

Letters From Space Camp: Day Two



Revised



LETTERS
FROM SPACE CAMP
is a memoir about my
month in the Intensive
Outpatient Program (IOP) for
mental health at the hospital.

This excerpt is the revised and
polished version of a chapter
from the first draft.

In the previous chapters,
I reached the point of crisis
that my psychiatrist gave me
the choice of enrolling in IOP or
having me hospitalized. I chose
IOP and have already had my
first day there.

This is my second day.

Last Updated:
8/17/2023

Erika Moen

More On:
patreon.com/ErikaMoen

August 2

Day Two

Ready.

Today I
do dress
cute.

v m m m m

AND I
bring a COAT
for those freezing air
conditioned rooms.

Nice try.

Daily
Sheets



9:30 a.m. Mindfulness & Goals

Letters From Space Camp

2023

Erika Moen

Last, 1st Name (DOB):

Moen, Erika
6/25/83

Date: 8/2/19

Primary Therapist: [Signature]

Each day begins by filling out the Behavioral Health Interdisciplinary Progress Record.

The top half of the page lists the day's schedule and tracks your mood, level of hope, anxiety, and feelings.

BEHAVIORAL HEALTH INTERDISCIPLINARY PROGRESS RECORD

9:30-10:45
11:00-12:00
12:00-1:00
1:00-2:00
2:15-3:30

PPMC Providence Portland Medical Center
PS/MC Providence St. Vincent Medical Center
PMH Providence Miravalles Hospital

FRIDAY

Mindfulness & Goals: Relaxation, Panic/Anxiety
Coping Skills: Emotions, Emotions Regulation
Lunch
Expressive Therapy
Self-Empowerment: Self-Defeating Behavior

My Mood Today: 1-2-3-4-5-6-7-8-9-10
Worst Best/ or Manic (for Bipolar Disorder)

My level of Hope: 1-2-3-4-5-6-7-8-9-10
None Highest

My level of anxiety: 1-2-3-4-5-6-7-8-9-10
None Highest

I am feeling: flattened, hopeless

Your Focus Phrase is a kind of mantra for the day. You can use the same one each time or pick a new one every day.

My Focus Phrase (A word or sentence to calm and center yourself):
I will learn stability

My skills and talents to help me reach my goals:
Open to teachings to trying

My treatment focus for the weekend:
Physical: Walks, maybe advice

Mental and emotional: Journal, draw

Social: Visit of + one friend

Symptom Chart
Safety Concerns:

Risk Level to Self
Low risk Moderate risk

Risk Level to Others
Low risk Moderate risk

That's the stuff we read aloud at the start of class.

My mood is a four, my level of hope is kind of between a two and a three...

You also plan ahead for how you're going to work towards your mental health goals and maintain basic care for yourself in the coming days.



Social: *Visit at least one friend*

Symptom Check-in
Safety Concern:

Risk Level to Self
 Low risk Moderate risk High Risk

Risk Level to Others
 Low risk Moderate risk High Risk

Hours of Sleep last night *6-7?*


Appetite 1 2 3 4 5 6 7 8 9 10
 No Appetite Excessive Appetite

Self-Care activities today?

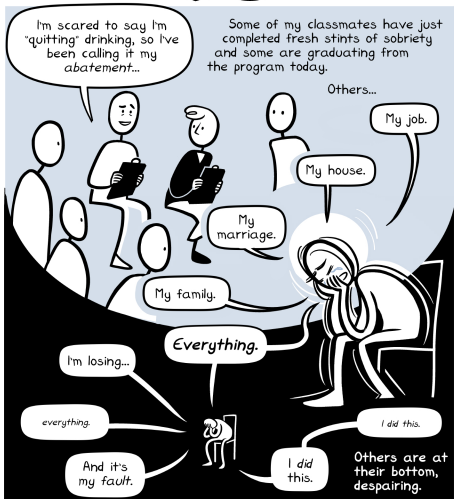
Are you socializing? How?

Outside Medication changes?
No

Upcoming Appointments?



