

THE DIMENSIONS



**DISRUPTED
BY DESPAIR:
SHIFTING TO
SUPPORT**



The DIMENSIONS



Issue 8

Storyline

Disrupted By Despair: Shifting To Support is the story about Aanisah Alomar, aka the Gentle Chameleon, who is living with depression and possesses the powers of shapeshifting and premonition (sensing the future). She owns a small wellness business that is growing. However, competition is opening nearby. Aanisah recently returned to school to get a degree in nursing with a minor in business. Aanisah also plays bass guitar for the Dimensions, a band whose members all have superhero powers. She is overwhelmed by work, family responsibilities, and school. Having a hard time, her symptoms of depression worsen. This makes her want to hide. Aanisah randomly shapeshifts into a chameleon, which allows her to change her colors and blend into the background. She is in a work learning program for people who work full-time while also going to school. Aanisah begins to lose her drive. She stops caring about her business, misses class assignments, and is struggling at home. Her depression is getting worse and her random shapeshifting becomes a danger to everyone around her – including herself. Just when she thinks she cannot get it together, *The Dimensions* and her Work Learning Program show up. Will this be enough to help Aanisah help herself, get back on track at home, AND graduate on time?

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

The Work Learning Program (WLP) is a coordinated response from academic and practice leaders across health professions to face the challenge of workforce shortages. It is designed to support full-time employees who wish to obtain advanced degrees in the health professions while continuing to work. Goals of the program are to advance education, enhance staff development, support research, and improve patient outcomes. The WLP has five evidence-based components: 1) space for learning, 2) smooth transition between work and school, 3) cohorts that create a sense of belonging, 4) program coordination, and 5) program commitment. Evidence-based workforce development programs, such as the WLP, are beneficial to workplaces because they can provide the support necessary for participants to be successful in both work and educational development.

Robertson, H., Seng, S., Otachi, J., & Okoli, C. (2021, October 13-16).

The Work Learning Program (WLP): supporting career development in psychiatric-mental health nursing [Platform Presentation]. 35th American Psychiatric Nurses Association Conference, Louisville, KY, U.S.A.

Acknowledgements and Credits

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AANISAH IS ABOUT TO CLOSE HER WELLNESS SHOP AFTER A LONG DAY...

Ah, the *Mindfulness* journal. One of our best sellers.

That is what I need!
Oh! Guess what?
I just bought my LAST set
of nicotine patches today.
I barely have
cravings anymore.

You have come so far. I remember
when we would take breaks during
band rehearsals just so you
could go smoke or vape.*

Those days are behind me! Now we are
taking breaks so you can study
for exams.

Ugghh ...

Please ...

... do not remind me.

You seem exhausted. Need a ride home?

Thanks, I will be fine. It is just around the corner.

Oh, I heard your store is getting
competition down the street.
Is that true?

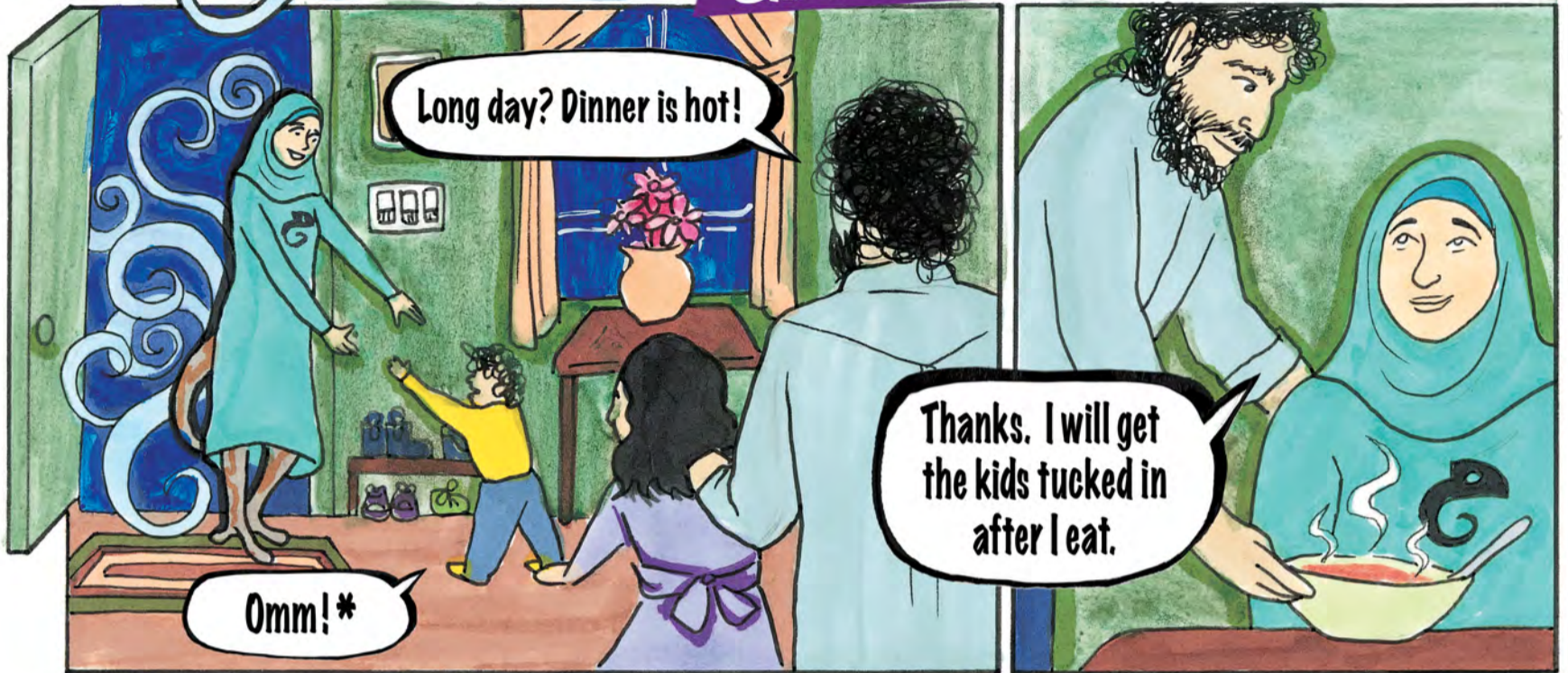
So I have heard. They are welcome.

