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HEALTHCARE
MANAGEMENT

Making Decisions
Like Lives Depend On ItSM

THE

BRAIN

ZINE

Created By
John Schlimm

Introduction By

Micah T Hoffman MD, DABPN, FAPA, QME
AllMed Behavioral Health Medical Director

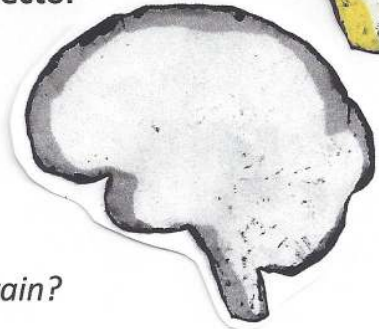
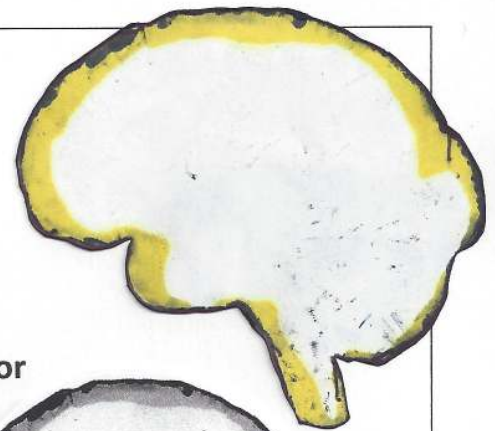
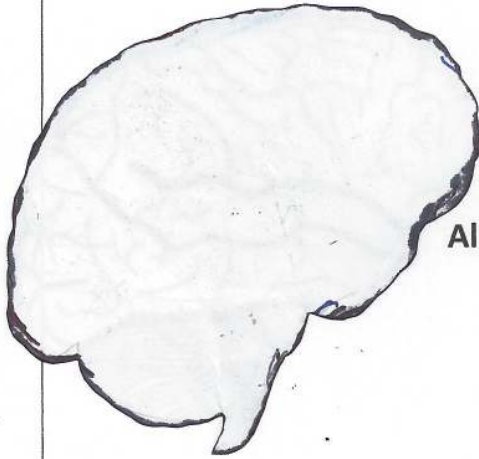
Introduction

By

Micah T Hoffman

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*What is our brain?
Where is our brain?
What does it look like?
What does it do?*

How often do you think about your brain?

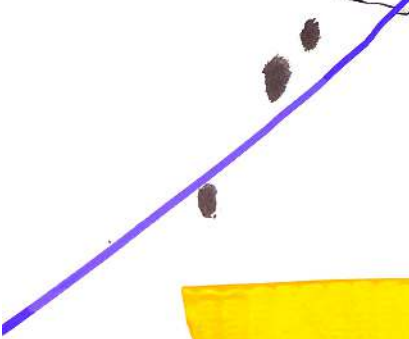
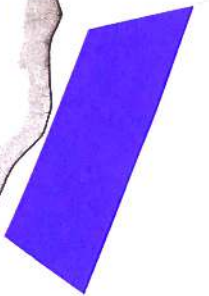
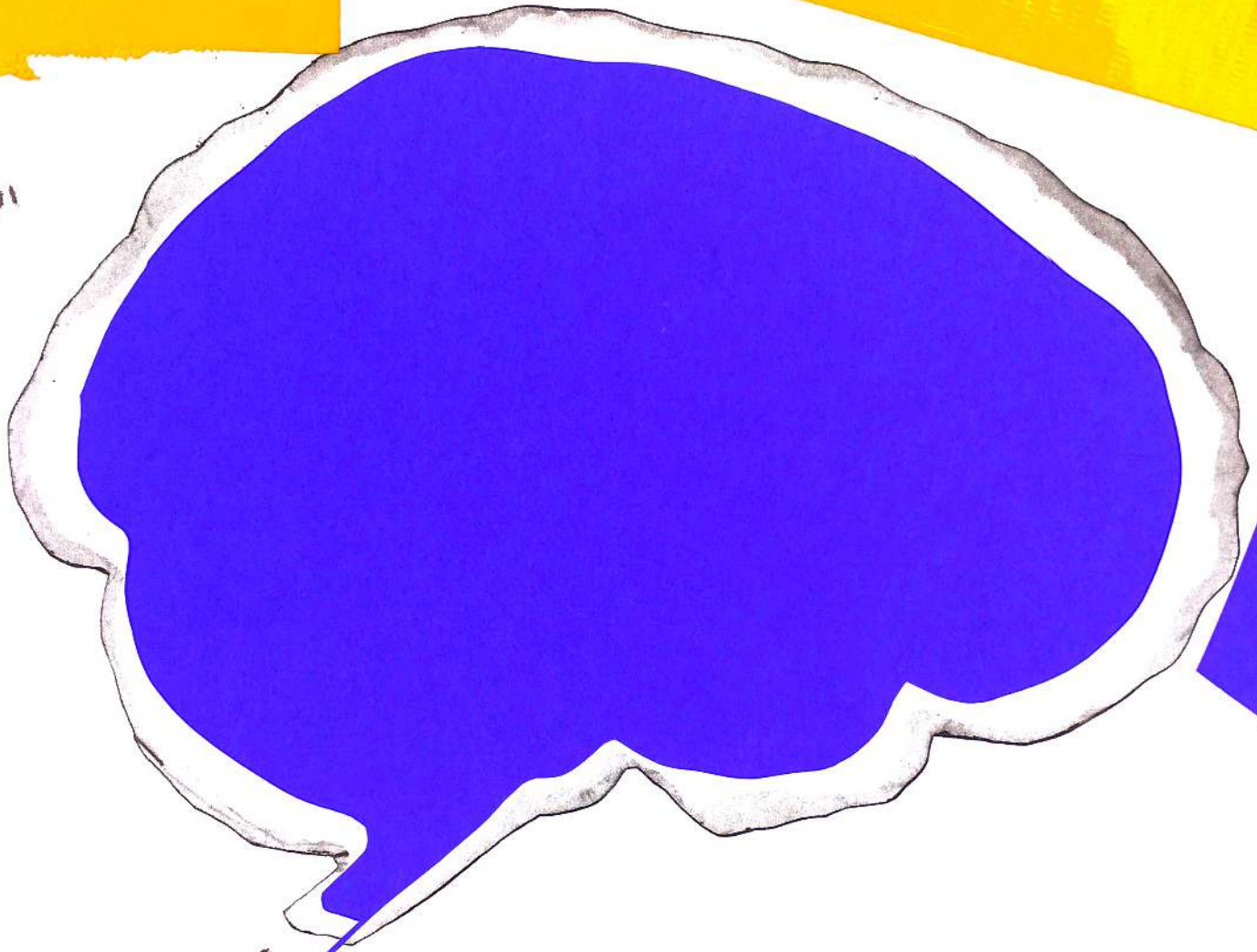
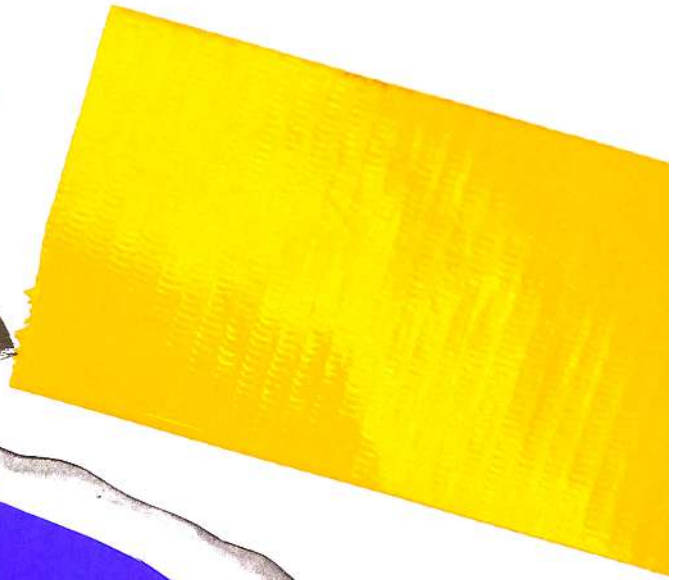
These are the types of questions that artist and author John Schlimm is posing to you in the unique context of *The Brain Zine*. Now, more than ever, an understanding of our brain—including its responsibilities and its vast potential in our lives—is paramount to understanding how our bodies work, and how we convey and navigate our emotions.

Using only the image of the brain and the word “brain,” *The Brain Zine* creates a fresh and simplified new pathway for you to think about the three-pound organ inside your head. It provides numerous entry points for you, and people of all ages, to contemplate and discuss the many different, fantastic, challenging, and often mysterious aspects of your brain.

Not only does our brain function as the processing system for our bodies, but our brain also dictates our moods, how we sleep, how we create, and how we interact with the world around us. It controls our responses to fear and pleasure, joy and sadness, crossword puzzles and our cellphones, who we love, how we interact with friends, and much, much more.

As you journey through the following pages thinking about the brain, you will learn and discover through self-reflection the complex machine that your amazing brain is. And, you will be reminded how your brain is, indeed, a great work of art that you play a vital role in creating!

This increased awareness of the brain and its functioning on our mental health will also continue to break down stigmas toward mental health issues and promote a healthier and happier life for all of us.

