

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 lives with Post Traumatic Stress Disorder (PTSD) and uses a wheelchair. 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 at the library for his work shift. A car backfires and heightens his PTSD symptoms. A call from a fellow *The Dimensions* bandmate, 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 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 U.S. Department of Veterans Affairs' health portal, HealtheVet. 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.

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.

US Department of Health and Human Services. (2014). Smoking and Diabetes Factsheet. *Centers for Disease Control and Prevention, Office on Smoking and Health.*
https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_smoking_diabetes_508.pdf

Acknowledgements and Credits

Script and Story: BH WELL Research Team

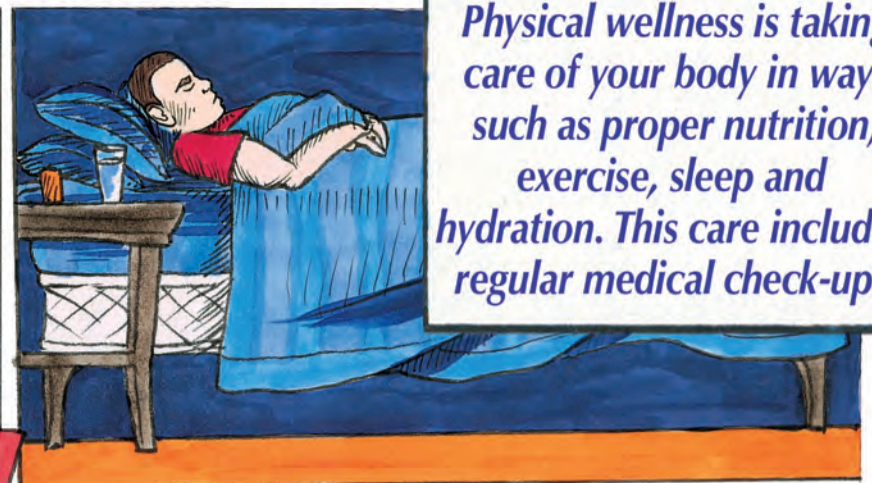
Creators: BH WELL Research Team

Artwork: Dotty K. Berryman

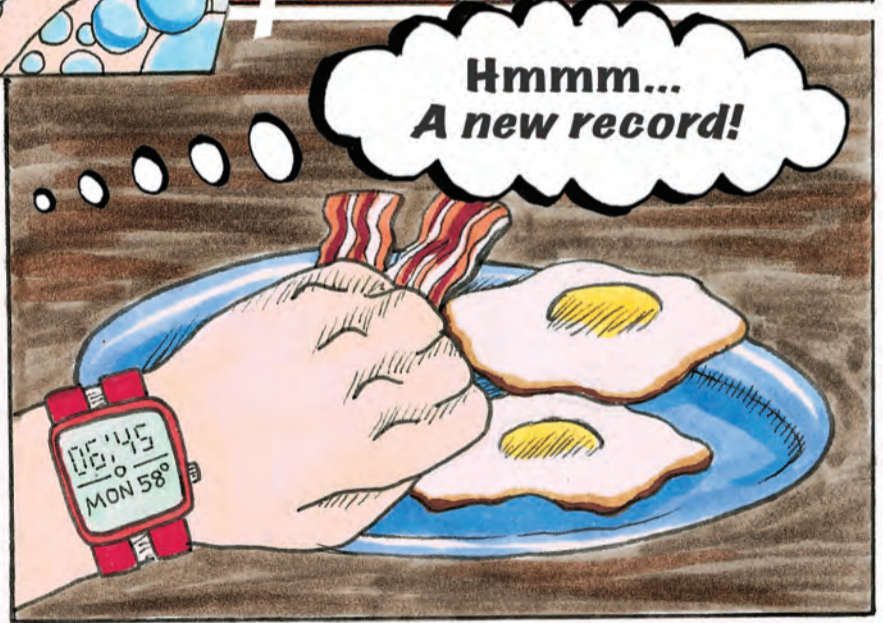
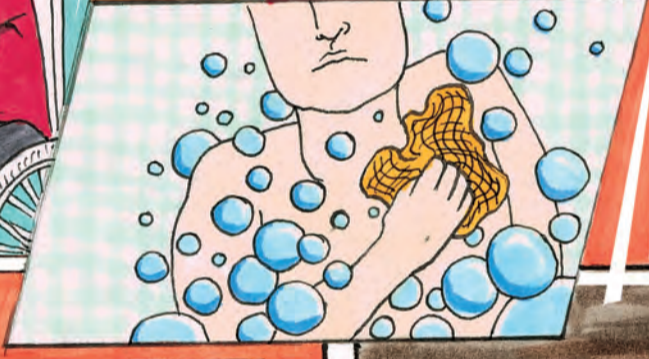
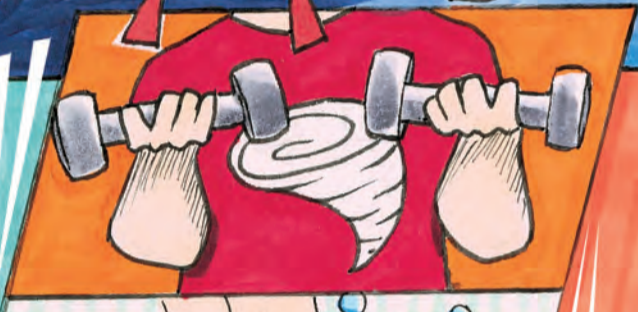
Art Director/Production: David Bryan Blondell