* Electronic Nicotine Delivery Systems (ENDS) are commonly called "vapes." However, these products contain aerosols that are harmful to health and are not water vapor.

TIRED AND DEPRESSED, AANISAH SHAPESHIFTS INTO A CHAMELEON AS SHE TRUDGES HOME...



AS SHE ARRIVES HOME, AANISAH SHAPESHIFTS BACK INTO HERSELF...



Long day? Dinner is hot!

Thanks. I will get the kids tucked in after I eat.

Omm!*

Depression can cause tiredness or lack of energy to the point that even small tasks seem overwhelming.



AFTER TUCKING IN HER KIDS, THE MESS IN THE KITCHEN CAUSES AANISAH TO SHAPESHIFT...



Ugh, why bother cleaning ...

It will just get dirty again!

Why does this keep happening??!



Experiencing depression can come with feeling sad, empty, or hopeless and having less pleasure in things that used to make you happy.

* "Omm" is the Arabic word for "Mama"

THE NEXT MORNING, AANISAH RACES TO CLASS AND IS LATE...

MID-TERM PRESENTATIONS

Ah, Aanisah!
Just in time for your
presentation.

Presentation?
I'm so sorry. I just forgot.

Well, that's alright.
Would you be able to chat
about it after class?

Yes, Dr. Lee.

AANISAH SHAPESHIFTS INTO A
LAPTOP AS HER STRESS GROWS...

ALONE AFTER CLASS, SHE
BREAKS DOWN IN TEARS...

LATER THAT DAY, AT THE GENTLE CHAMELEON...



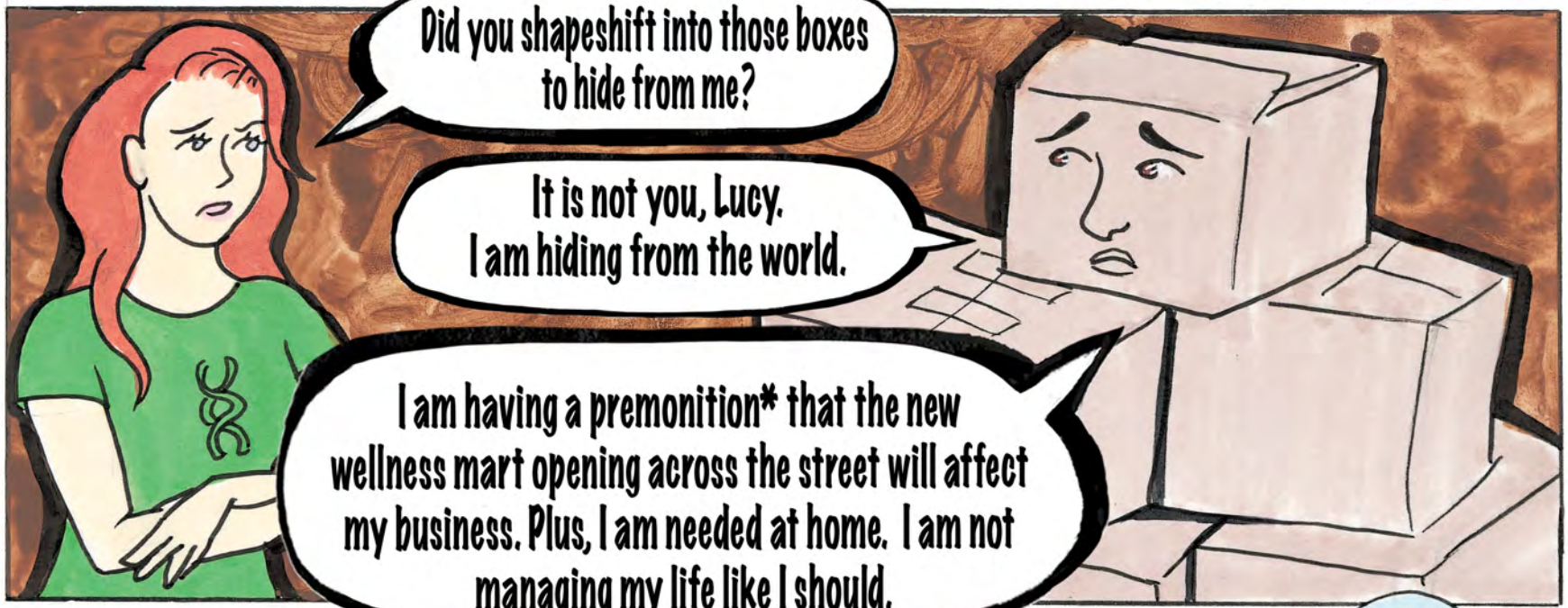
Aanisah, where is the peppermint?