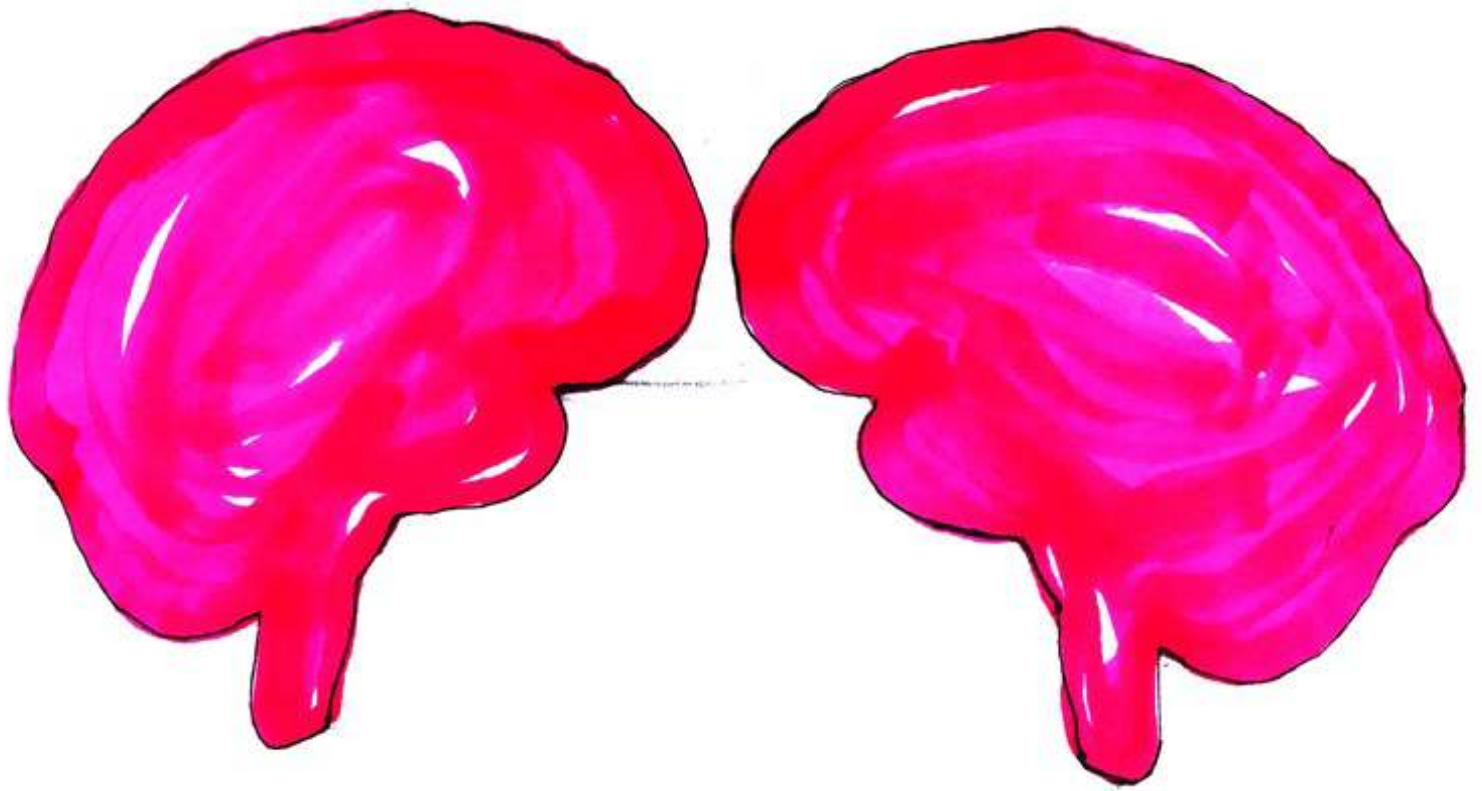


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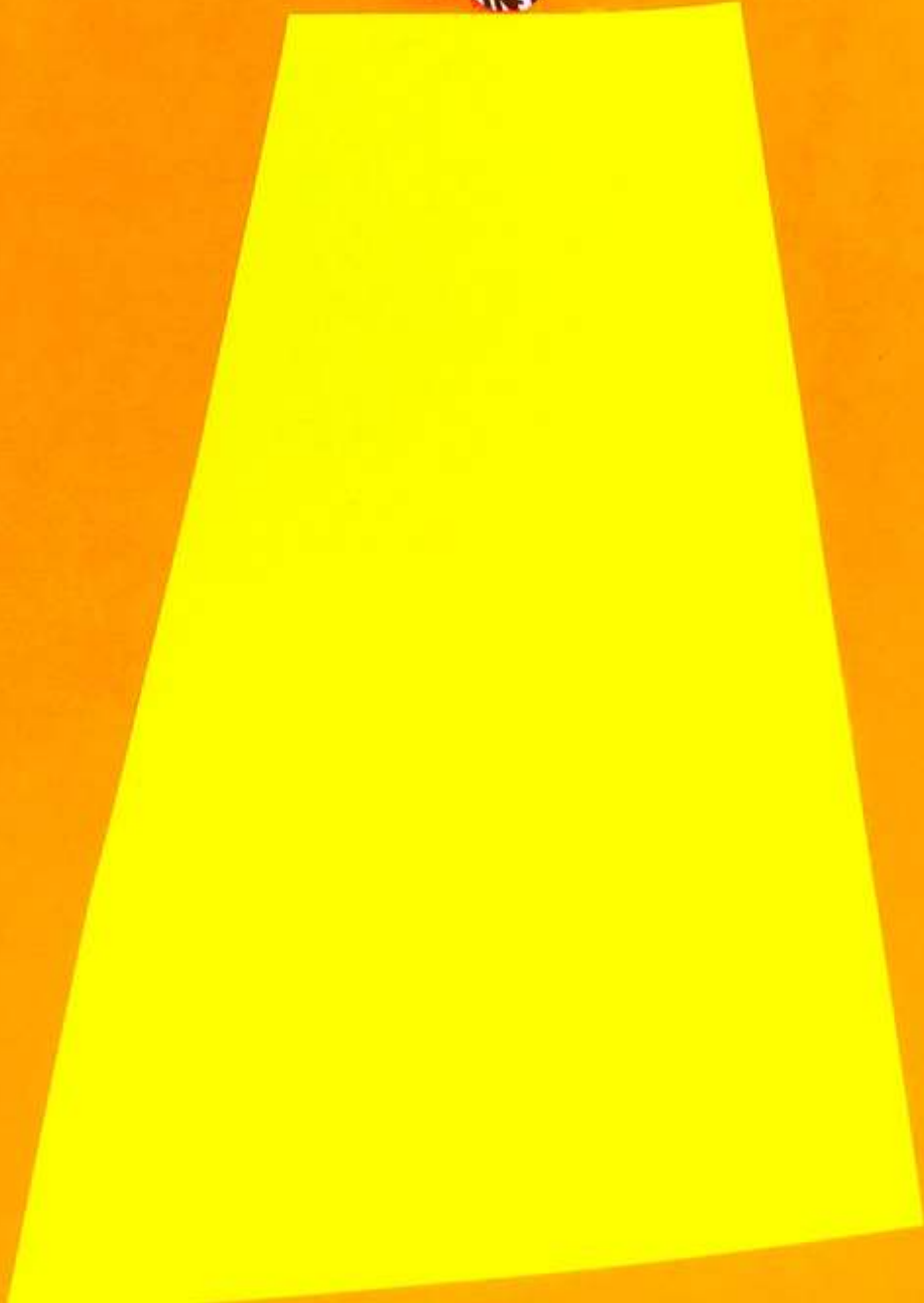
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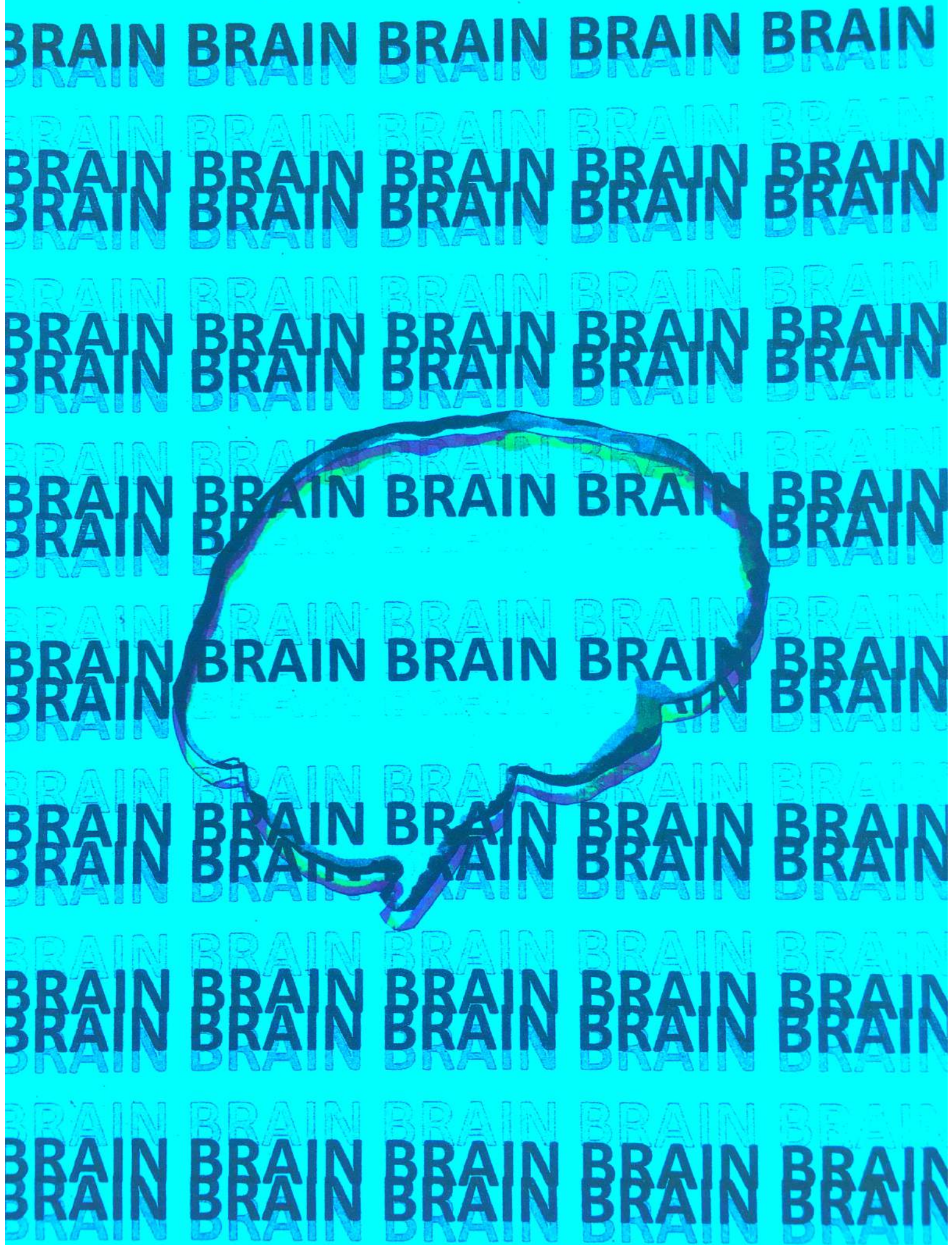
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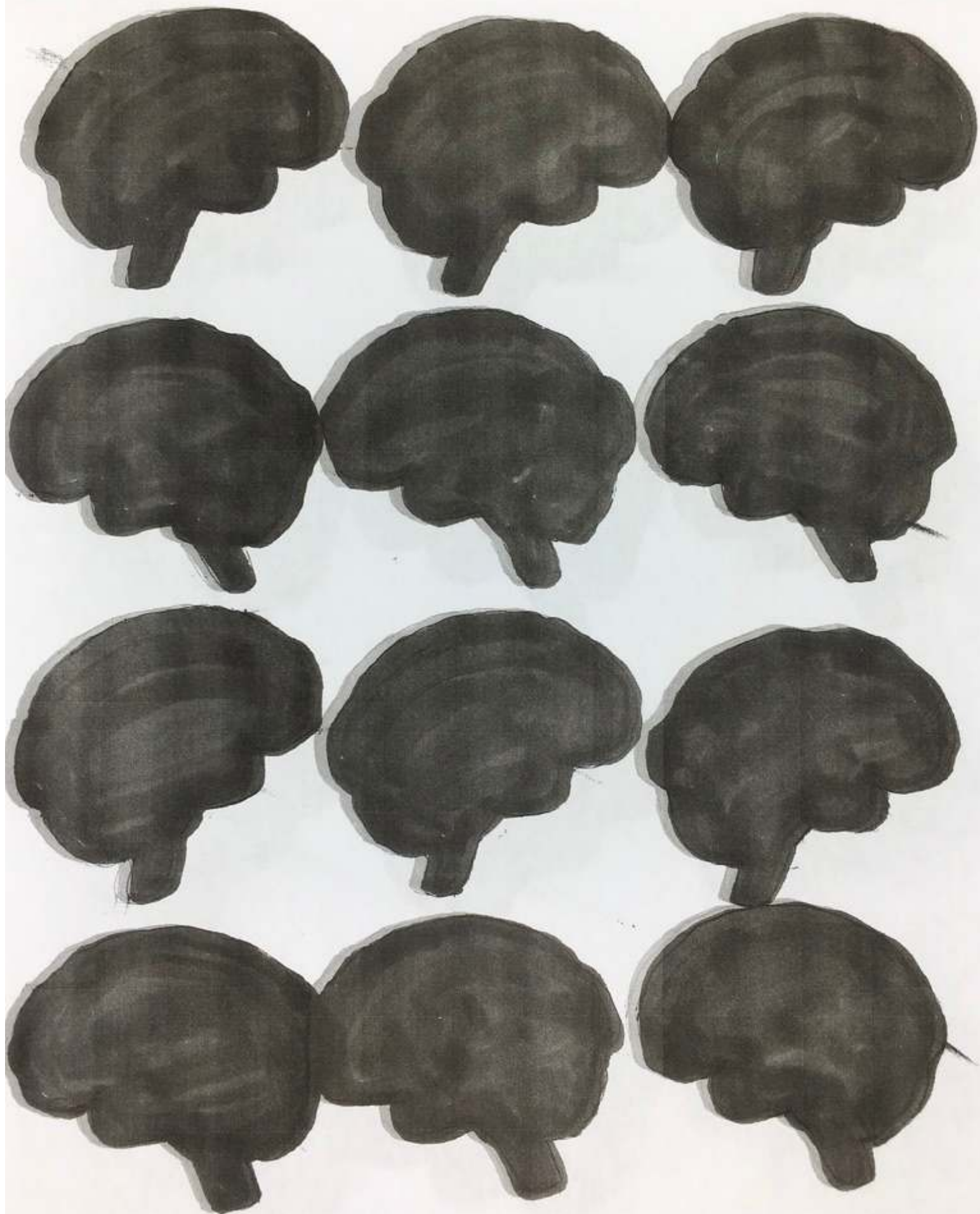
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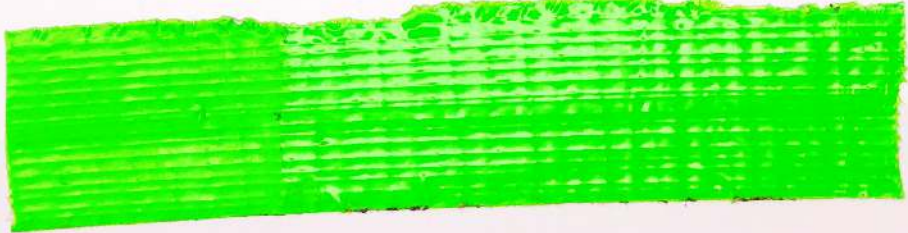
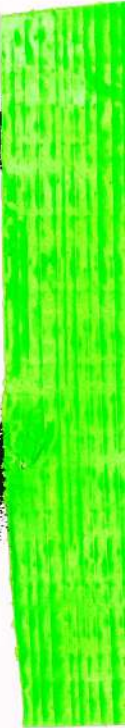
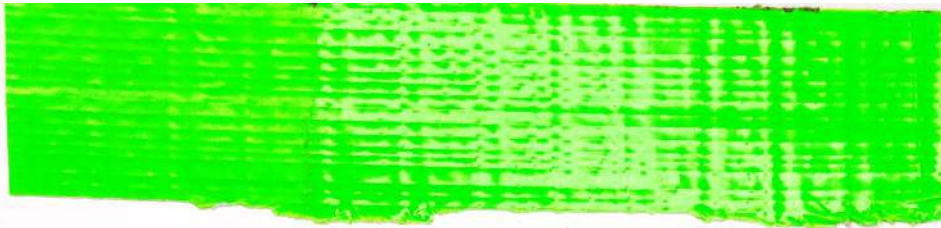
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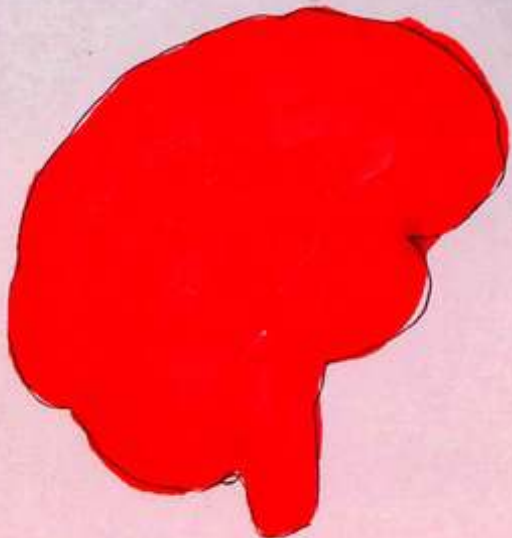
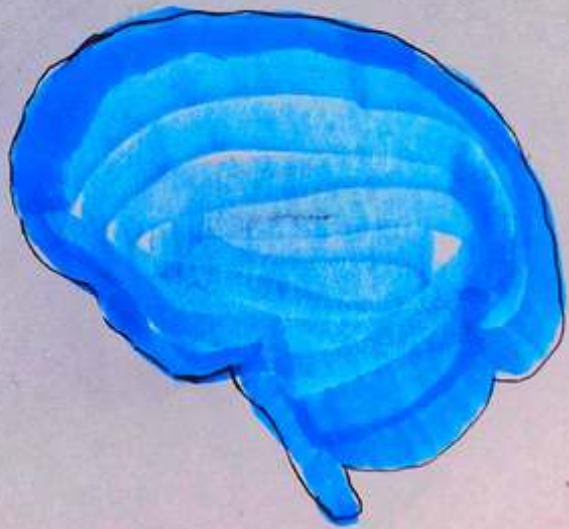