**Funding Support: Internal funds along with support from the
Kentucky Tobacco Prevention and Cessation Program.**

ONE FINE MORNING, LEO WAKES UP AND STARTS 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.

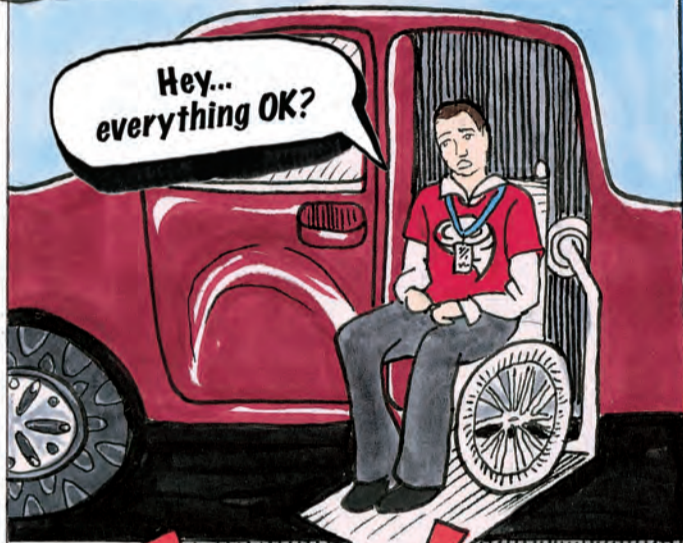


HE IS A VETERAN LIVING WITH POST TRAUMATIC STRESS DISORDER (PTSD)...

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



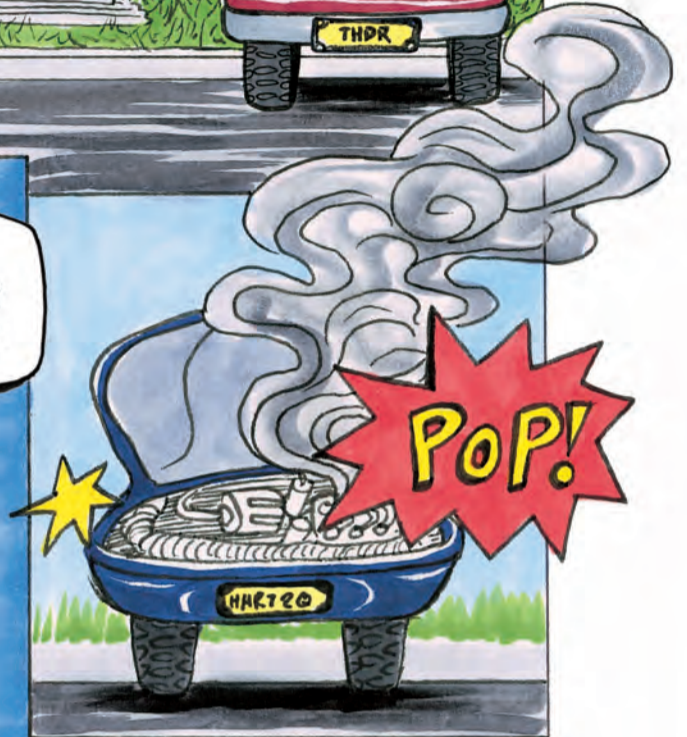
Hey... everything OK?



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



POP!



You alright, Leo?

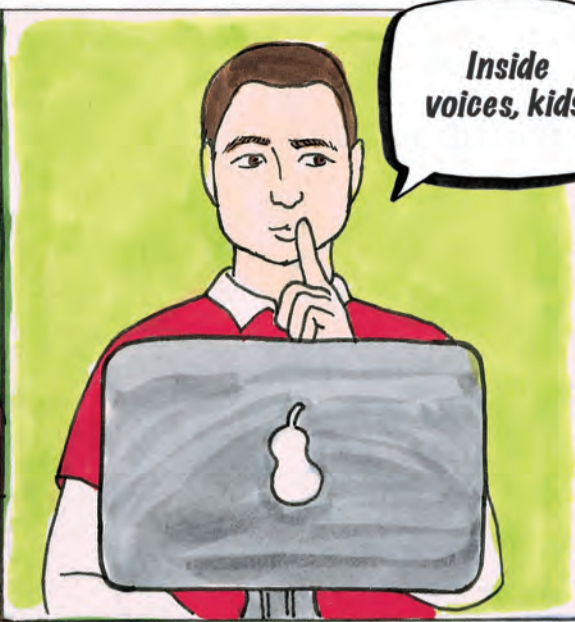


Yeah, thanks... I'm heading inside.