Aanisah?



Aanisah, where are you?



Did you shapeshift into those boxes to hide from me?

It is not you, Lucy. I am hiding from the world.

I am having a premonition* that the new wellness mart opening across the street will affect my business. Plus, I am needed at home. I am not managing my life like I should.



Who defines "should"? Are you being hard on yourself again?

You know me... and that's not all...

Depressive symptoms can include feelings of guilt or self-blame regarding failures or perceived failures.

* A strong feeling that something unpleasant is about to happen.

I showed up late to class and forgot about my presentation...

I feel out of touch with my life and keep forgetting ideas and assignments.



I am SO tired. It feels like...

...I am SINKING!

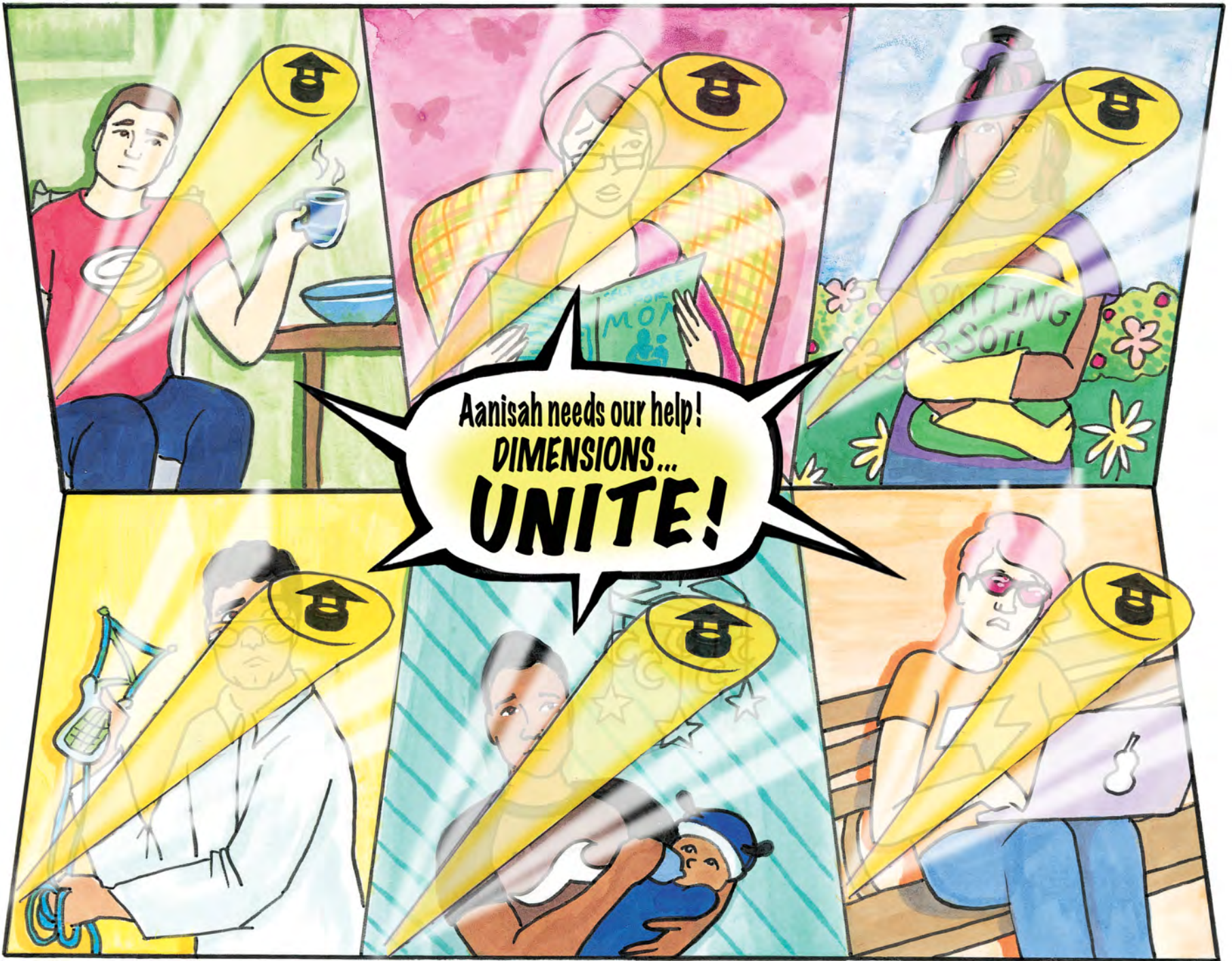
This is worse than I thought.