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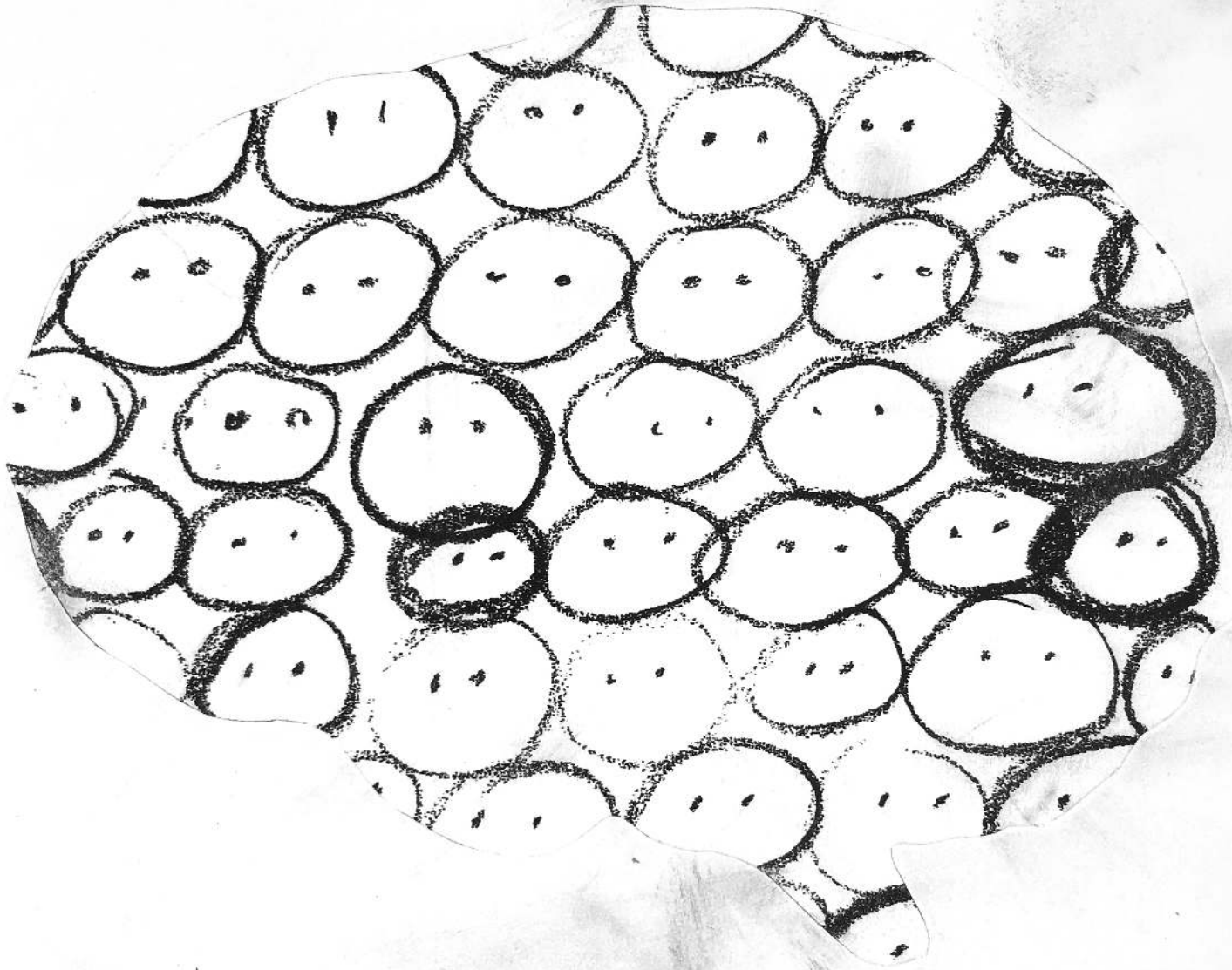
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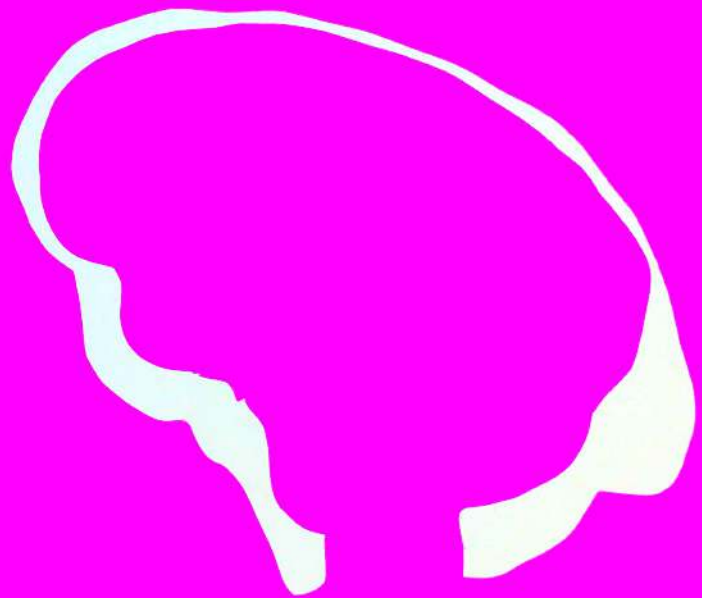
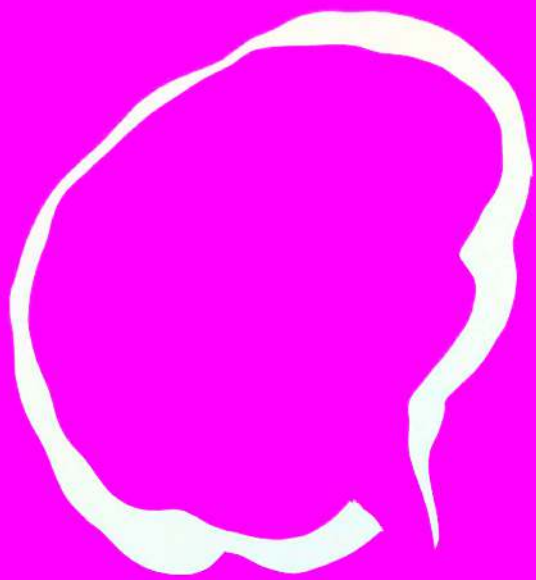
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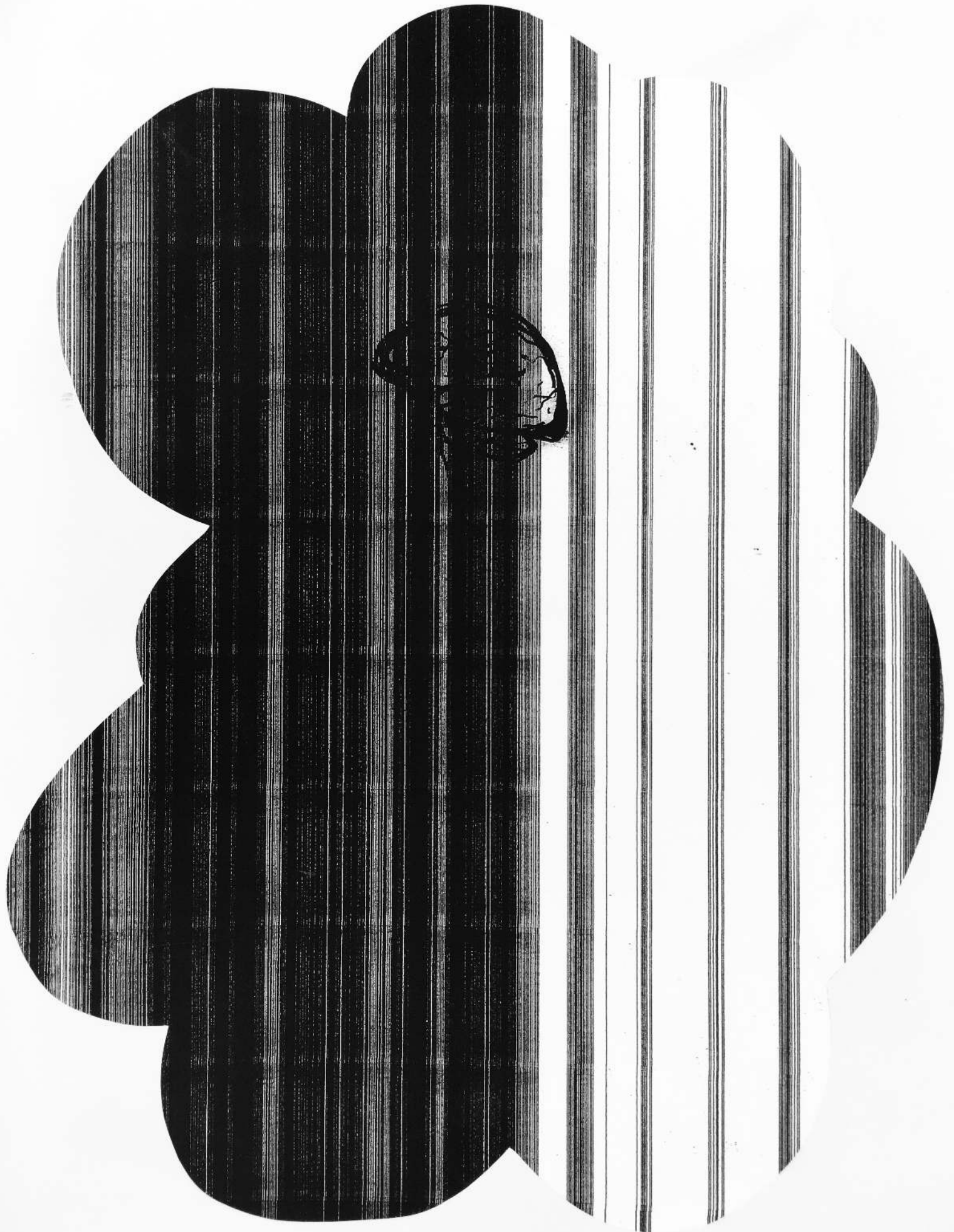
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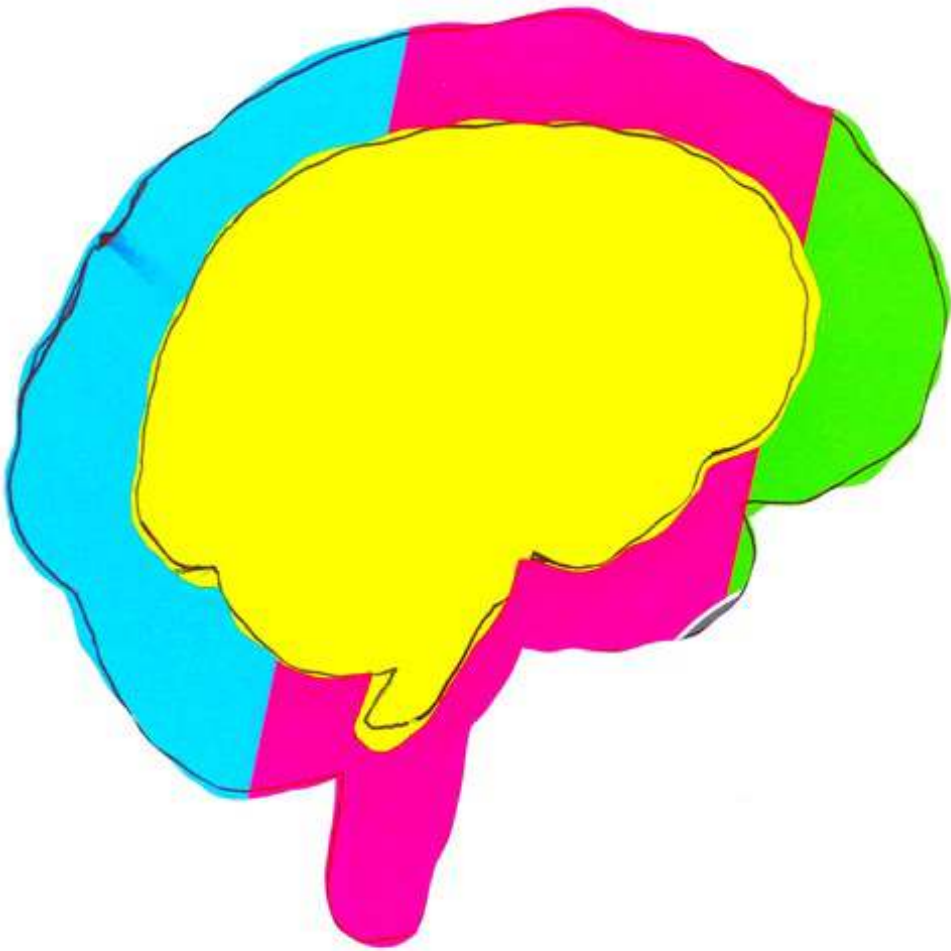
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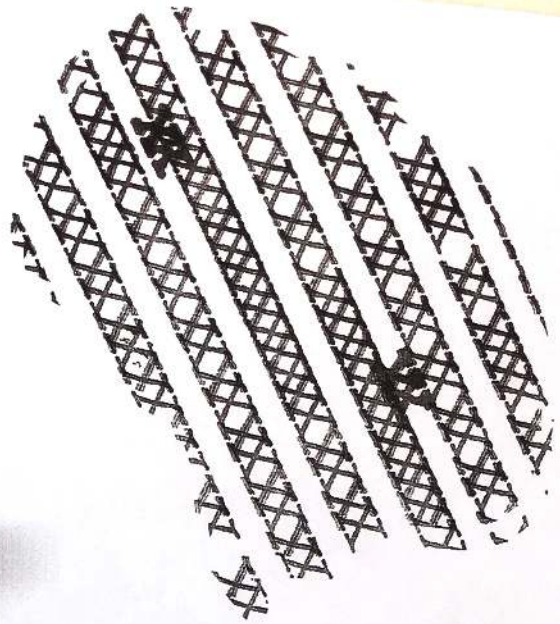
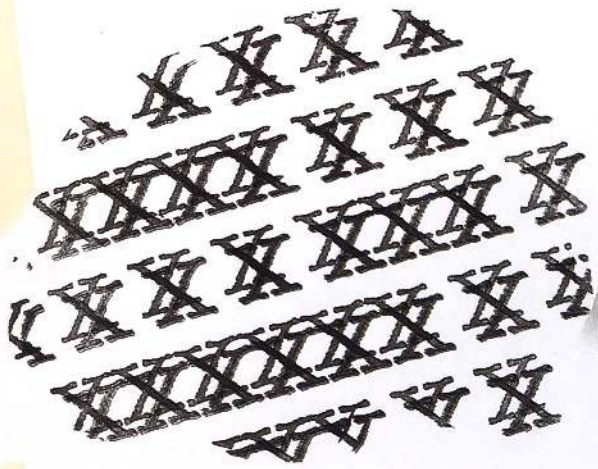