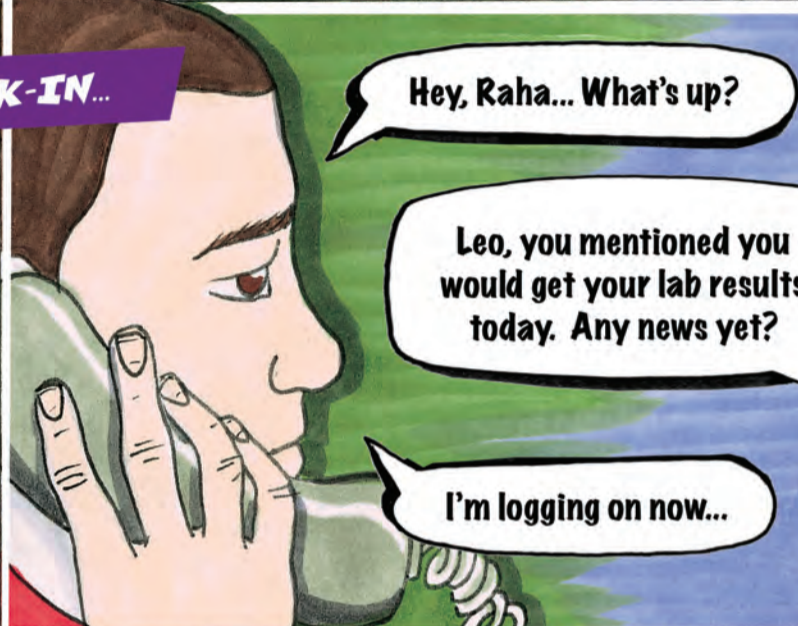
Symptoms of Post Traumatic Stress Disorder (PTSD) include physical sensations like being easily startled, sweating, and trembling when faced with a trigger.



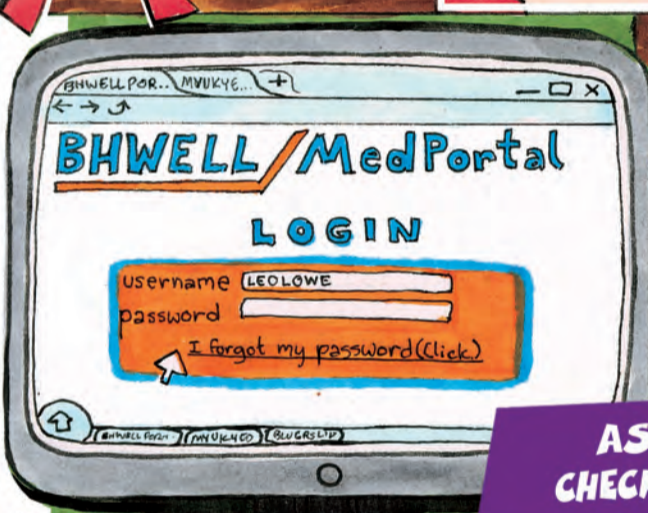
AFTER CALMING DOWN, HE CONTINUES HIS WORK AS A LIBRARIAN...



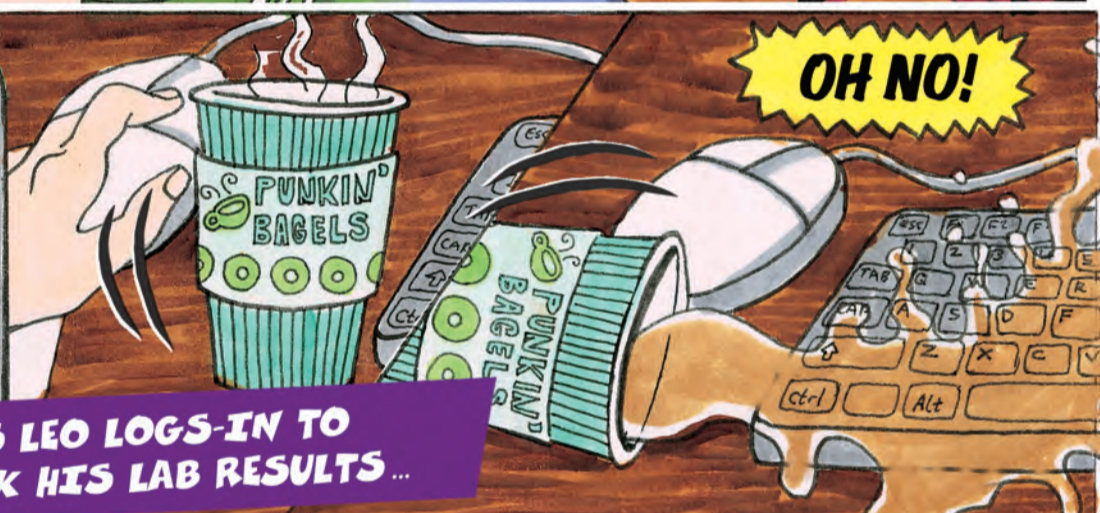
RAHA CALLS TO CHECK-IN...