I need backup!

AANISAH'S WORSENING SHAPESHIFTING BLEW THE ELECTRICITY AND BURST A PIPE CAUSING THE LIGHTS TO GO OUT AND WATER TO GO EVERYWHERE...



We need THE DIMENSIONS now!



**Aanisah needs our help!
DIMENSIONS...
UNITE!**

AS THE DIMENSIONS ARRIVE, AANISAH'S SHAPESHIFTING HAS BEGUN TO SHAKE THE ENTIRE STORE...



Ah, you are here! I was not sure how much longer I could hold on.

We've got you! Where is Aanisah?

She is inside!

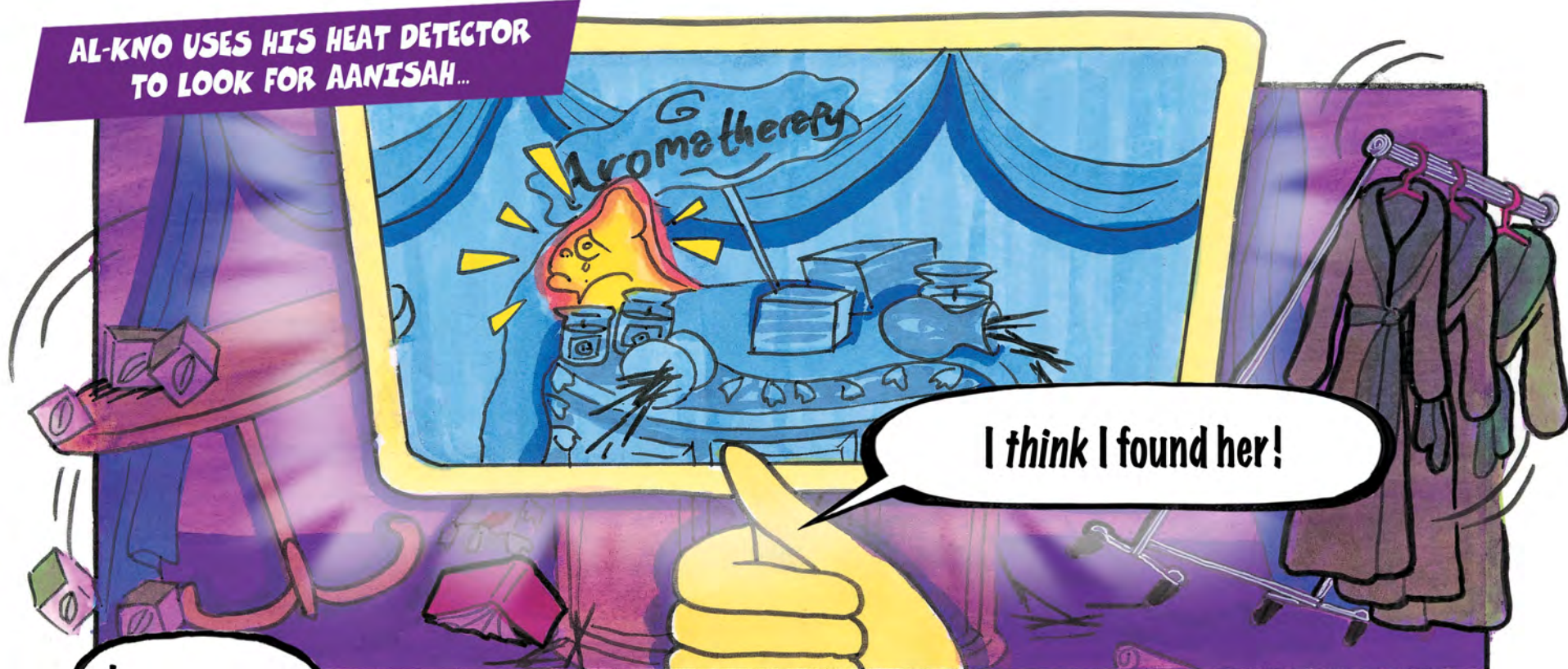
Last time I saw Aanisah, her shapeshifting was out of control. It is like when I was craving nicotine* and turned into Shadow Tsunami. With our support, she will get better.