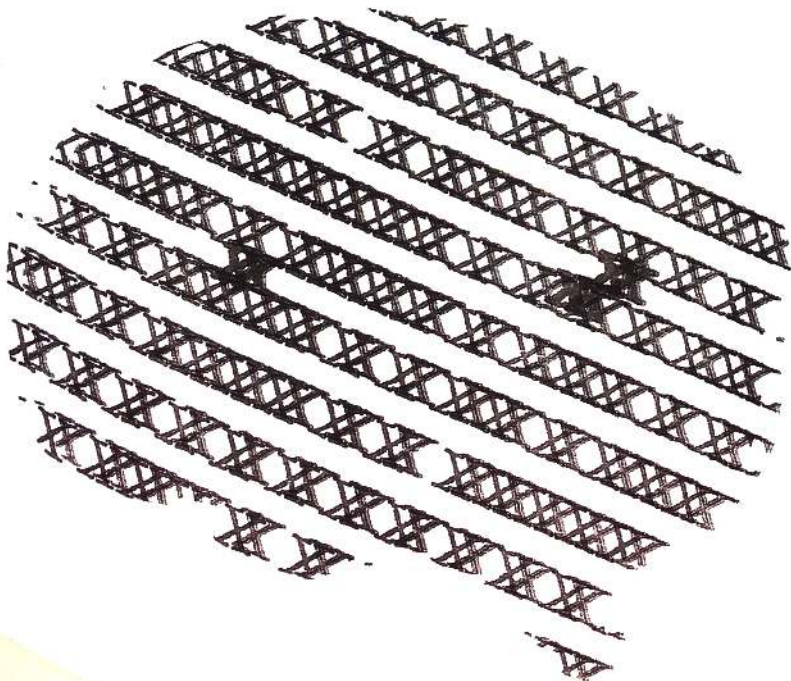






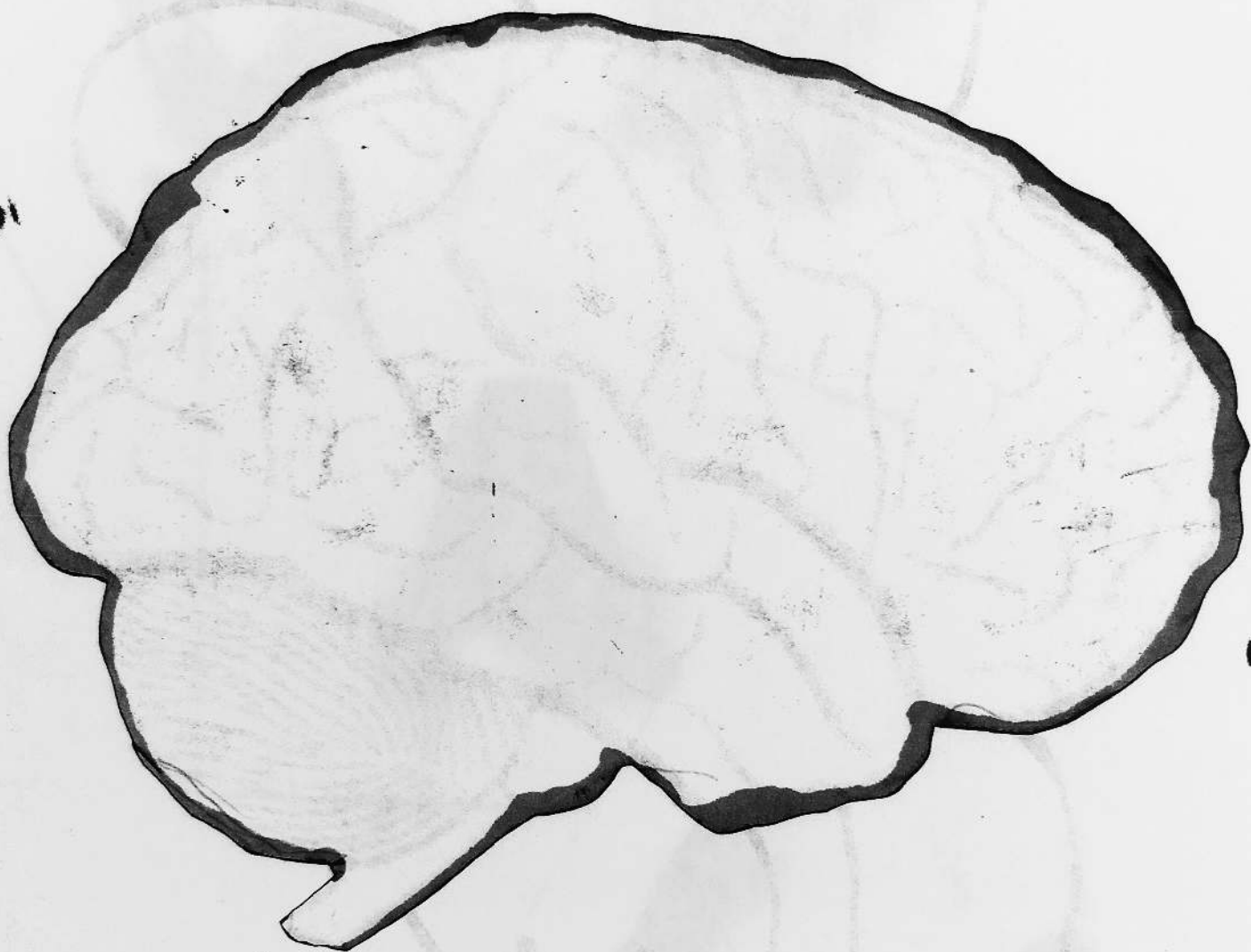


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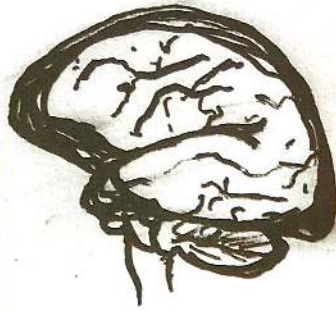


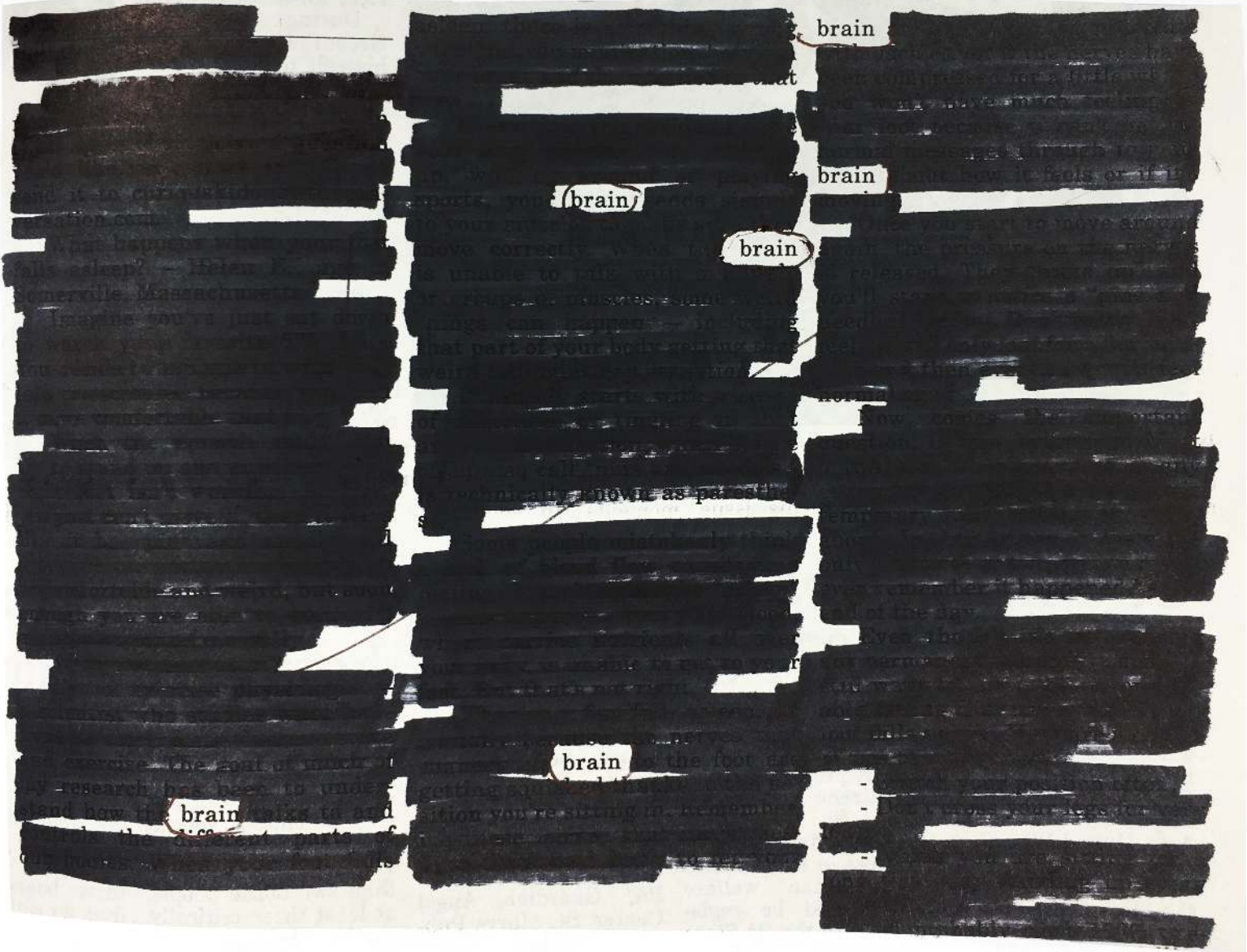


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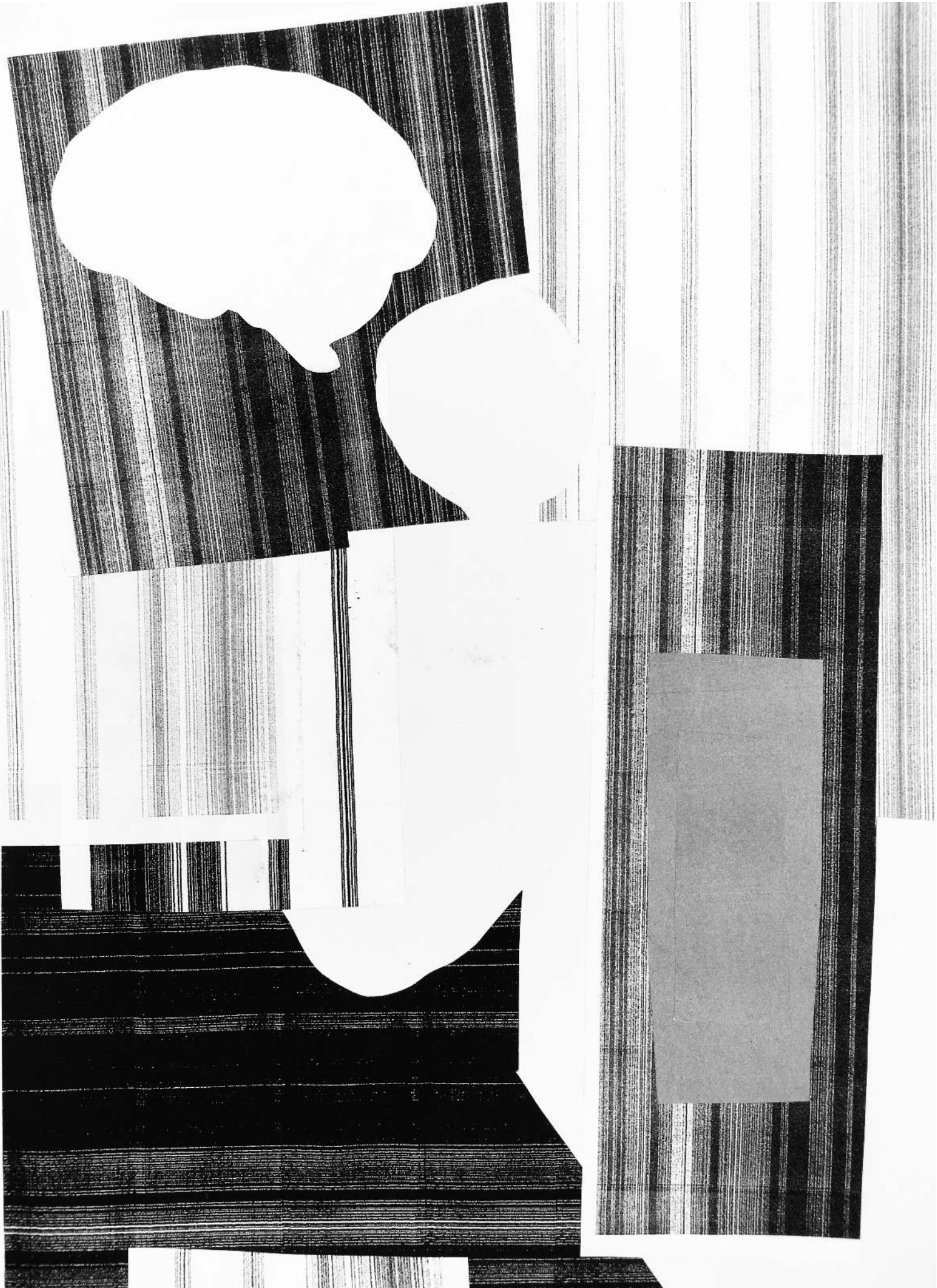
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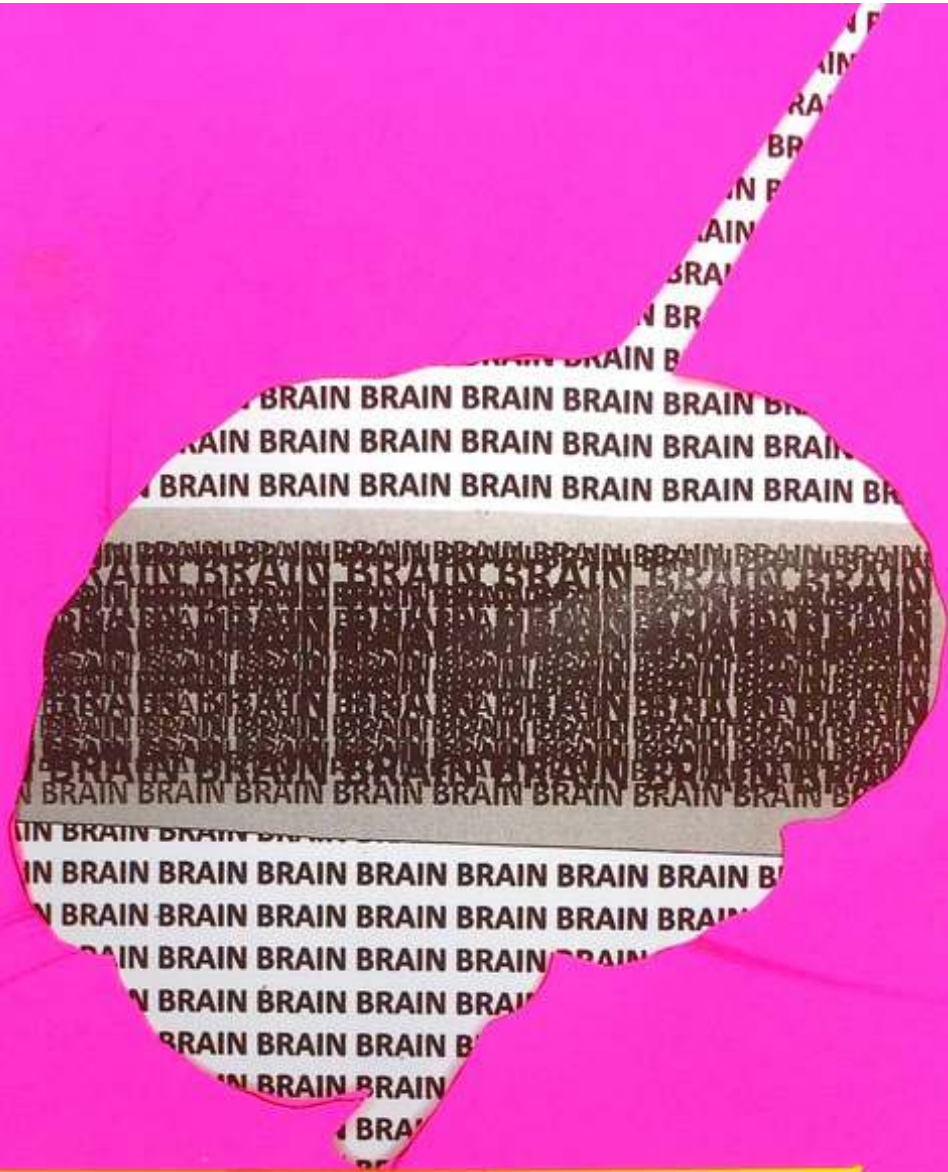
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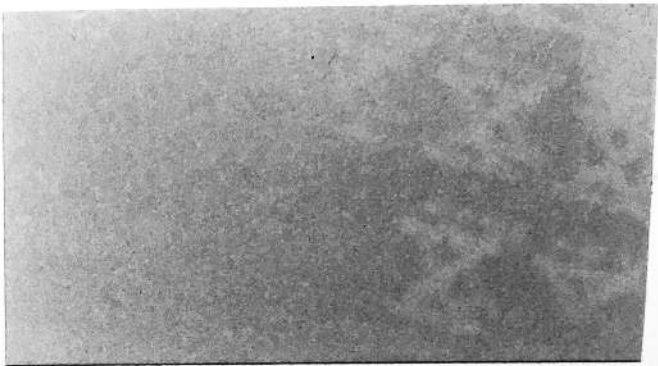