I'm logging on now...



AS LEO LOGS-IN TO CHECK HIS LAB RESULTS...



Now Entering Health Portal

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

SWEET UPGRADE!

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.

Skwwaak... 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.

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 are too
many records.

Looks like
you could
use some
help!

How did you get here?

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



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



FOUND IT!

Although considered a childhood diagnosis, Type 1 diabetes can be diagnosed in people in their 30's.



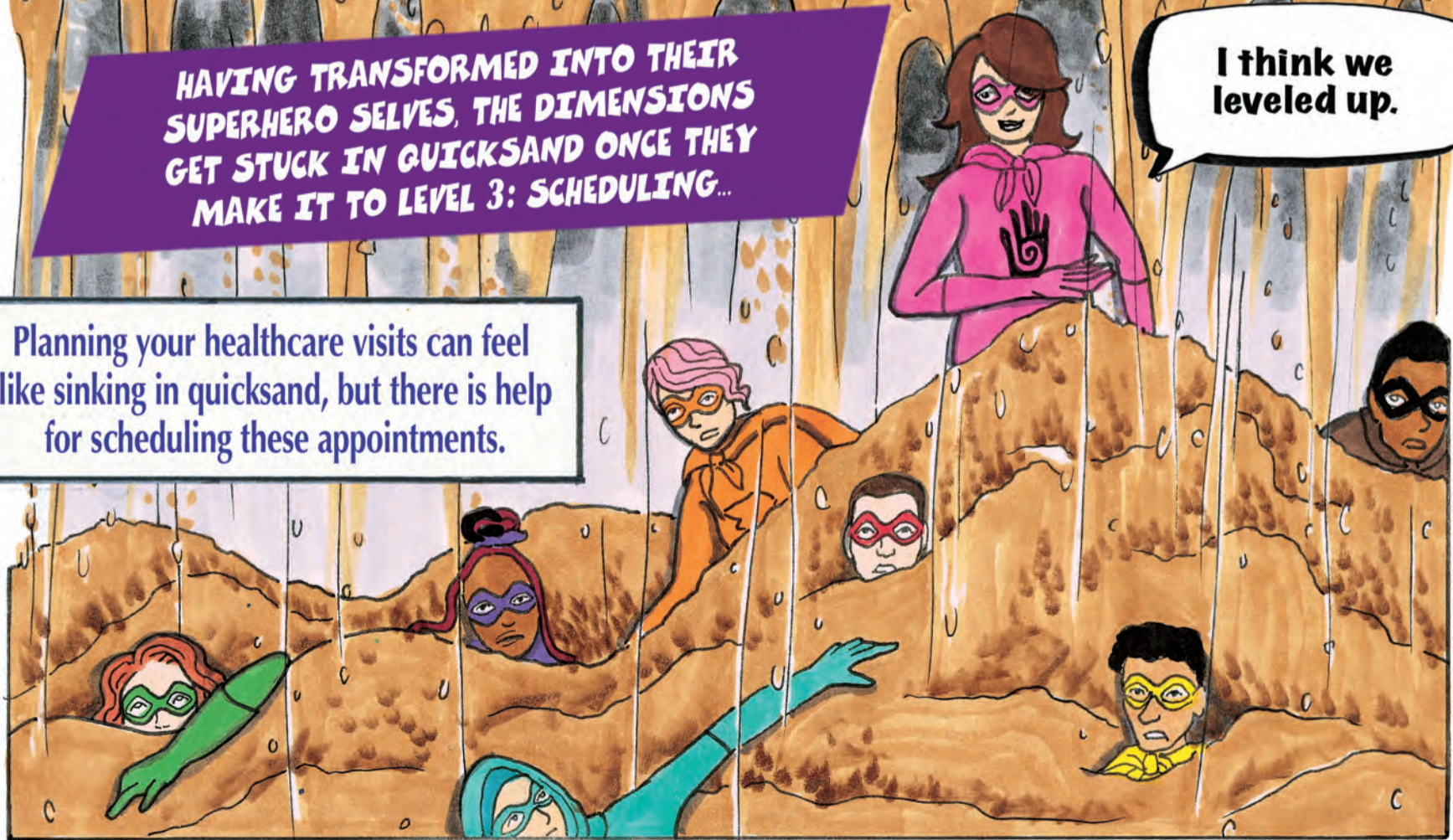
What am I going to do? This calls for *The Dimensions*!