You know I always come prepared. Time to try out our new heat detector tool to see if it works.



* Read Issue 1, "When Nicotine Attacks: Fight the Crave" from The Dimensions series to learn more about Eric's nicotine addiction and journey towards recovery.

AL-KNO USES HIS HEAT DETECTOR TO LOOK FOR AANISAH...



I see you are feeling rather down today.



I accidentally blew the electricity and burst a pipe. I have ruined everything. Just leave me with this mess I have made.



There is no way we are leaving you. We are here to help.

Let it out, Aanisah. Even superheroes cry.



THE DIMENSIONS COME TOGETHER TO SUPPORT AANISAH...

Okay, Aanisah, therapy appointment scheduled!

Your medicine is ready at the pharmacy.

You are the best! I am going to start cleaning this place.



Aanisah, rest up. We will take care of the cleaning.

Remember when you helped clean my studio* when I was struggling?

You are always helping others!

NOVA JOLTS THE ELECTRICITY BACK ON TO REVEAL THE REFRESHED STORE...

Time to help yourself!



Thanks, everyone!

I am finished hiding!

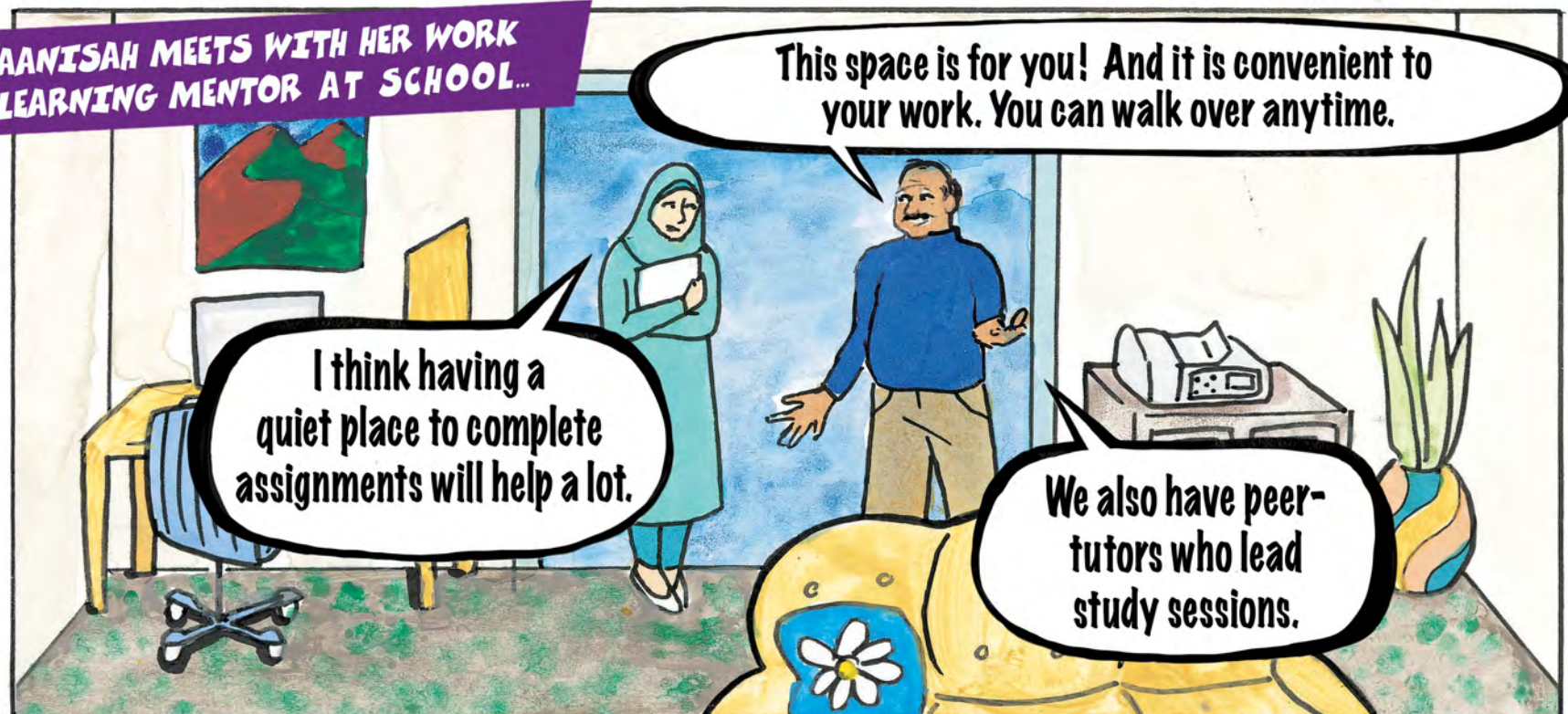


* Read Issue 6, Life Feels Heavy: Lighten the Load from The Dimensions series to learn more about Raha's impulsive shopping and hoarding and her journey towards recovery.

