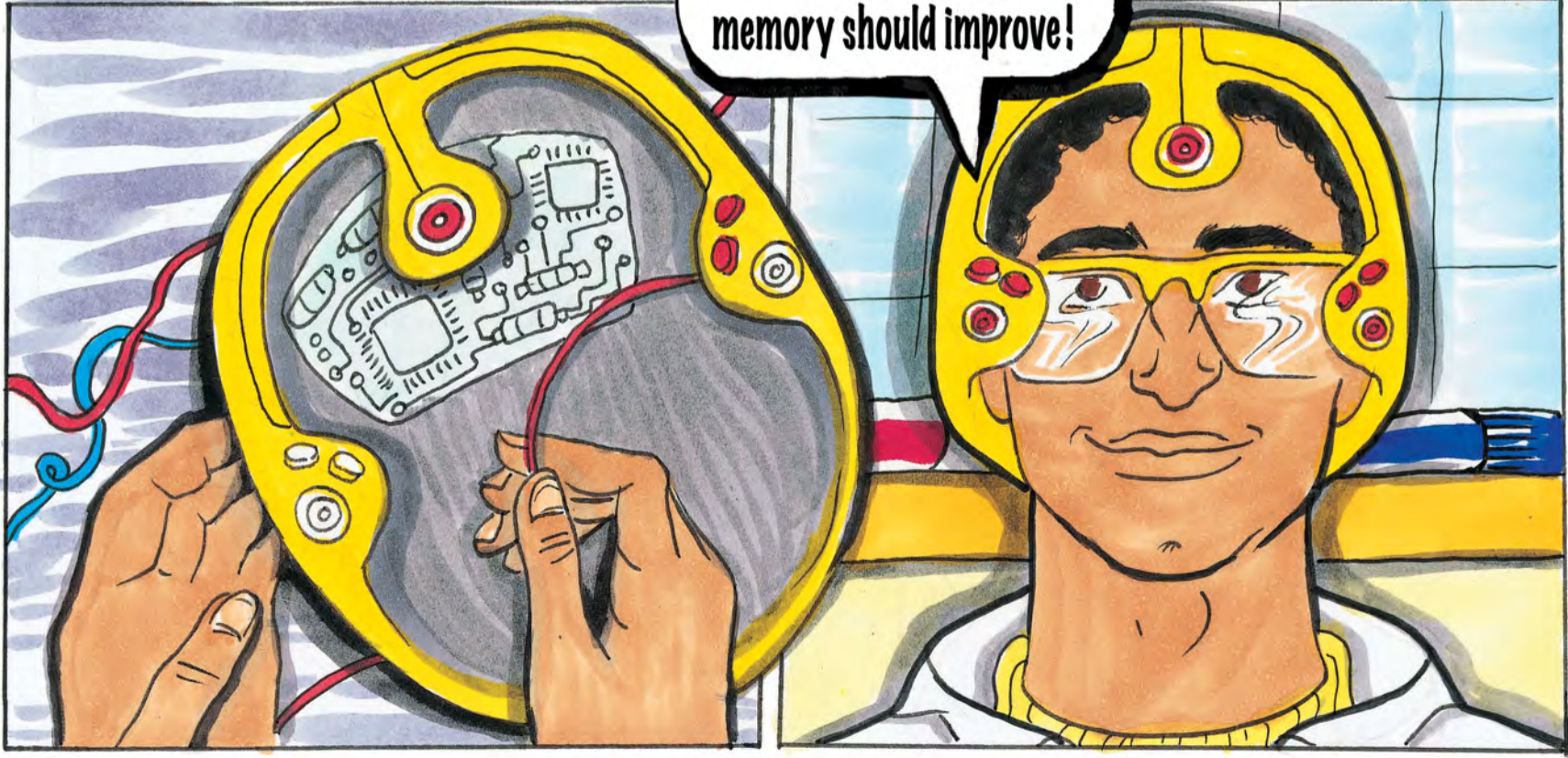


DR. AL-KNO PERFECTS HIS MEMORY DEVICE IN HIS LAB ON CAMPUS...



With this device, my presentation will be perfect!

Genius! Now my memory should improve!



AL-KNO'S MEMORY DEVICE HAS A SLIGHT GLITCH...



Ah, you just need a little breaking-in.