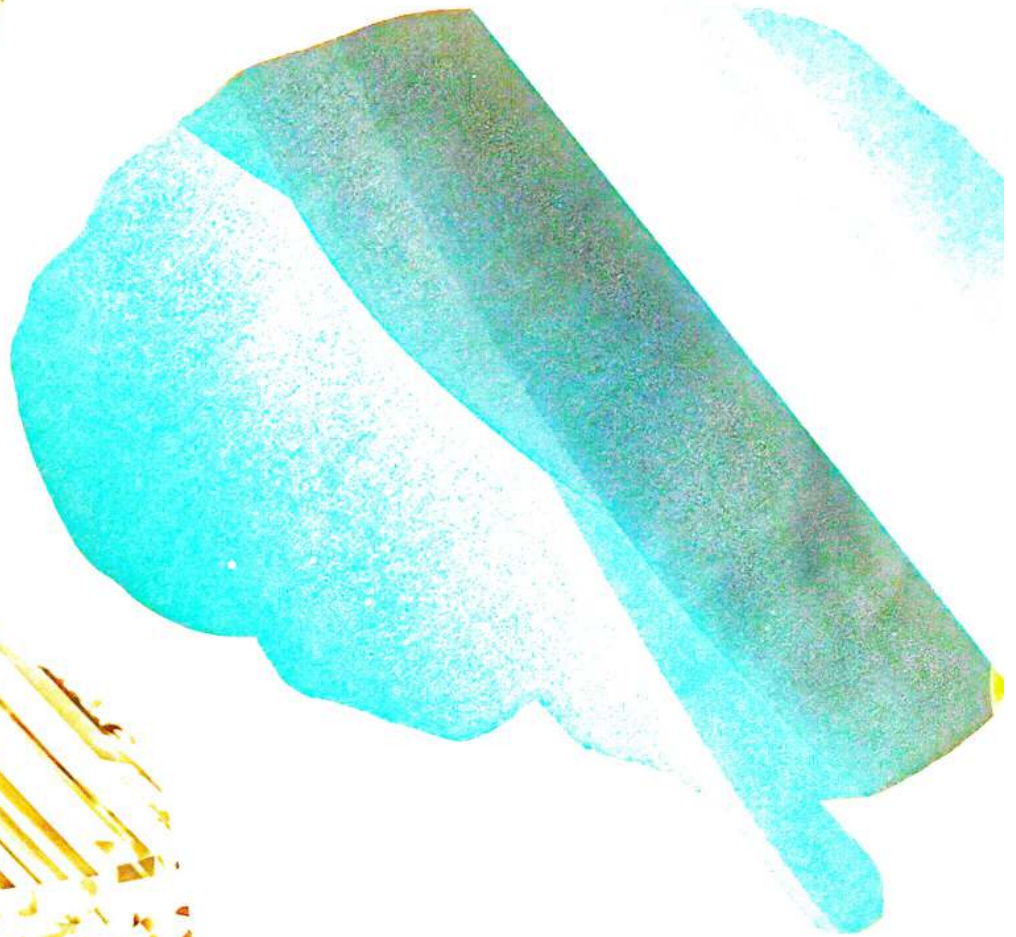


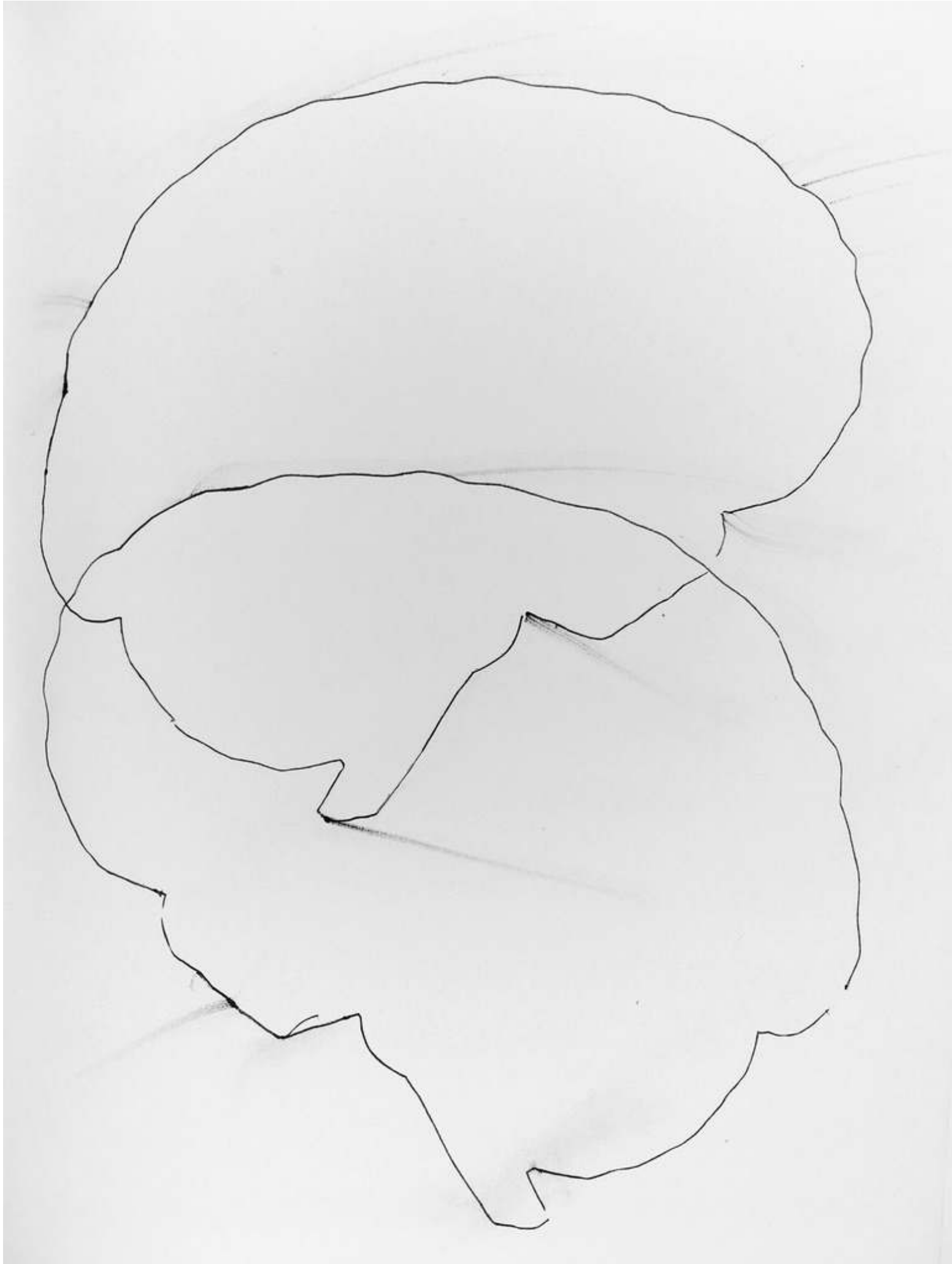
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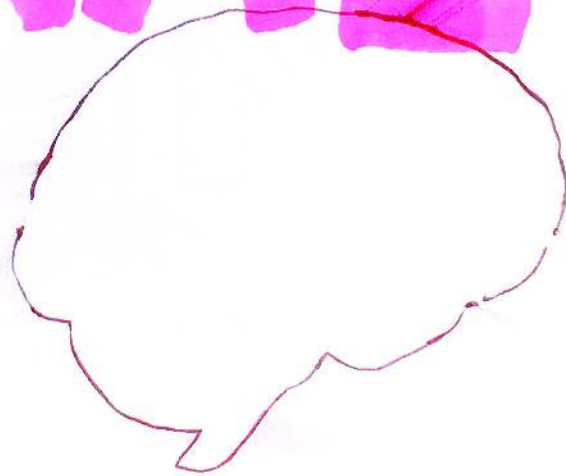