AANISAH LEARNS TO MANAGE HER DEPRESSION AND MOVES TOWARD HER BEST LIFE...



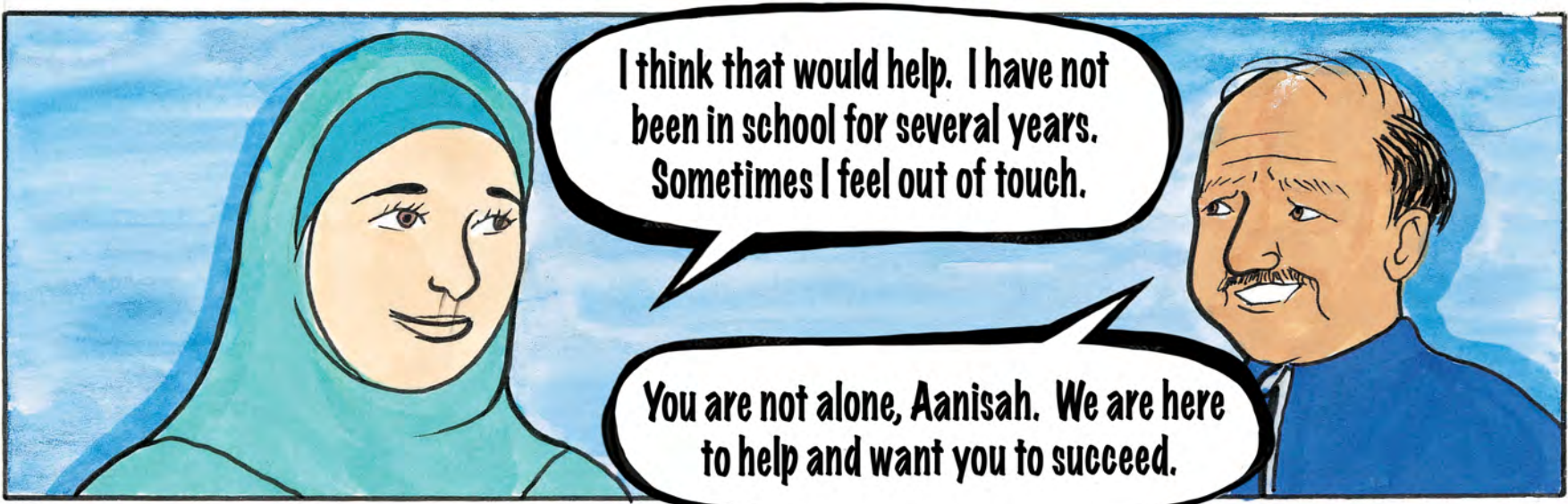
AANISAH MEETS WITH HER WORK LEARNING MENTOR AT SCHOOL...



This space is for you! And it is convenient to your work. You can walk over anytime.

I think having a quiet place to complete assignments will help a lot.

We also have peer-tutors who lead study sessions.



I think that would help. I have not been in school for several years. Sometimes I feel out of touch.

You are not alone, Aanisah. We are here to help and want you to succeed.

A FEW MONTHS LATER...



Thanks for shopping at
The Gentle Chameleon!



How were things while
I was studying?

A little busy but we got it covered!
How was your study session?

GREAT! I am on track!

Omm!

It is my last semester,
and then...

**I WILL BE READY TO
TAKE ON THE WORLD!!!**



... And That Is Just What She Did.

— 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!



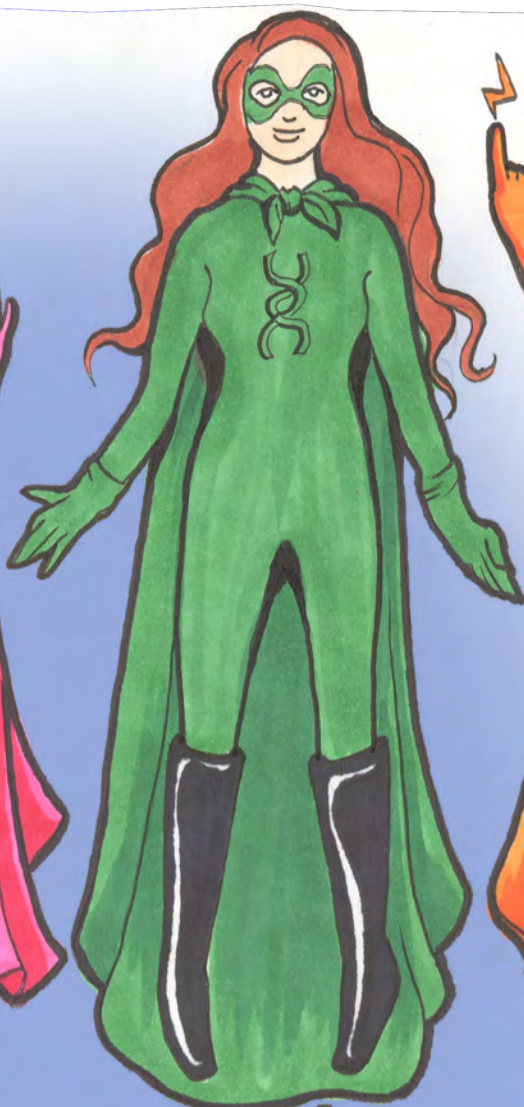
The DIMENSIONS ARE...