AL-KNO FINALLY REMEMBERS PEOPLE'S NAMES...

Jane, Omar, and Dr. Veronika, I hope to see you tonight.

AL-KNO TAKES THE BUS HOME TO CHANGE AND GET READY FOR HIS PRESENTATION...



I'm giving a nationally-broadcasted presentation tonight. Tune in!

Nice helmet.

Thank you!



NON-SMEE
CAMPUS

Why is this guy making random announcements to the whole bus? I need to get a car...

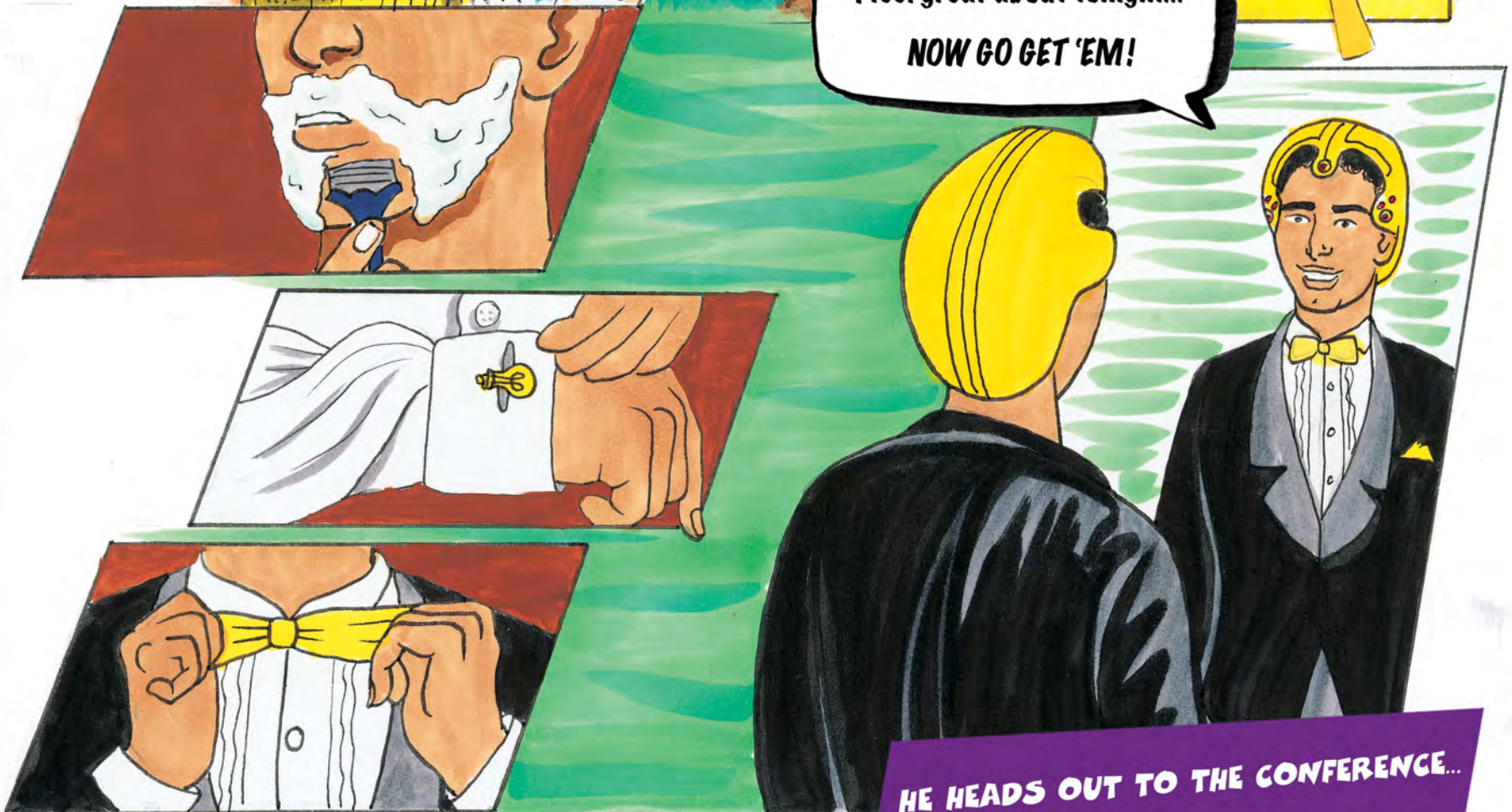
After my presentation, my band is going to play. I'm also expecting my nemesis Dr. Heathrow Knull to be there. He usually likes to crash my presentations.