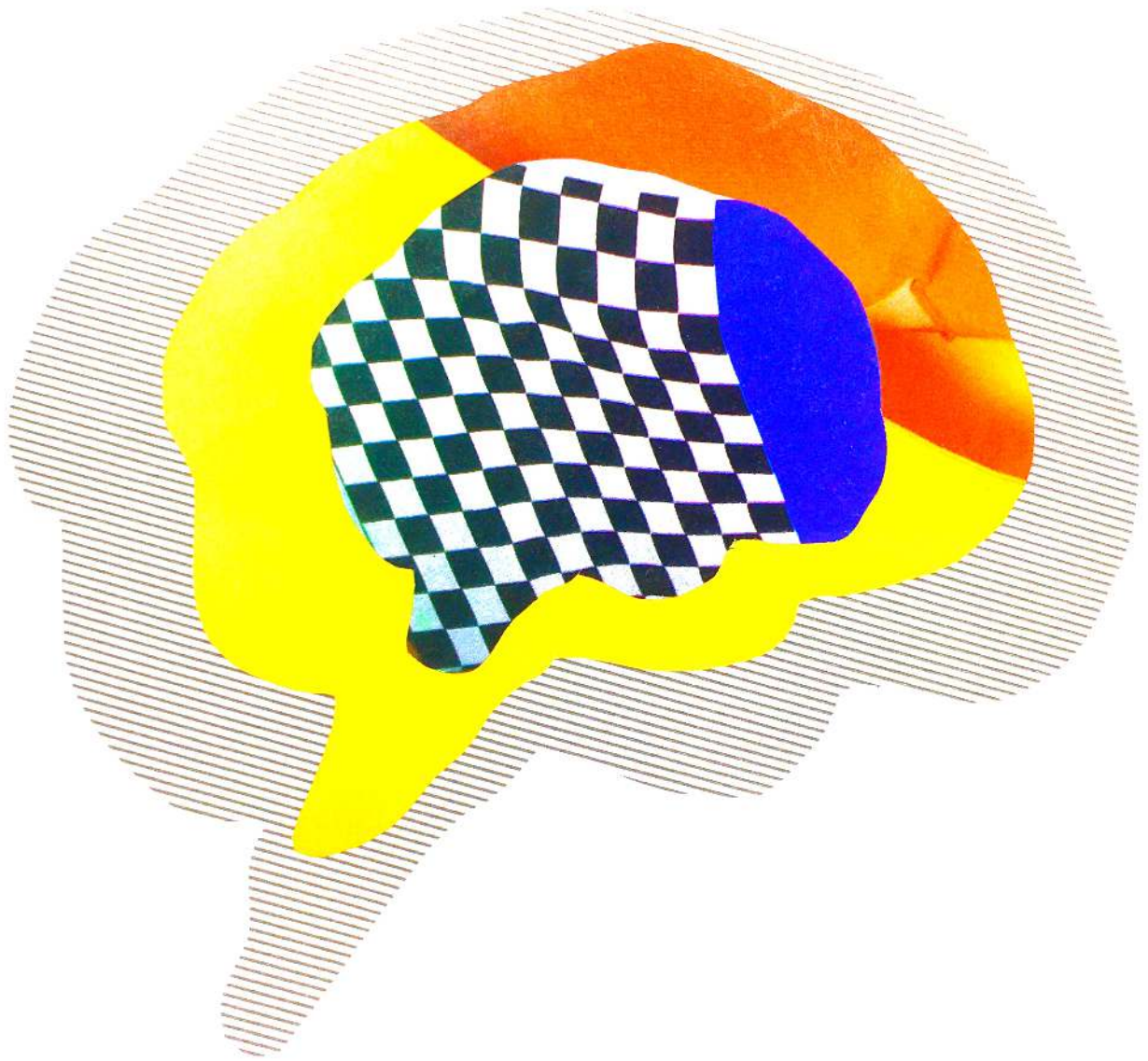
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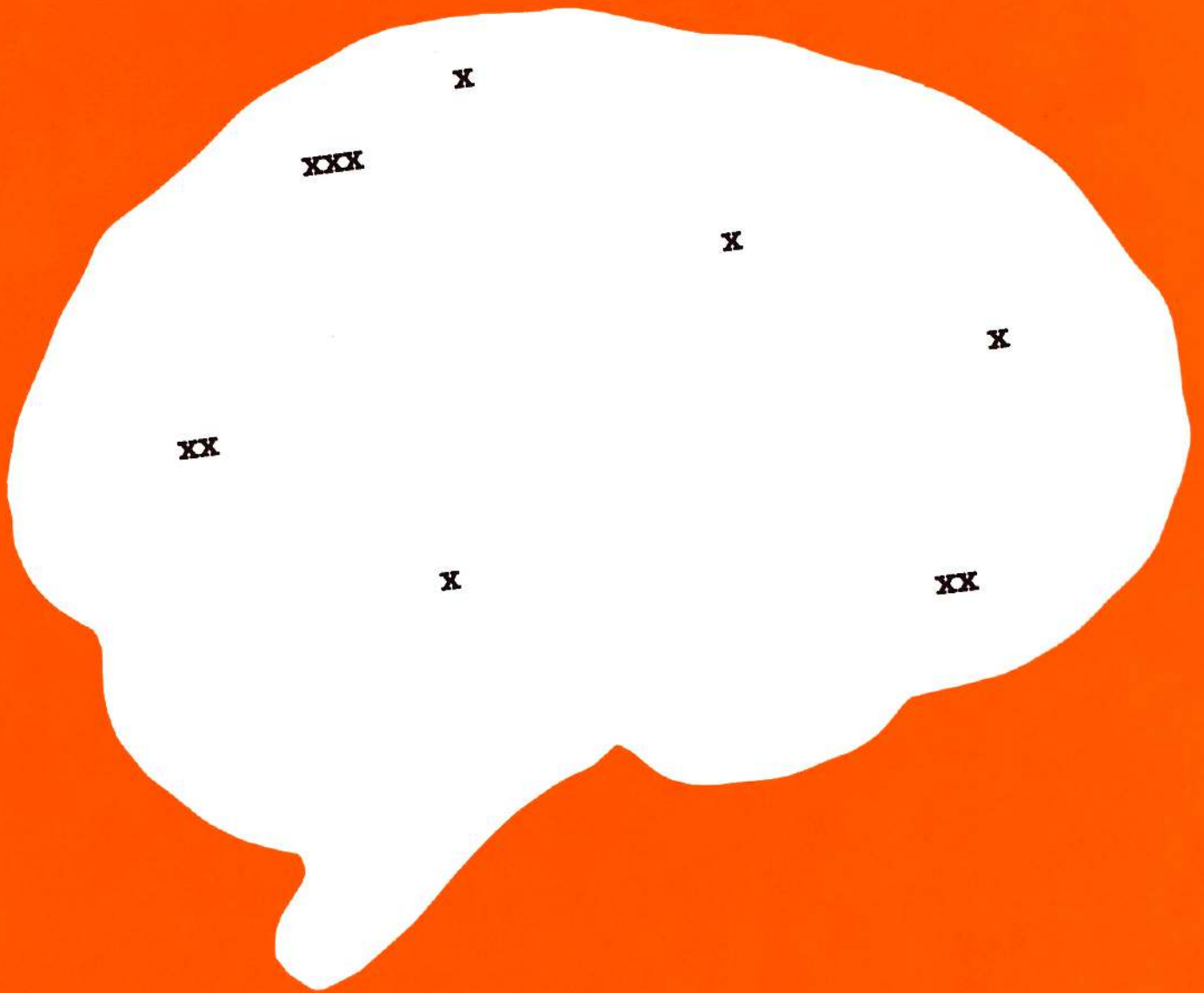
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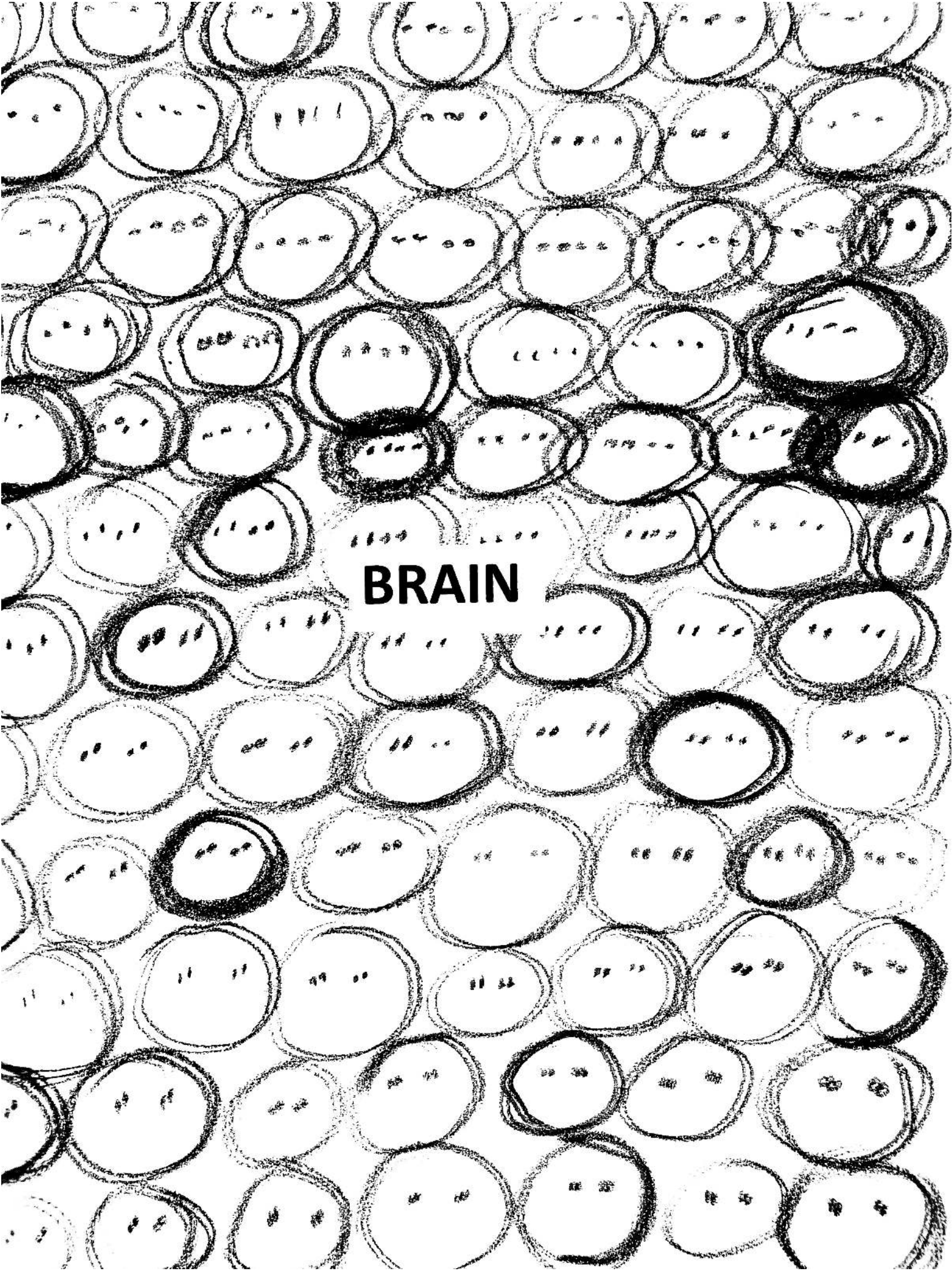
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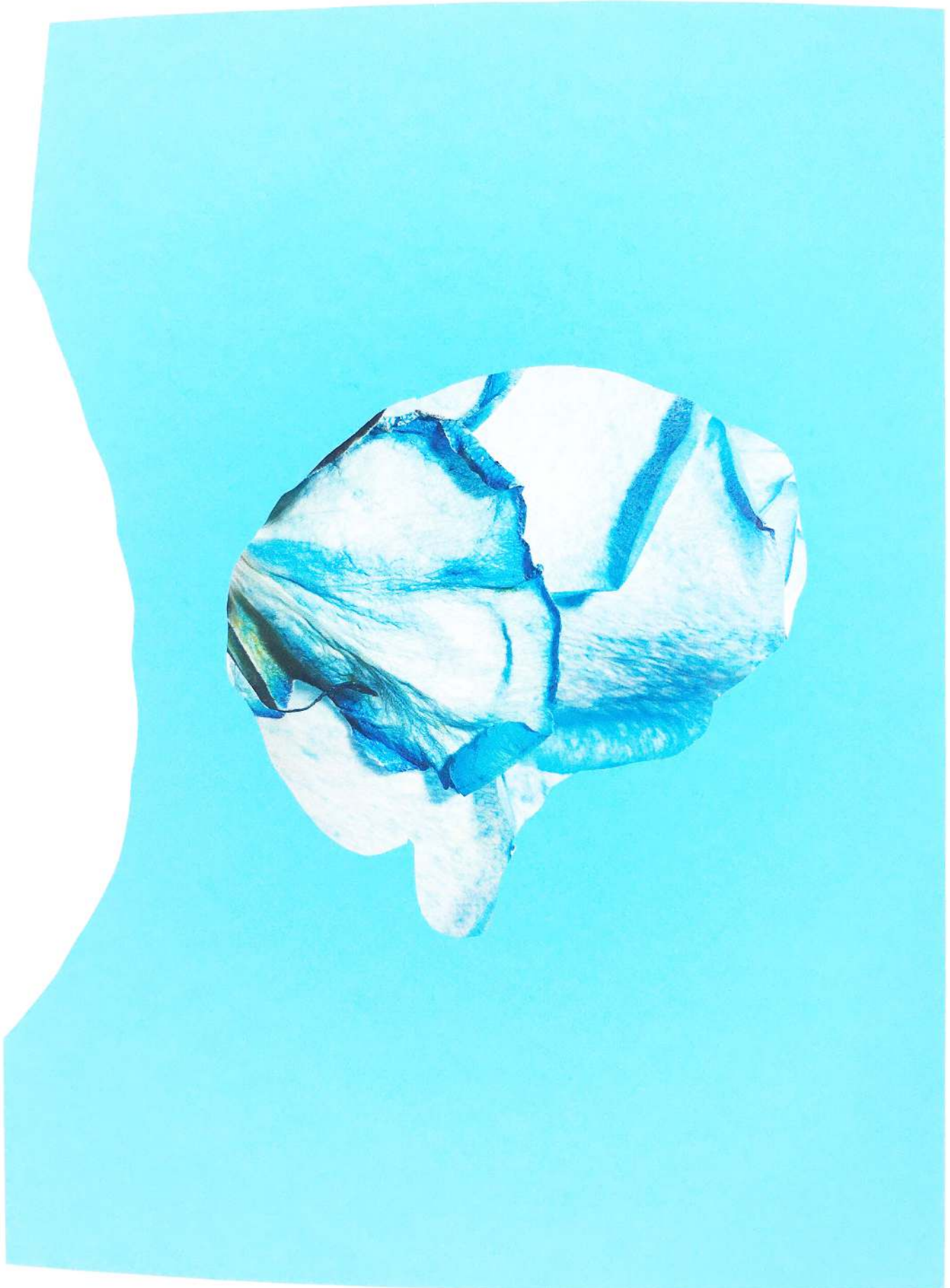


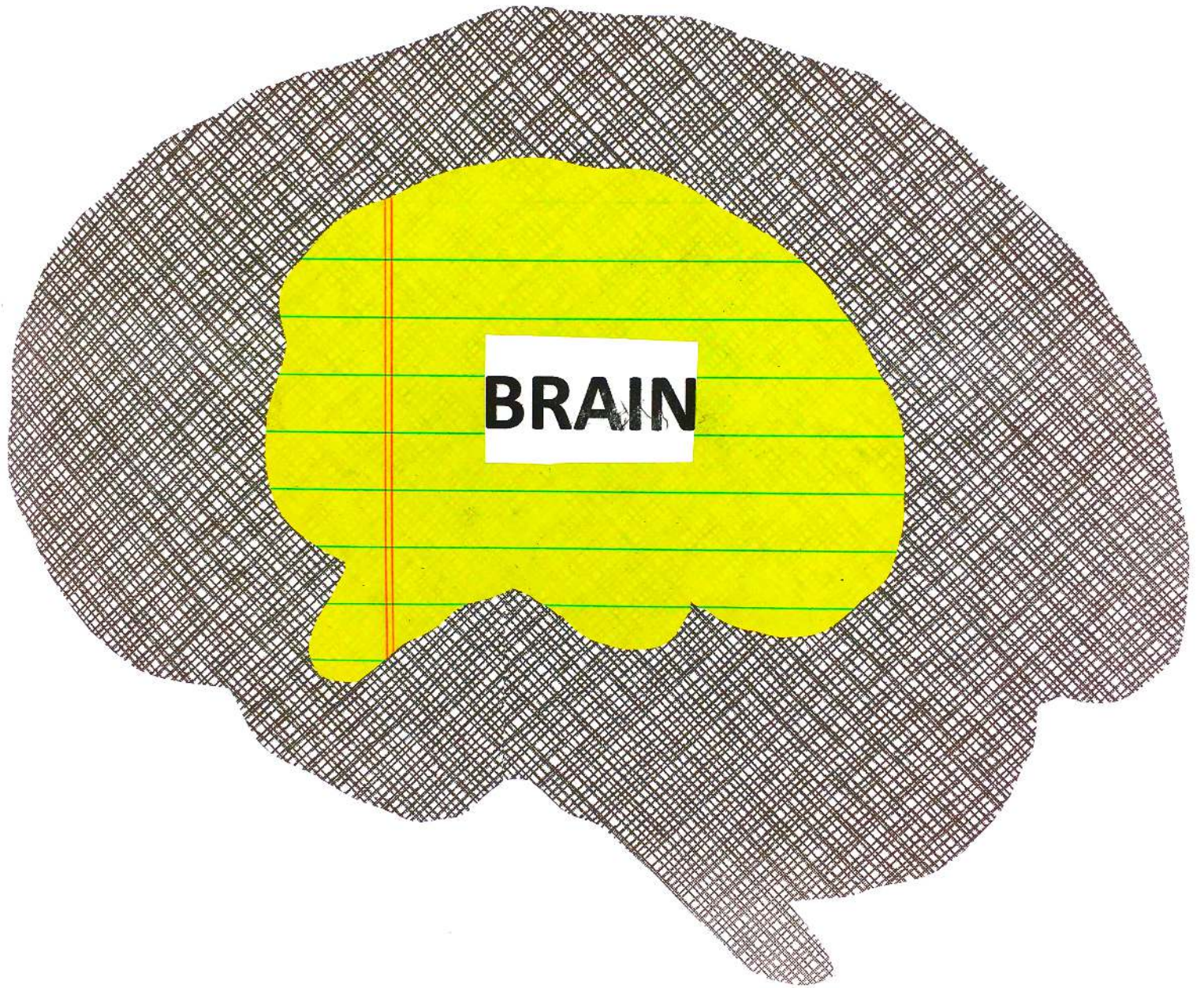




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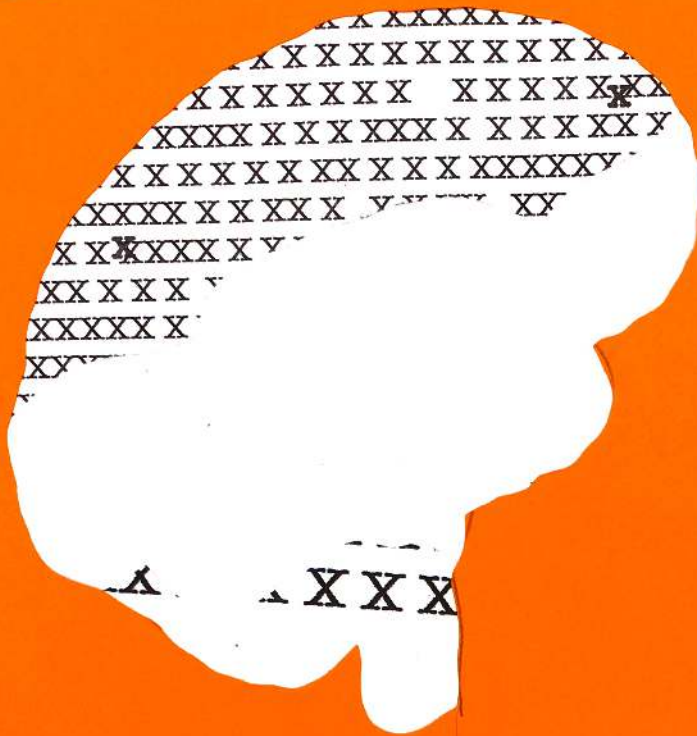