CAPTAIN CALM



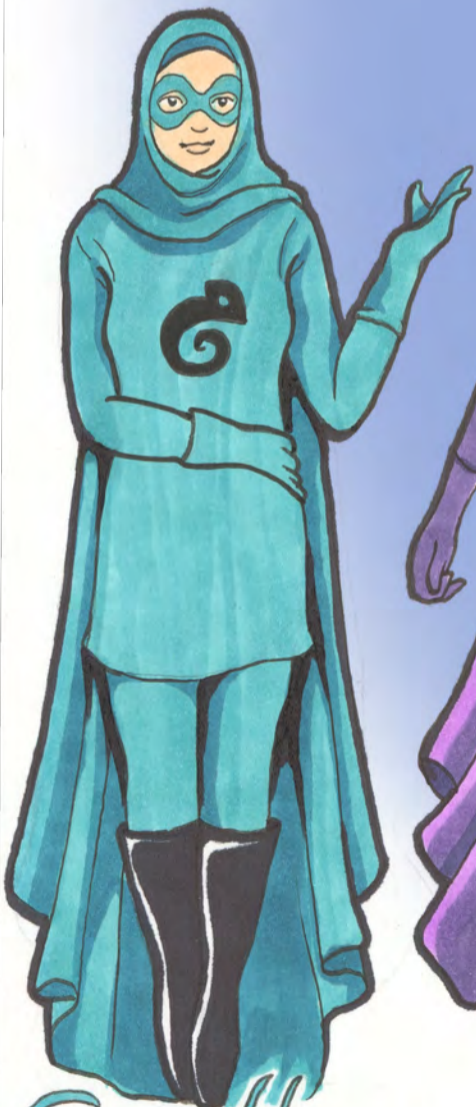
The Healer



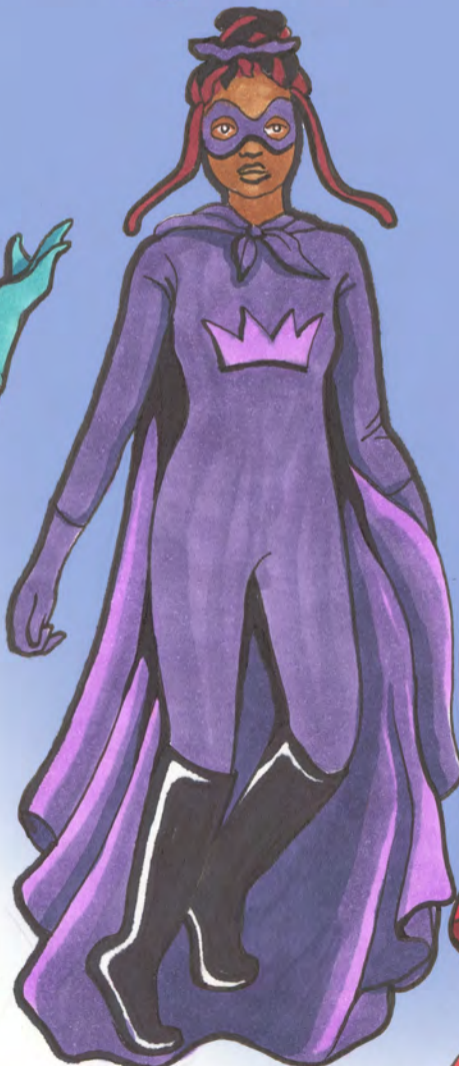
Elastic Beauty



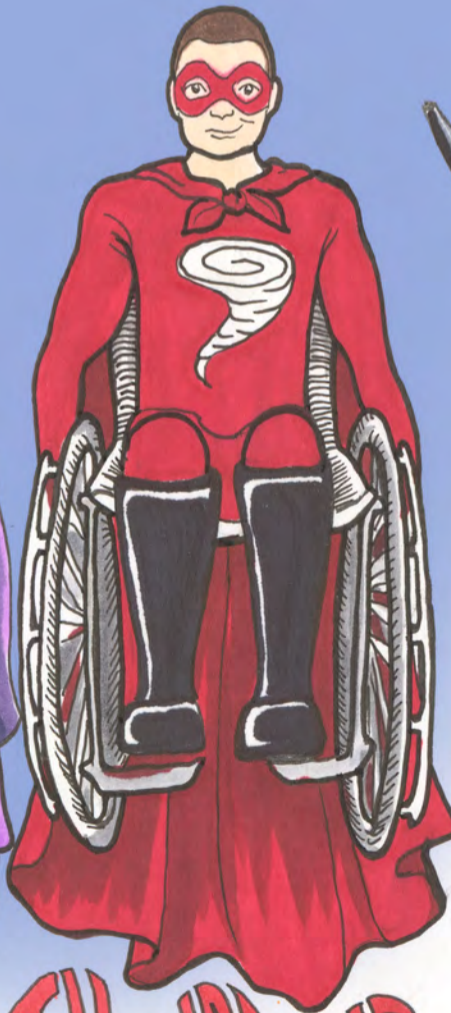
MAGNETIC SNOCK



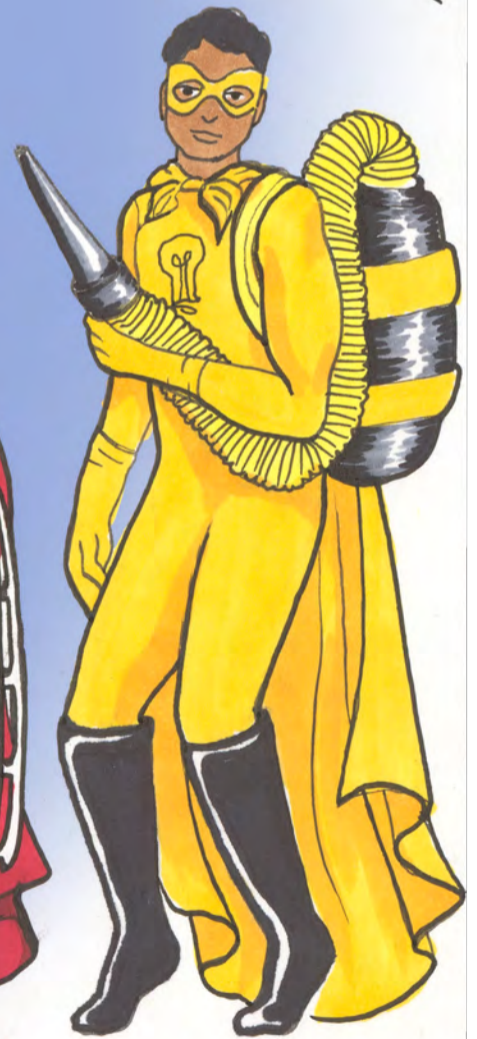
Gentle Chameleon



DIVINE QUEEN



THUNDERING TORNADO



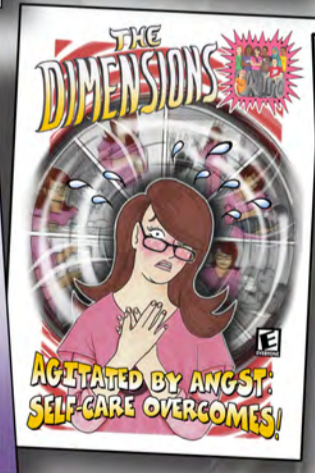