DR. AL-KNO
ARRIVES HOME
TO PREPARE FOR
HIS PRESENTATION...

HE PRACTICES HIS SPEECH...

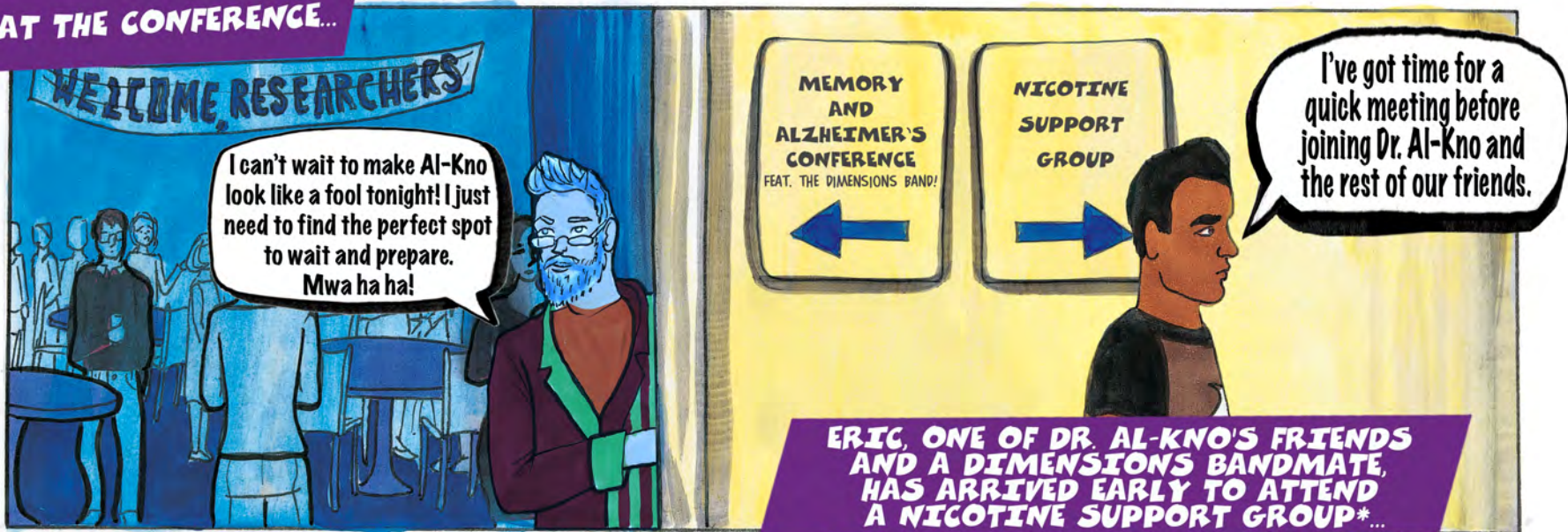


I feel great about tonight...
NOW GO GET 'EM!



HE HEADS OUT TO THE CONFERENCE...