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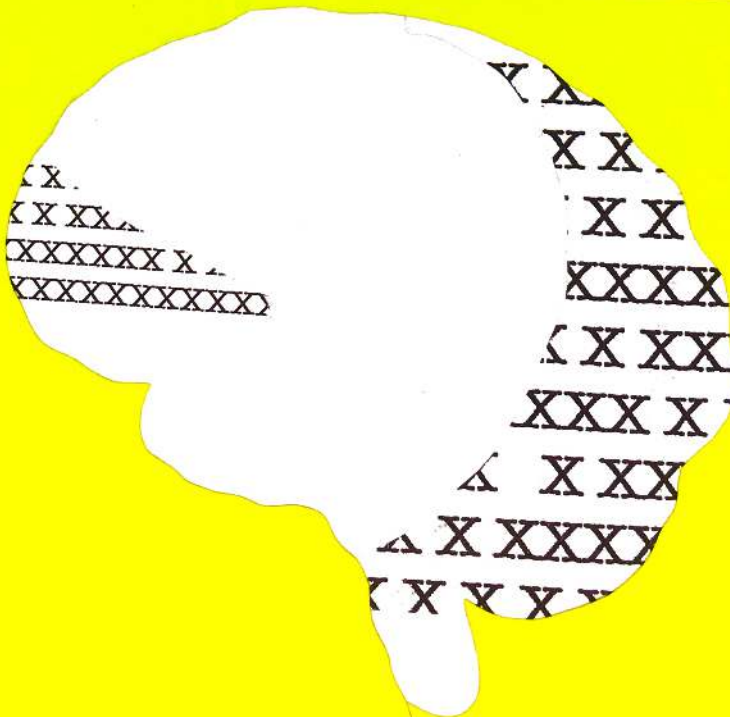
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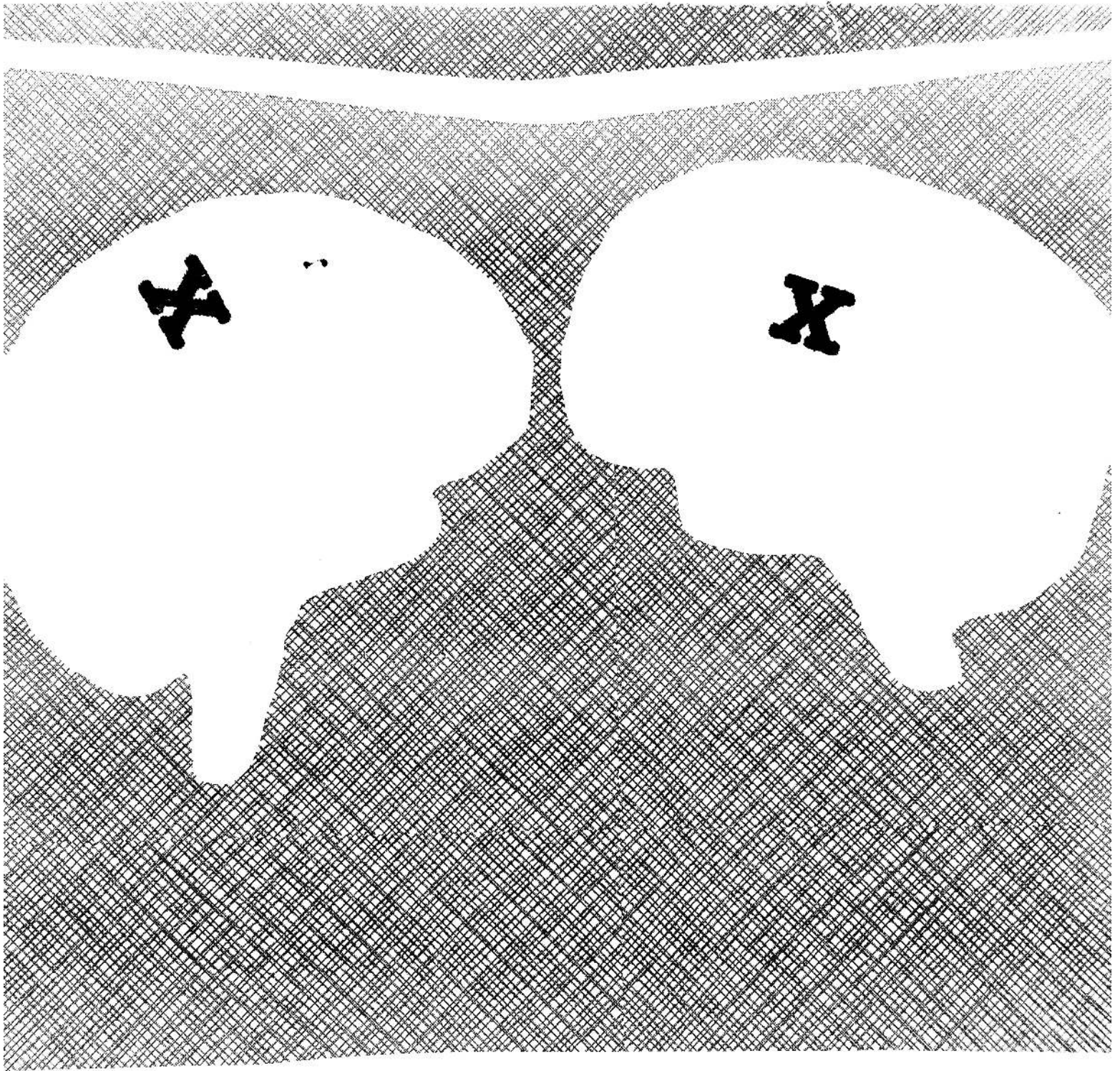


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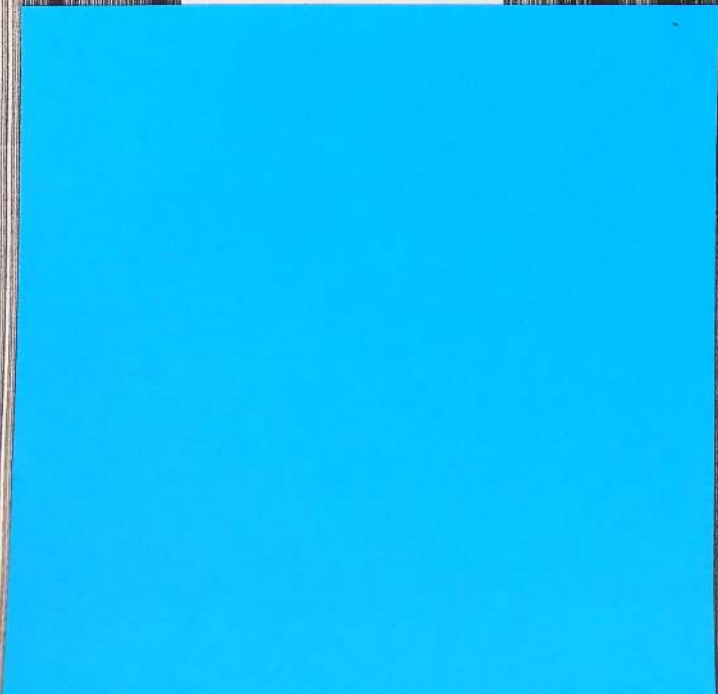








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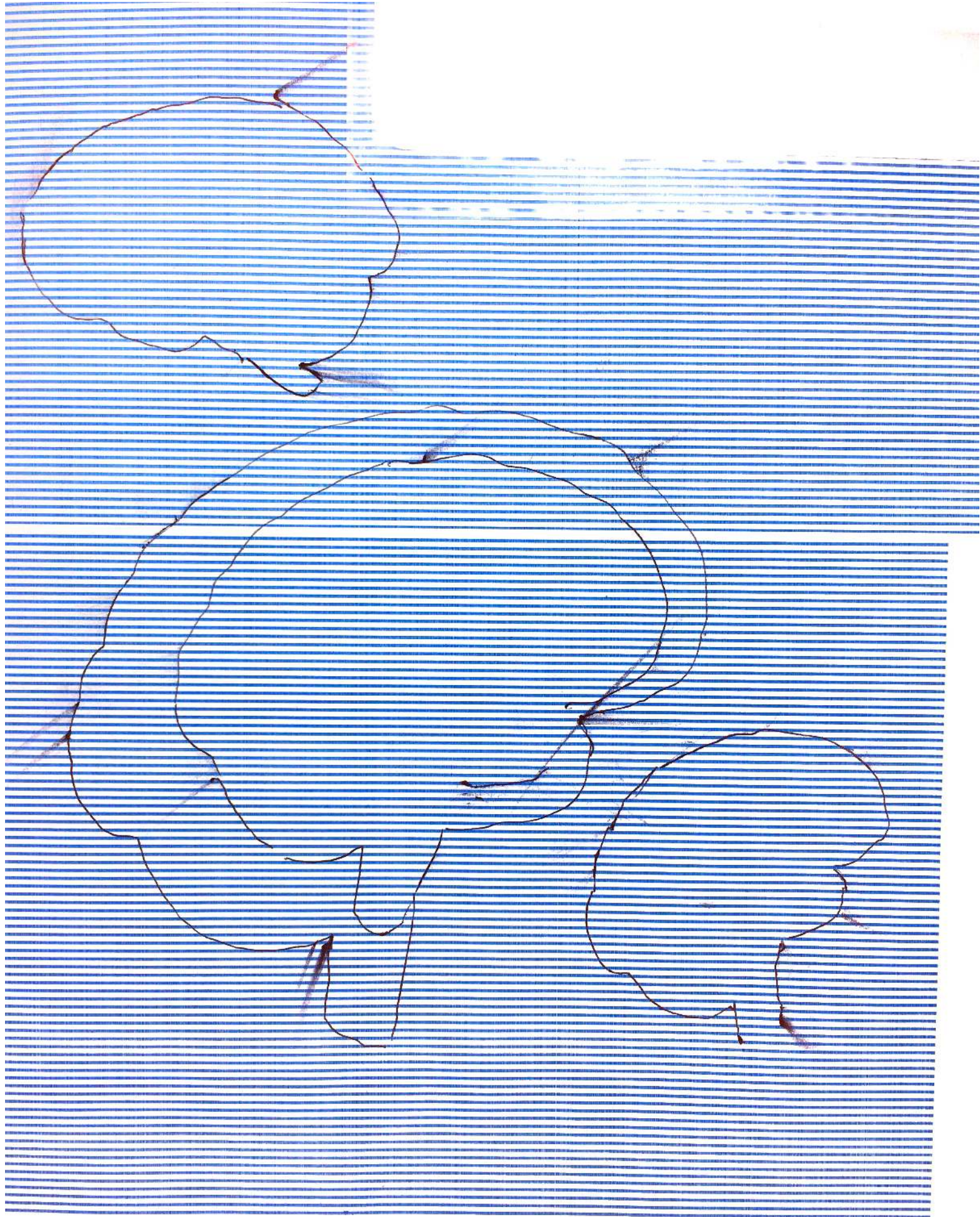
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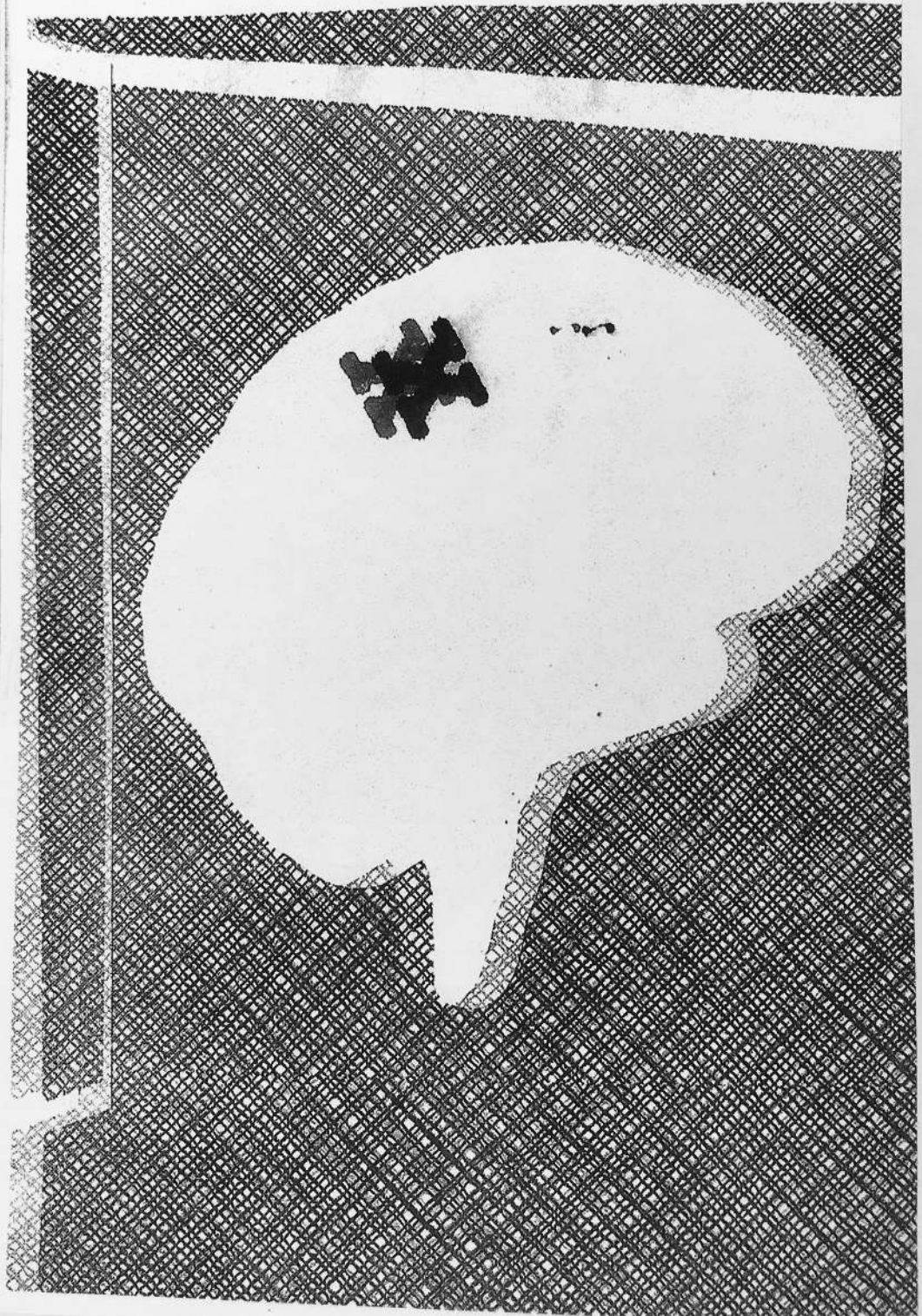