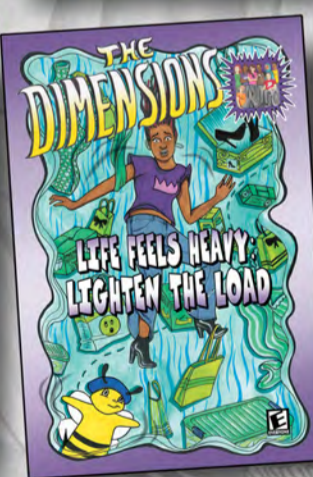
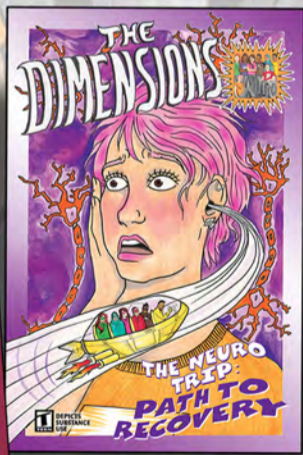
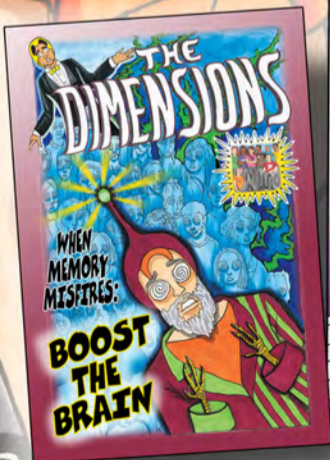
AGENT REPLACEMENT

READ THEM ALL!

Each character has their own story.



The
Dimensions
series
includes:



bhwell.uky.edu



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