NOW LOADING...
LEVEL 3
SCHEDULING OF APPOINTMENTS

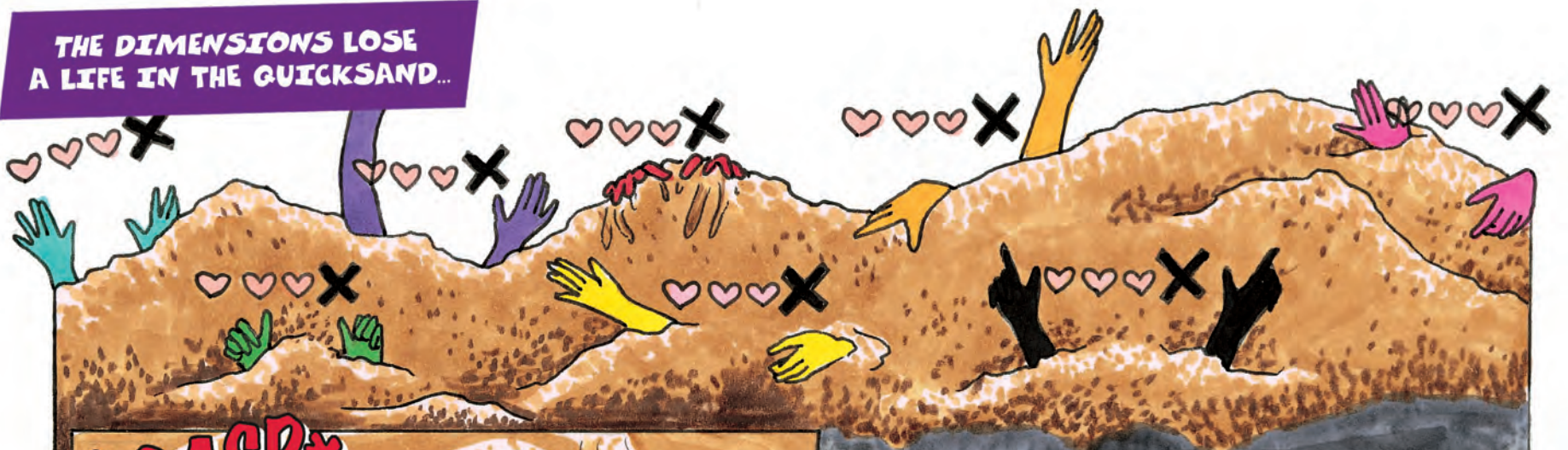
HAVING TRANSFORMED INTO THEIR SUPERHERO SELVES, THE DIMENSIONS GET STUCK IN QUICKSAND ONCE THEY MAKE IT TO LEVEL 3: SCHEDULING...

I think we leveled up.

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



THE DIMENSIONS LOSE
A LIFE IN THE QUICKSAND...



GASP

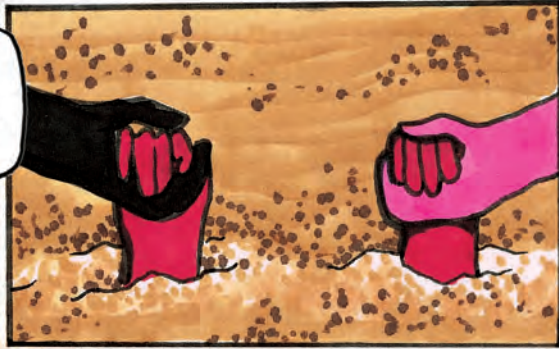


This stuff is no joke!

Oh no, Leo!



Stay calm, Leo.
We will get you out!



Do you hear
animals?

Not
again...



WOOF

NEIGH

RIBBIT

COMING OUT OF THE
QUICKSAND, THEY MEET
SOME CURIOUS ANIMALS...

Ta-da!
Your healthcare
providers are here!



ERIC USES HIS SUPERPOWER OF TALKING TO ANIMALS TO HELP LEO WITH HIS APPOINTMENTS...



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

WINNIE

RUFF

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



MEANWHILE THE DIMENSIONS HELP LEO WITH HIS PAPERWORK...



I can't take any more paperwork!

We're almost done. Hang in there!