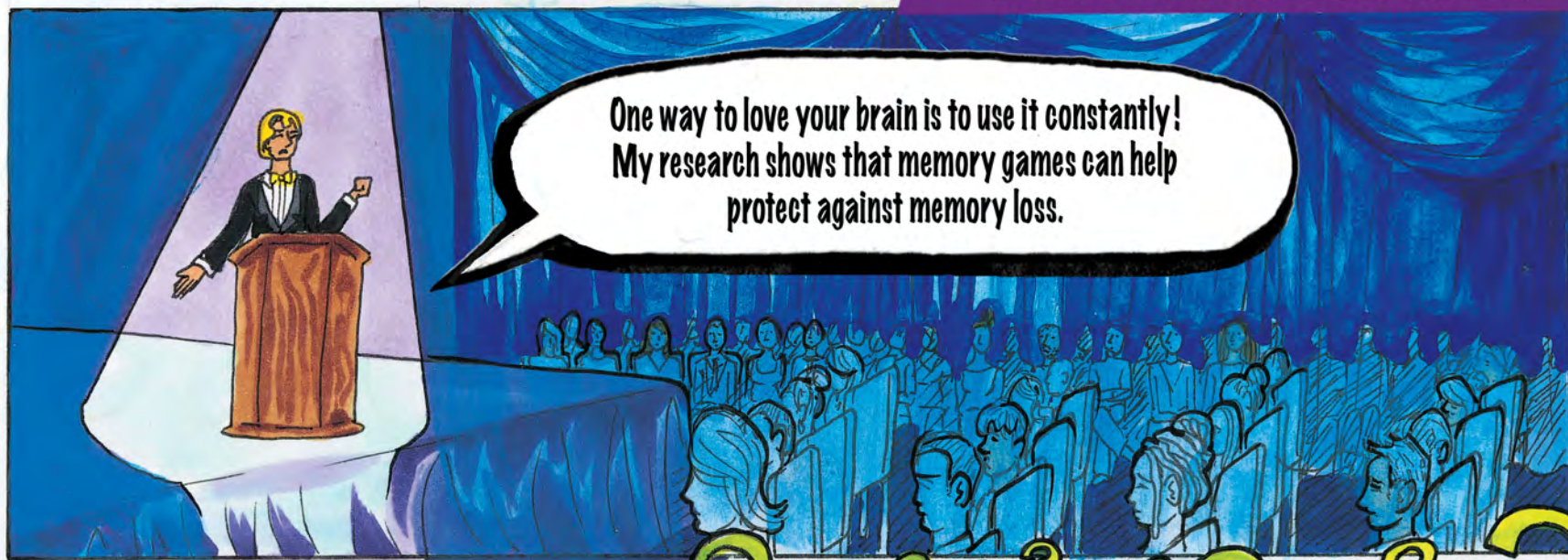
AT THE CONFERENCE...



ERIC, ONE OF DR. AL-KNO'S FRIENDS AND A DIMENSIONS BANDMATE, HAS ARRIVED EARLY TO ATTEND A NICOTINE SUPPORT GROUP*



AL-KNO'S HELMET SEEMS TO BE IMPROVING HIS MEMORY AND HELPING HIM SOCIALIZE...



AL-KNO LOOKS AT THE CONFUSED AUDIENCE AND REALIZES THAT HIS HELMET MAY BE HELPING HIS MEMORY BUT IT SEEMS LIKE OTHERS ARE LOSING THEIR MEMORY...

*** READ ISSUE 1, WHEN NICOTINE ATTACKS: FIGHT THE GRAVE FROM THE DIMENSIONS SERIES TO LEARN MORE ABOUT ERIC'S NICOTINE ADDICTION AND JOURNEY TOWARDS RECOVERY.**

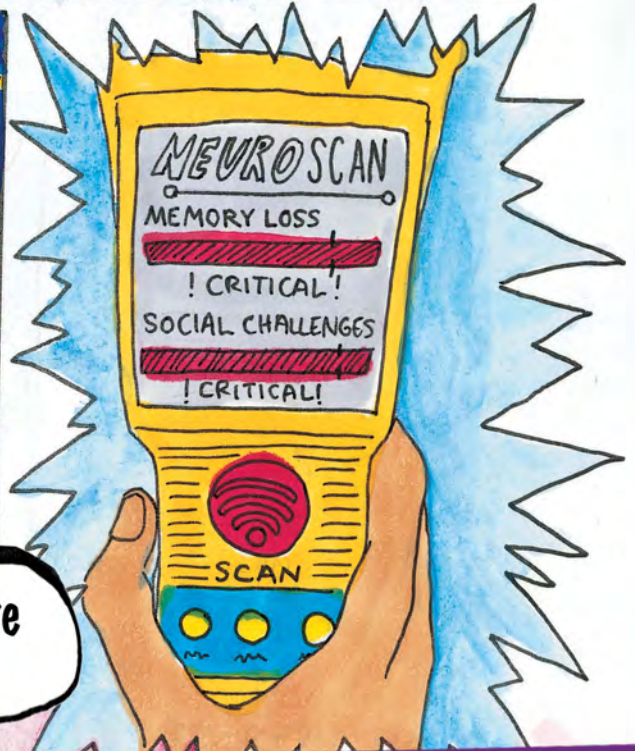


OH NO! I think my invention is taking THEIR memories to make MINE better!