We don't share the bottom half of the page, which lists our risk to ourself and others.



I don't know
these people.

sniff

But tears roll
out of my eyes
for them.

Many people
cry.

They are
both happy and
sad tears.

sniff

sniff

snf

sniffle

sniff

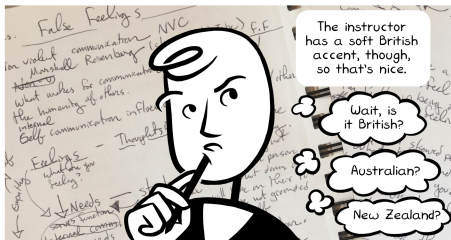
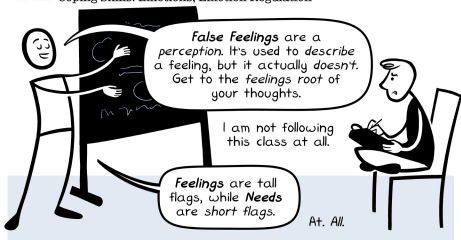
sniff

Class
runs over time.

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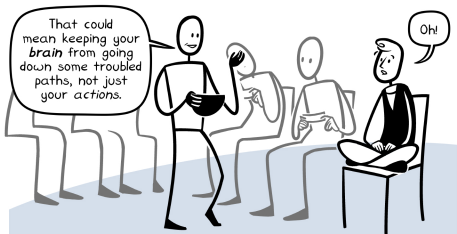
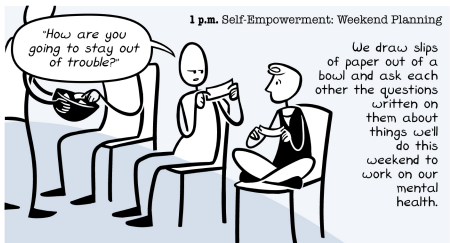
11 a.m. Coping Skills: Emotions, Emotion Regulation



12 p.m. Lunch

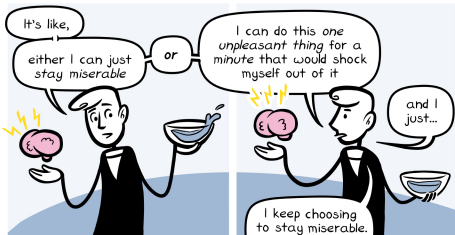
Ham and cheese sandwich from the hospital cafeteria.

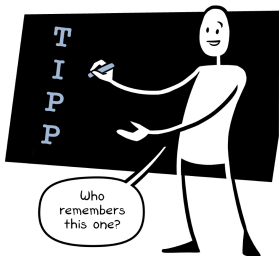






It just seems like such a mess and so...





When emotion overwhelms you, it can affect how your body functions.



Your heart rate, temperature, breathing rhythm, muscle tension and more can all **suddenly change**, which just makes you feel worse!

By physically **changing** your **body** rhythms, you can help manage the overwhelming **emotions** that triggered you in the first place.

You can make these changes using **TIPP!**

T

Temperature change

(ice pack, cold shower, hot bath, warm drink)

Warm temperatures help **speed up** a slower heartbeat, which may be sluggish from depression, sadness, or anxiety.



Cold temperatures help **slow down** a speeding heart rate, which may be running fast from emotional overwhelm.

I

Intense Activity

(exercise, jumping jacks, dancing)

Excessive energy can build up in the body from intense emotion.

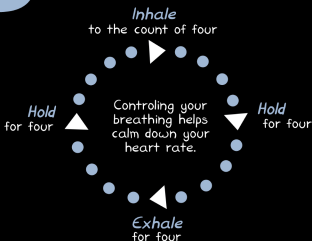
10-15 minutes of an intense physical activity helps **expend that energy**.