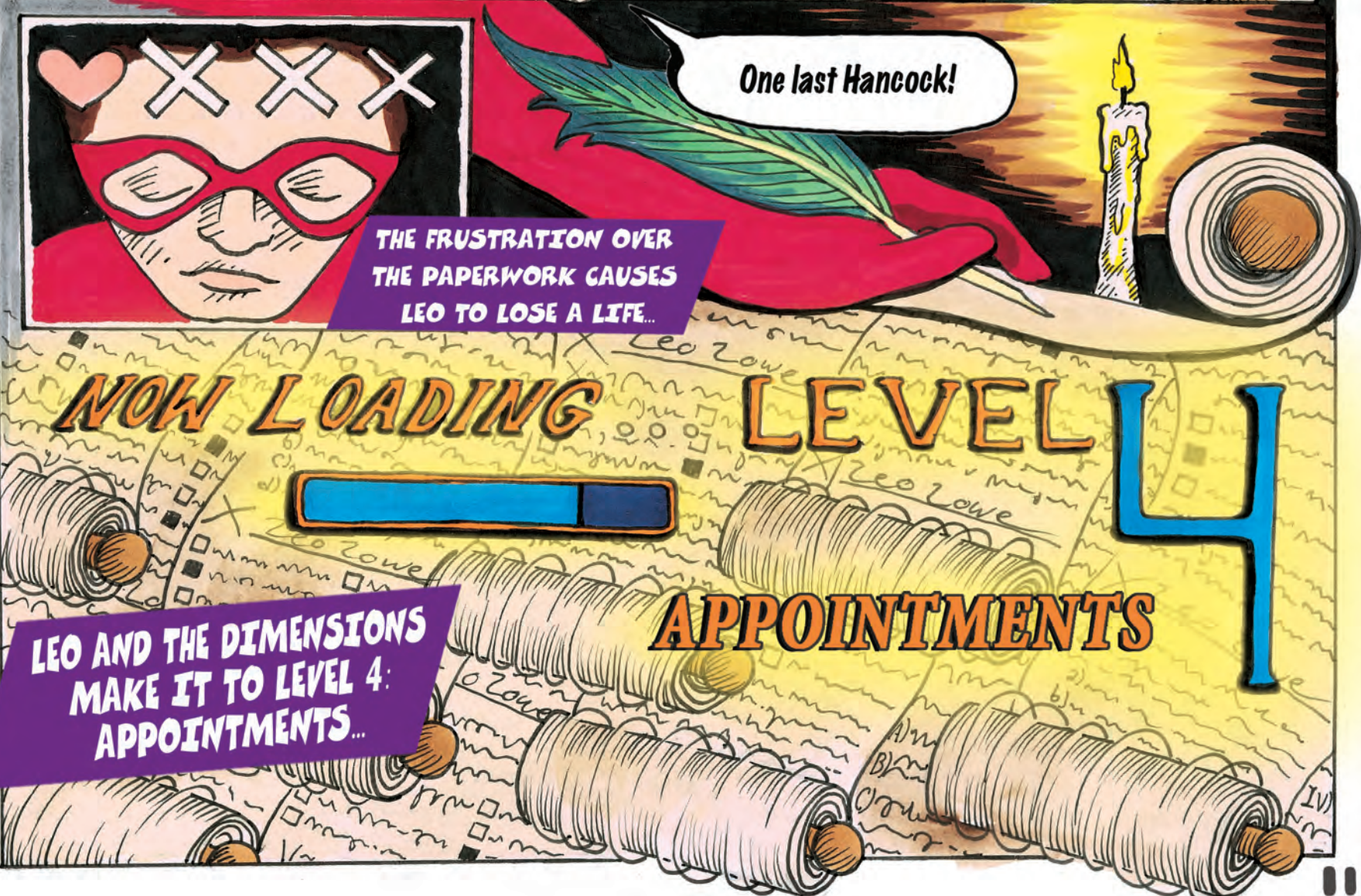
One last Hancock!

THE FRUSTRATION OVER THE PAPERWORK CAUSES LEO TO LOSE A LIFE...

NOW LOADING LEVEL 4

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

APPOINTMENTS



ERIC USES HIS SUPERPOWER OF TALKING TO ANIMALS TO SHOW LEO HOW EACH OF THE HEALTHCARE PROVIDERS WILL BE ABLE TO HELP HIM...

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

Eat more carrots.

Remember to keep
all 178 feet
clean and dry.



Strut your stuff.

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

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

NOW

LOADING

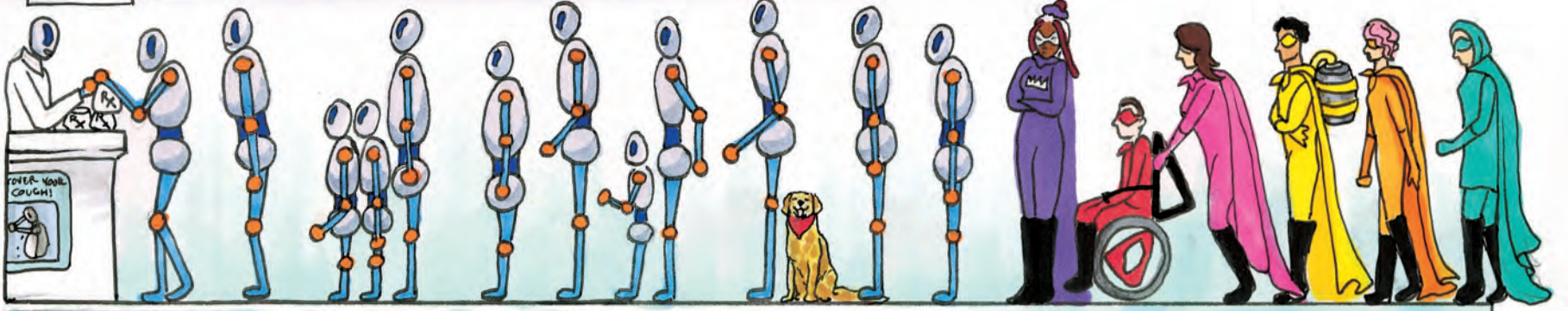
THE FINAL LEVEL

PHARMAFRENZY

THE DIMENSIONS WAIT
IN LINE AT THE PHARMACY
TO GET LEO'S MEDICATIONS...