DR. AL-KNO PULLS OUT ONE OF HIS MANY INVENTIONS AND SCANS THE CROWD TO SEE WHAT'S WRONG...



These readings are off the charts!



SENSING THAT THINGS AREN'T GOING WELL, DR. KNULL DECIDES TO MAKE HIS PRESENCE KNOWN...



Well, look who's made a mess of things. I'm not surprised.



And I came prepared to fix it with my invention...

DR. KNULL GETS HIS INVENTION READY...

REV REV

My invention will undo the harm you've done and prove once and for all that I am a better inventor than you!

REV

MEANWHILE, ERIC IS LEAVING HIS NICOTINE SUPPORT GROUP AND HEADS TO AL-KNO'S CONFERENCE TO ATTEND HIS GIG...

MEMORY AND ALZHEIMER'S CONFERENCE FEAT. THE DIMENSIONS BAND! ←

NICOTINE SUPPORT GROUP →

Eric is using a nicotine therapy replacement (NRT) patch to help manage his nicotine withdrawal.



You've got this!



Thanks Eric! Good luck at your gig!



THE DIMENSIONS ARRIVE TO SET UP ON STAGE BUT SEE THAT THEIR SUPERHERO HELP IS NEEDED...



Looks like there's an opening act.



Dimensions, suit up!



Thanks for coming.
I've been such a fool...

Cheer up
and
GEAR UP!

I foresee that
Dr. Knull is going
to make things worse!
We've got to stop him!

**DR. AL-KNO PUTS HIS
SUPERHERO OUTFIT ON...**



DR. KNULL FIRES HIS INVENTION TRYING TO FIX THE PROBLEM, AND THE DIMENSIONS USE THEIR SUPERPOWERS TO PROTECT THE CROWD...



My invention will help you regain your memory!

Told you that his intervention would only make things worse! Now I'm part chicken!!!

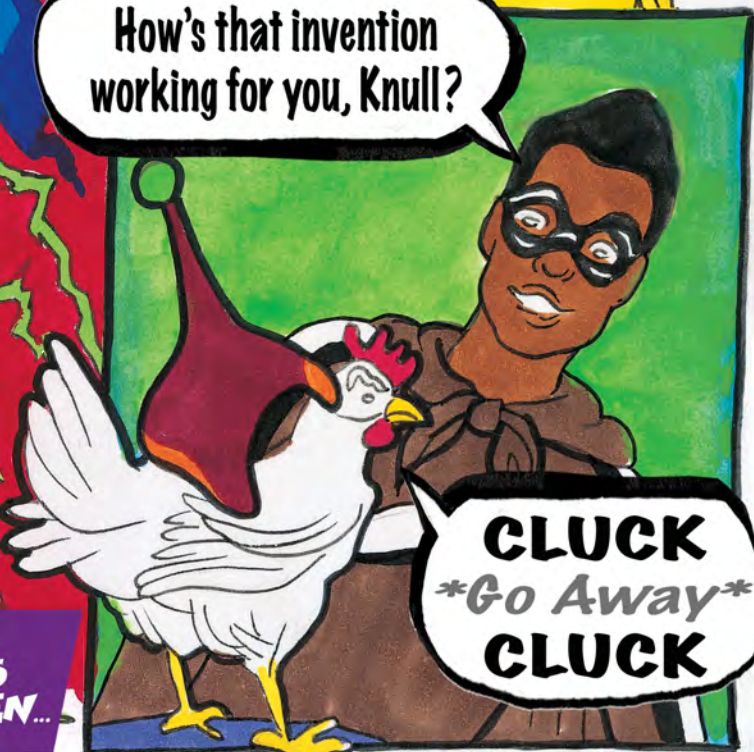
My invention! It's not working right... it's not restoring their memories. It's turning them into chickens... but why?

Heathrow, you failed to use a corn-based diode*.

That is KEY.

How's that invention working for you, Knull?

Noooooooooooo



CLUCK
Go Away
CLUCK

DR. AL-KNO, IN HIS SUPERHERO FORM AGENT REPLACEMENT, USES HIS WATER-HOSE-SOAKER BACKPACK TO TURN DR. KNULL'S INVENTION AGAINST HIM...

DR. KNULL TRANSFORMS INTO A CHICKEN...

* A diode is a device used to conduct electric current.

DR. AL-KNO GOES BACK TO THE BASICS WITH MEMORY GAMES THAT HE KNOWS WILL HELP...