P

Paced breathing

(breathing at a deliberate, controlled speed)

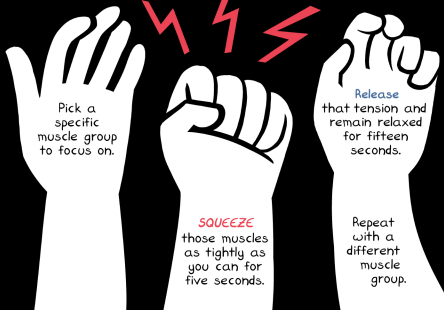


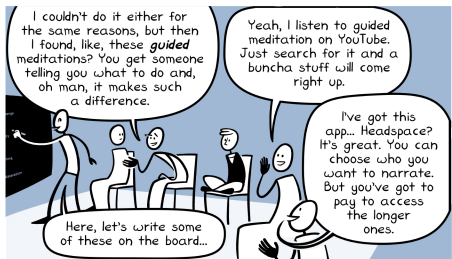
P

Progressive muscle relaxation

(systematically clench & unclench muscles)

When emotionally upset, your body may tense up. By intentionally clenching and unclenching specific muscles, you can lead your body to relax again.







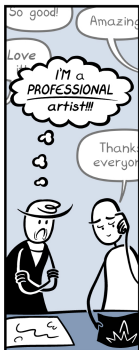
It has been

0

days

since Erika publicly nerded out about the library.

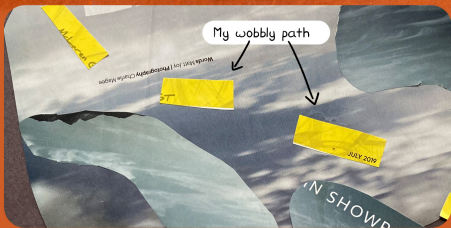
2 p.m. Expressive Therapy



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"My Mood Right Now"



During a break, the girl with braids and glasses who always sits on the floor asks the handful of others something about a corner...



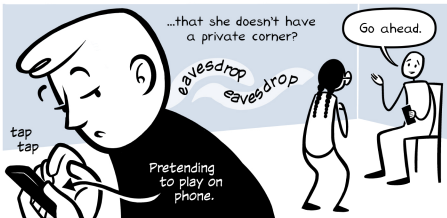
...that she doesn't have a private corner?

Go ahead.

eavesdrop eavesdrop

tap tap

Pretending to play on phone.



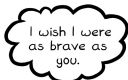
jitter

shake

quick jig







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scroll
scroll
scroll

3:30 - 5:30 p.m.

Bus from
the clinic to
work at my
downtown
studio.

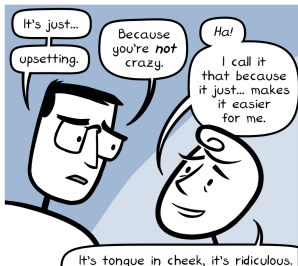
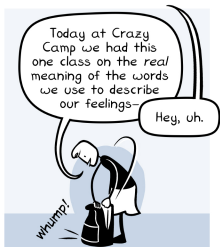
draw
draw
draw

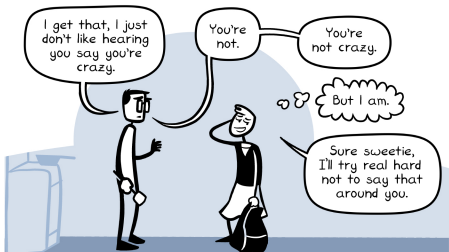


5:30 p.m.
Bus



6:30 p.m.
Home





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...And everyone just...

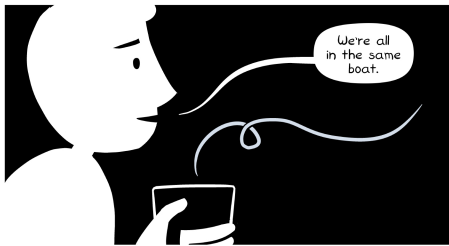
...gets it.

I can say how I'm doing, what I'm feeling, and it's a room full of people who just *get it*.

I don't have to *explain*.

They *get it*.

They're *living it, too*.



Read the full first draft of
LETTERS FROM SPACE CAMP
(162 pages) and production
notes at:

patreon.com/ErikaMoen