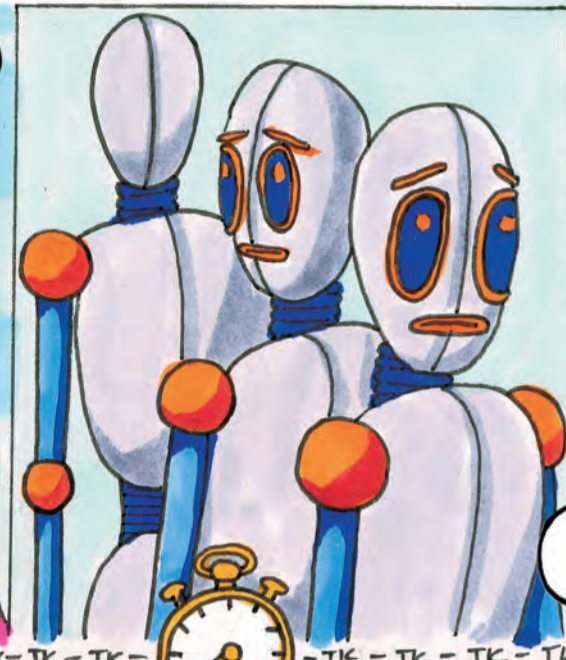


-TK-TK-TK-TK-  -TK-TK-TK-TK-



We have to lose this line.

I'll distract them...
CONCERT AT THE WELL!
Don't miss it!

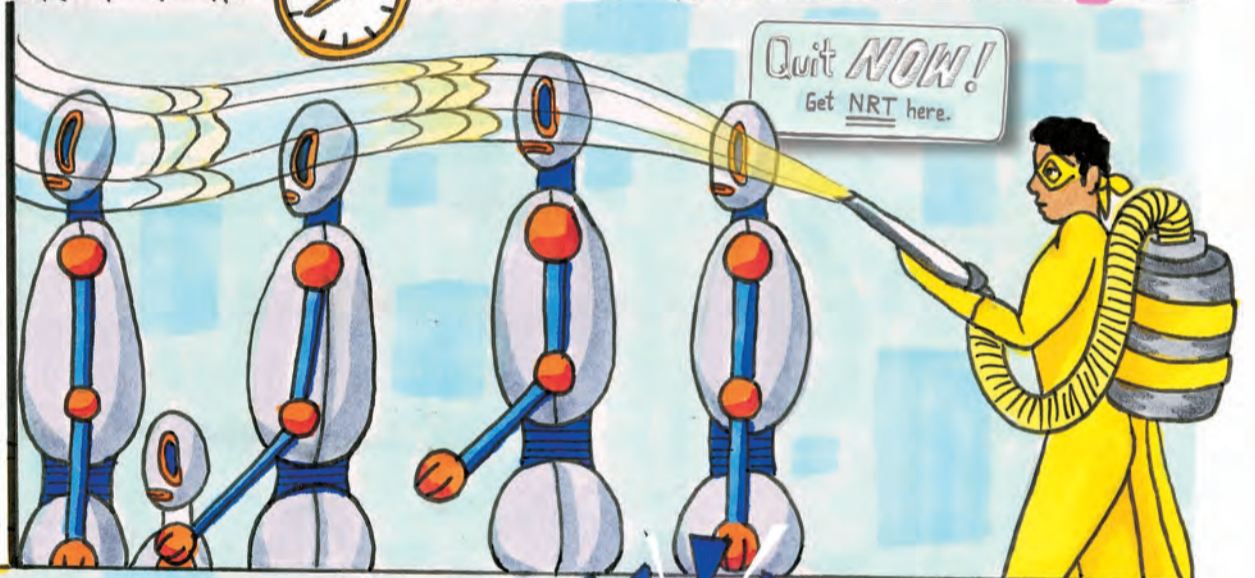


Not music fans, I take it.

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



I've got another idea.
Watch out...