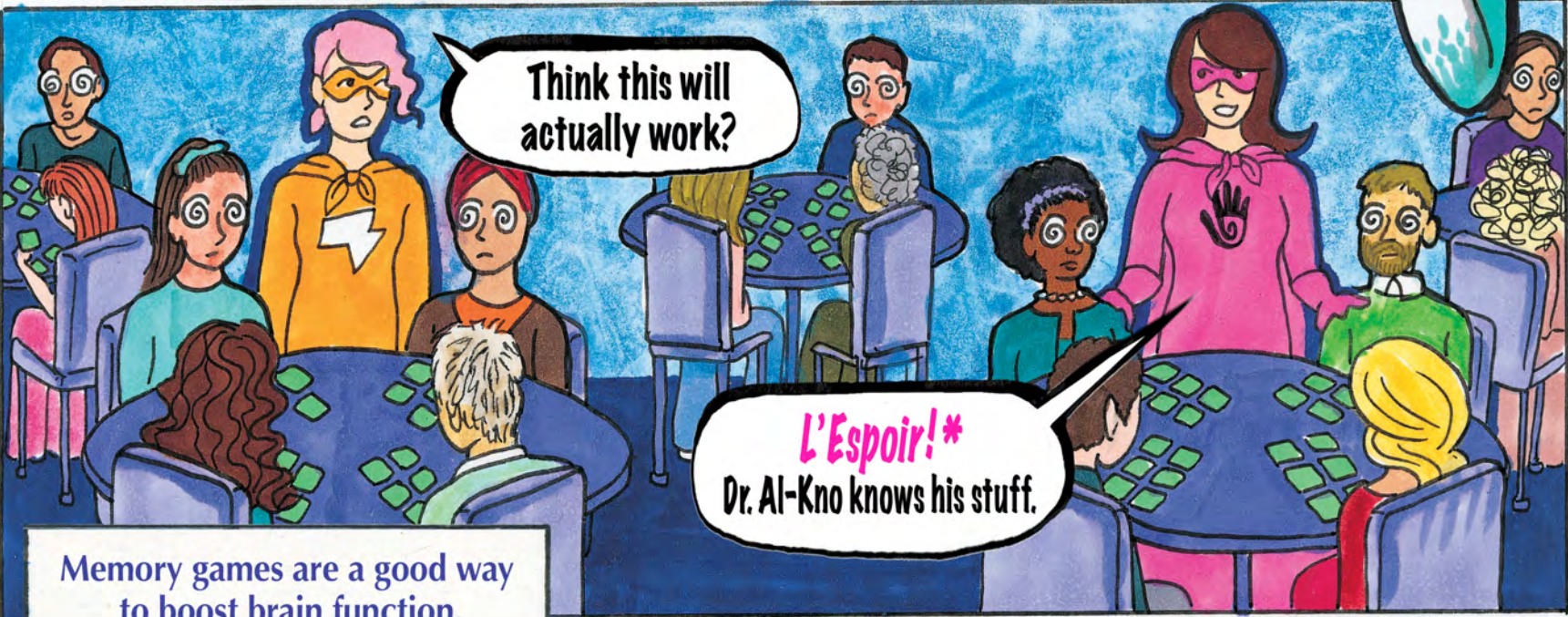
Well, Knull is void*. What now?



I know, memory games will reverse this.



I'll pass out supplies... with my good hand.



Think this will actually work?

*L'Espoir!**
Dr. Al-Kno knows his stuff.

Memory games are a good way to boost brain function.



They're remembering!

* Void means gone or absent.

* *L'espoir* means "There is hope!" in French.

SLOWLY, ATTENDEES BEGIN TO REGAIN THEIR MEMORIES AND SOCIAL COGNITIVE ABILITIES*...



Hey, I remember why I'm here!



I remember you!

And I remember you!



Everyone is going back to their usual selves.

... ALMOST everyone.

AL-KNO REVERSES DR. KNULL'S INVENTION...



Luckily for Heathrow, I remembered the key.



*SOCIAL COGNITIVE ABILITIES ARE COMPLEX MENTAL ABILITIES THAT INCLUDE PROCESSING, INTERPRETING, AND RESPONDING TO SOCIAL INTERACTIONS.

