THE DIMENSIONS

WHEN THINGS FALL APART: RISE ABOVE

EVERYONE

College of Nursing
Behavioral Health Wellness Environments for Living and Learning

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

Attention Deficit Hyperactivity Disorder (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. This care often includes reflecting on the adolescent's plans for future work and education. Maintaining treatment in adulthood promotes health and improves daily living.

Centers for Disease Control and Prevention. (2020, November 16). *Data and Statistics About ADHD*. Centers for Disease Control and Prevention. https://www.cdc.gov/ncbddd/adhd/data.html.

Inman, D., Scott, L.K., & Aleshire, M. (2017). Transitioning of Youth with Attention Deficit Hyperactivity Disorder to Adult Care. *Journal of Nurse Practitioners*, 13 (5), 336-341.

Acknowledgements and Credits

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WHEN THINGS FALL APART: RISE ABOVE

When Things Fall Apart: Rise Above features the story of L.S. 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). She is lead guitarist for The Dimensions and has the superpower of body manipulation.As the story begins, L.S. 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 THE LAUNCH OF A NEW LINE AT LS BEAUTY COMPANY...

L S
OFFICE SUITES
Depth of Beauty Line
LAUNCHING SOON
BLUEGRASS OFFICE CENTER

OPE
COME O
IN!
CLOSED
...FOR NOW ☺
LYSA
...Coast is clear...

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

DEPTH
DEPTH of Beau
OMING SOON!
FROM LS BEAUTY

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

SAMPLES
DEPTH of Beauty
BY LS BEAUTY

Take it all!

MORE THAN MEETS TH
EYE SHADOW.
DEPTH of Beauty

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

CALENDAR

DEPTH of Beauty

CHAIR

FOOD TRUCK

SUBMIT BY TUESDAY

E DEPOSIT

So much to do, this is a mess!

II. Lucy

III. M.C.

CALL VENUE OWNER

ADHD is characterized by hyperactivity, inattention, and impulsivity with women being more likely to experience inattention.

DISTRACTED

EXHAUSTED

OVERWHELMED

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

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

TAX DOCS FOR LS BEA

IDEAS FO

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.

STRETCH, LUCY ADHD MEDICA Rx notes:

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

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?

LYSA

RENEE

DEAN

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

LYSA

RENEE

Haven't you gotten our calls and texts?

Oops

BZZZ ... BZZZZZ ... BZZZ

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

9:17

MISSED CALL: LYSA

MISSED CALL: RENEE

TXT FROM RENEE

TXT FROM LYSA

MISSED CALL: LYSA

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

GOOD THINGS ARE COMING

LucyStretch, C.E.O.

CERTIFICATE of APPRECIATION

Kentucky's Best New Small Business

DAYS UNTIL LAUNCH

MORE THAN M EYE SH

DEPTU

LETS THE ADOW

COMING SOON!

SAMPLES

AMPLE

SAMPLES
All the samples are gone!
Yes! That's what we've been trying to tell you!
DEPTH of Beauty
LIP SAMP
DEPTH of Beauty
BLUSH SAMPLES
DEPTH of Beauty
I've got bad news.
MORE?!?!
The first half of the shipment was delivered yesterday.
Isn't that good news?
RENEE
Would be if it hadn't been rerouted to Alaska.
WHAAATTTT?!?!
I've invested so much into this! I need help!!
People living with ADHD may struggle with finances when their symptoms are not managed. When feeling overwhelmed, seeking help is important.
Hehe... she's losing it!
LUCY CALLS FOR HELP...
DIMENSIONS UNITE!!

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

WHOOSH!

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

You signaled... WE ARE HERE!

LOVE what you've done with the place!

It looks *SMASHING!* HaHa!!

I can't believe the samples are gone. 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.

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

H_2O

Thanks, y'all.

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?

THEN AANISAH SEES WHAT'S TO COME...

RE-ROUTE SHIPMENT

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

To the dock!

* Nicotine replacement therapy (NRT), such as the nicotine patch, 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 are getting away!

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

THE DIMENSIONS USE THEIR SUPERPOWERS TO SAVE THE SHIPMENT PRODUCTS.

Good job! Keep pushing it back towards the dock!

We are returning this package first class TO THE POLICE STATION!!

You can catch him, Elastic Beauty!

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

Time you showed your face!

DOCK

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

Lucy, *YOU are* Elastic Beauty and own a company? *No way!* You don't have it in you to succeed! You are 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 are at the tip of the iceberg of your success! And you are ready to manage your ADHD.

THE POLICE ARRIVE...

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

You are right...

You heard that right... *LITERAL* moles. I am bringing them to the station for questioning...

ON THE DAY OF THE LAUNCH PARTY...

CALENDAR

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

DEPTH of Beauty BY LS BEAUTY

-SAMPLE- Goodie Bags!

CONGRATS!

A toast to Lucy and LS Beauty!

A successful launch!

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!!

https://www.LS

DEPTH of Beauty BY LS BEAUTY.

ALL PRODUCTS SOLD OUT! FOR PRE-ORDER

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

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 addicition 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!

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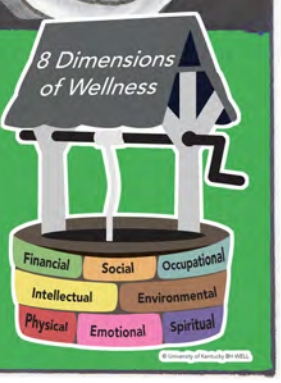
The DIMENSIONS ARE...

READ them ALL!

Each character has their own story.

The Dimensions series includes:

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