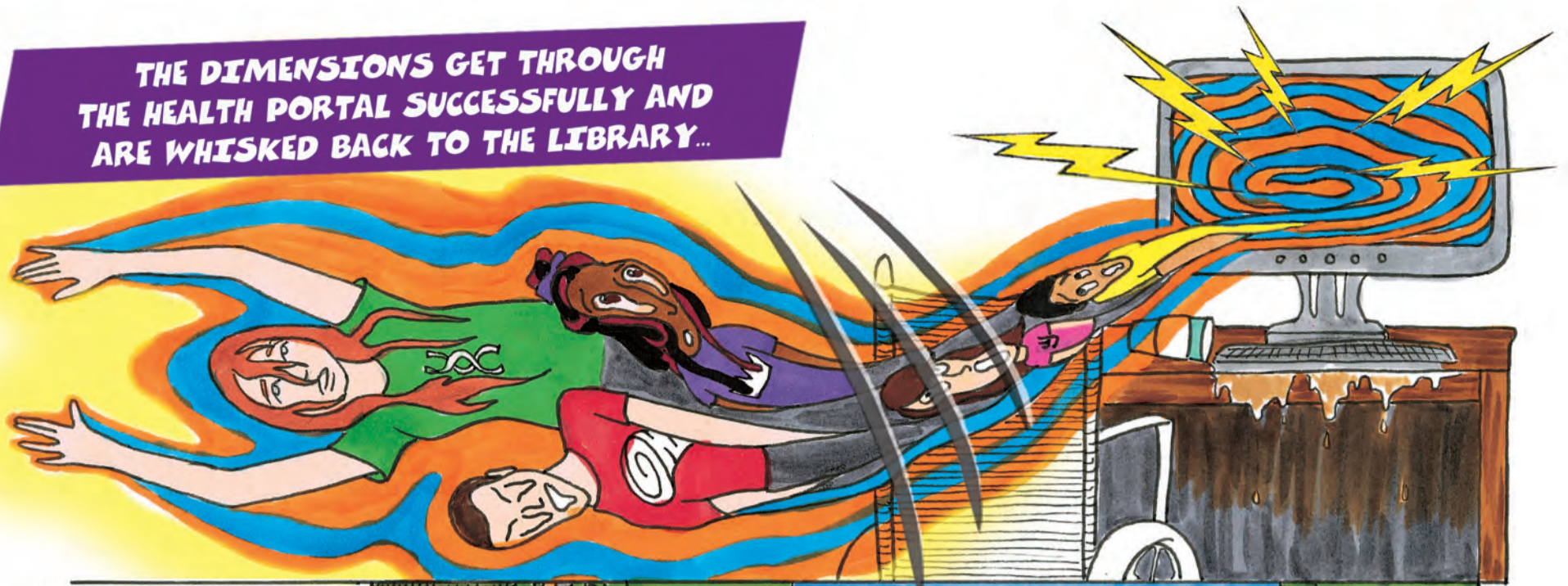


Quit **NOW!**
Get NRT here.



VICTORY
PORTAL
COMPLETE

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



This place is a mess!



I think this place missed its librarian!



Looks like we have an extra helper!



...and Leo gained a new platoon member: a furry friend named Woofer.







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://bhwel.l.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"> Living with PTSD and 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!

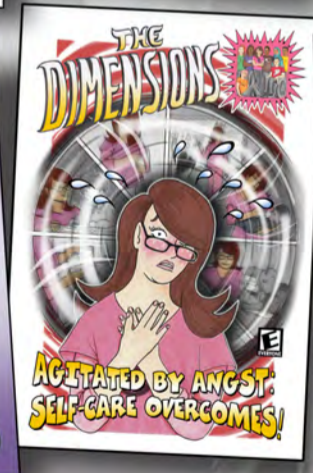
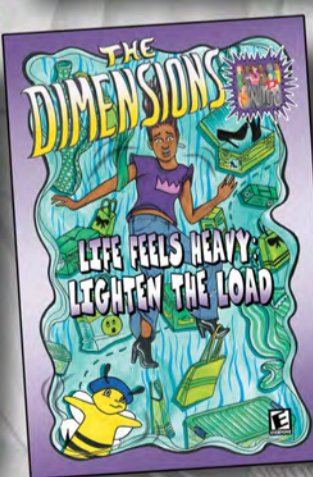
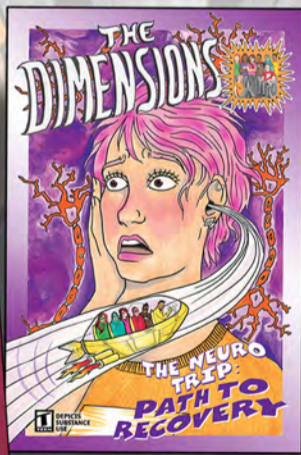
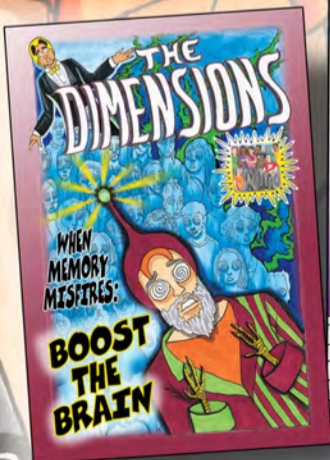


READ THEM ALL!

Each character has their own story.



The
Dimensions
series
includes:



bhwell.uky.edu