AL-KNO SUCCESSFULLY REVERSES THE EFFECT OF DR. KNULL'S FAILED MEMORY INVENTION AND GETS RID OF THE CHICKENS...



Well...

Based on my presentation tonight, I won't be winning the Nobel Prize anytime soon either. Maybe we can work together in the future.

... I hate saying this, Al-Kno... but thanks. My invention was a disaster!

But for now...
LET'S ROCK!!



THE DIMENSIONS CHANGE OUT OF THEIR SUPERHERO FORMS AND PICK UP THEIR INSTRUMENTS...



WITH HIS BRAIN BOOSTED AND HIS FRIENDS BY HIS SIDE, IT WAS A NIGHT HE WOULD NEVER FORGET!








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).

<https://bhwell.uky.edu/about-us/dimensions-wellness>

	<p>Environmental Dimension: Eric Ripple aka Captain Calm</p>	<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
	<p>Emotional Dimension: Hope Ripple aka The Healer</p>	<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
	<p>Physical Dimension: Leo Lowe aka Thundering Tornado</p>	<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
	<p>Occupational Dimension: Aanisah Alomar aka The Gentle Chameleon</p>	<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
	<p>Social Dimension: Nova Pow aka Magnetic Shock</p>	<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
	<p>Financial Dimension: Lucy Stretch aka Elastic Beauty</p>	<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
	<p>Intellectual Dimension: Einstein Al-Kno aka Agent Replacement</p>	<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
	<p>Spiritual Dimension: Raha aka The Divine Queen</p>	<ul style="list-style-type: none"> Dance instructor Violinist for The Dimensions 	<ul style="list-style-type: none"> 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!

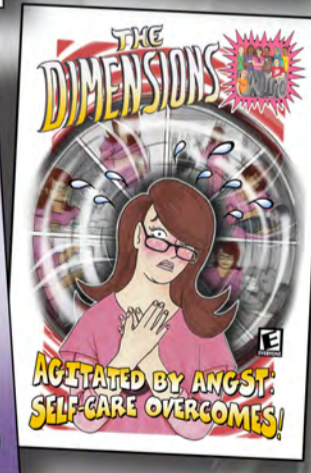
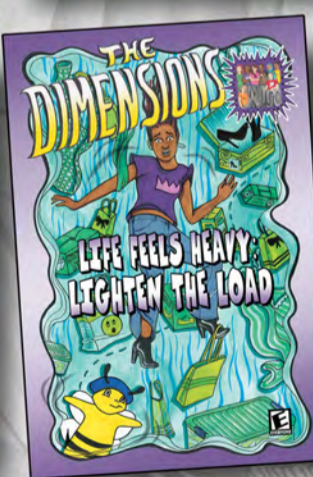
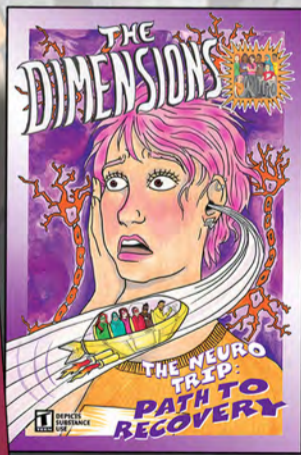
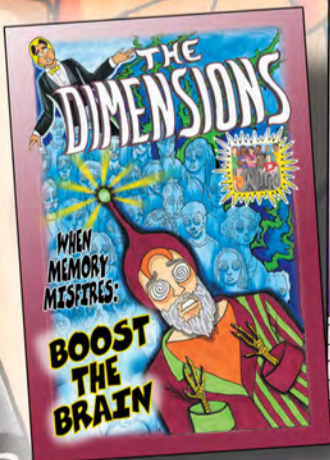
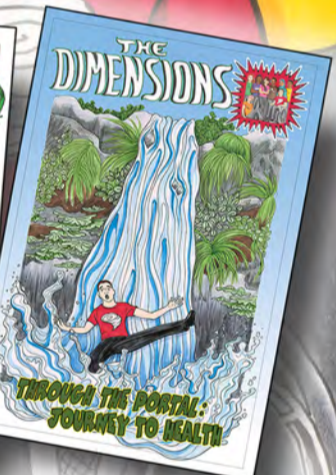


READ THEM ALL!

Each character has their own story.



The
Dimensions
series
includes:



bhwell.uky.edu