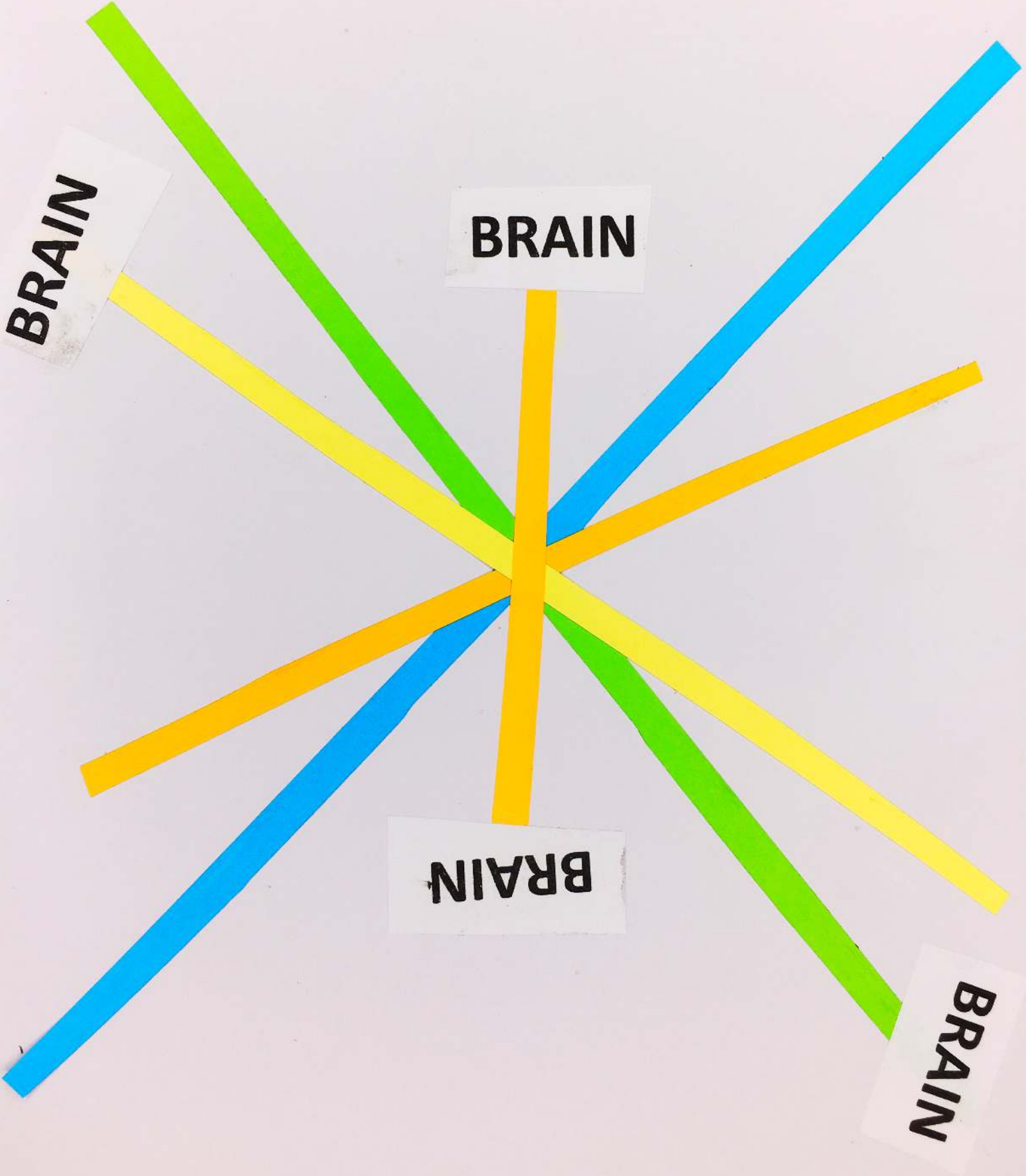


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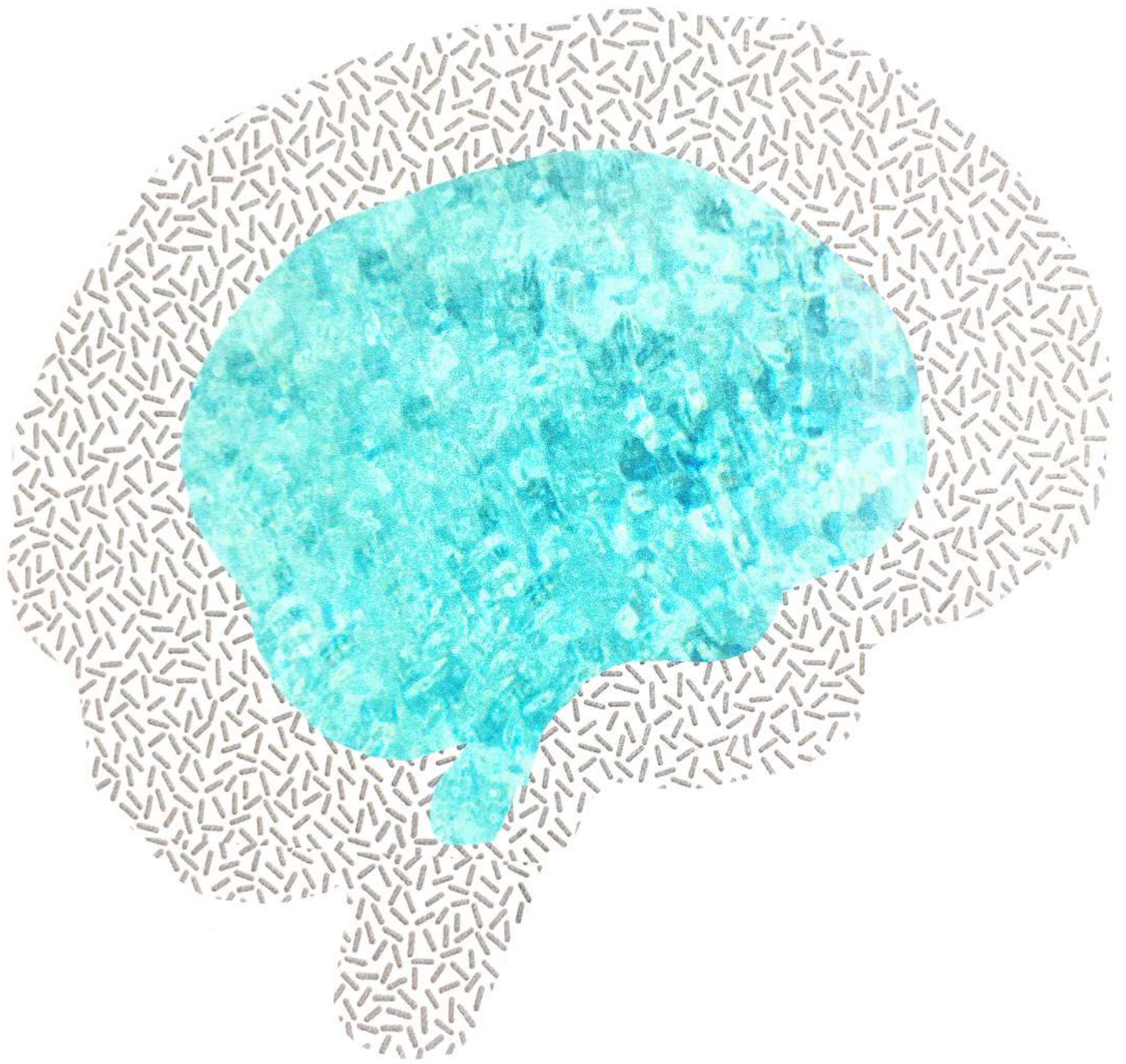
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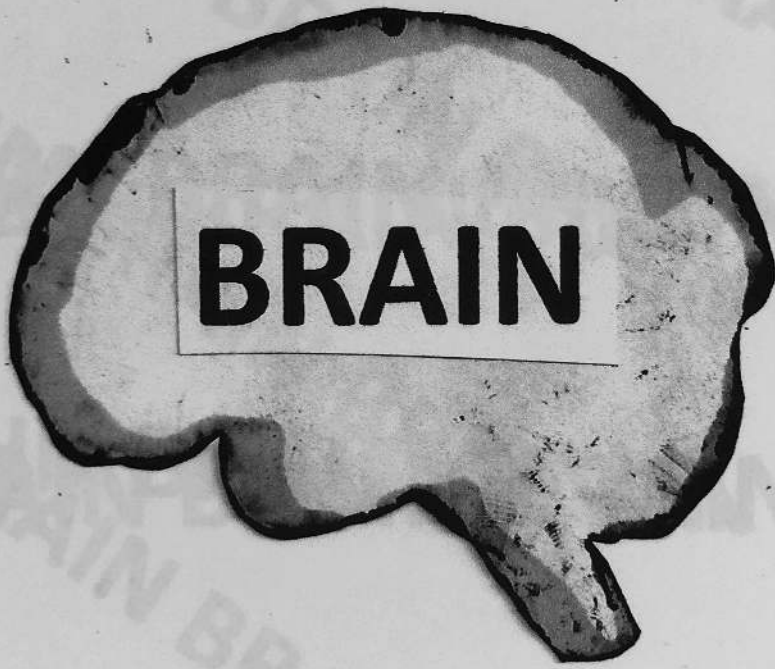




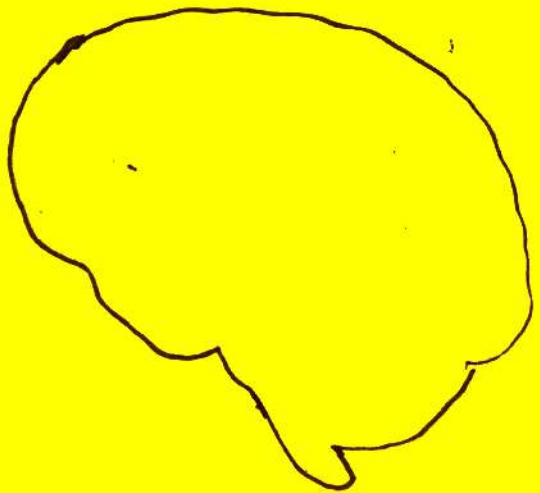
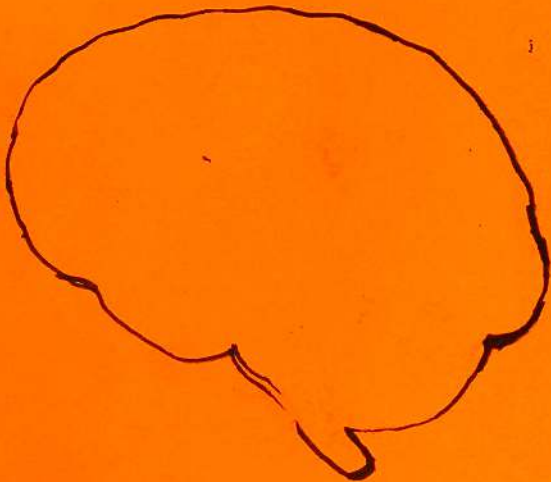
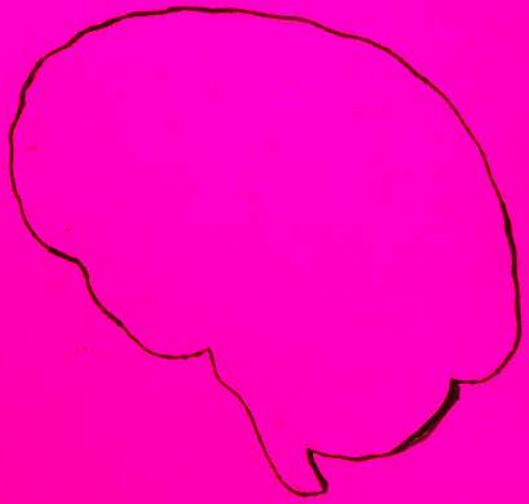
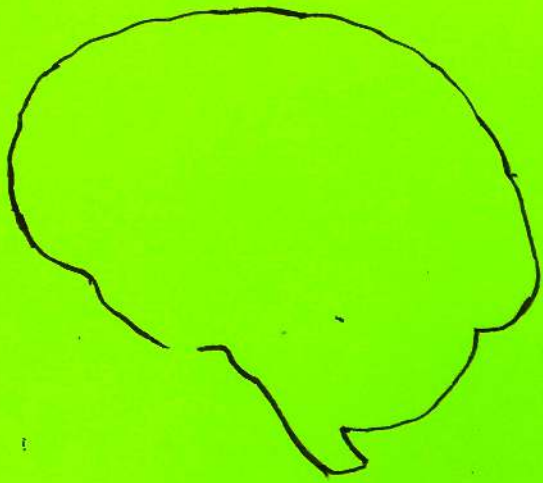


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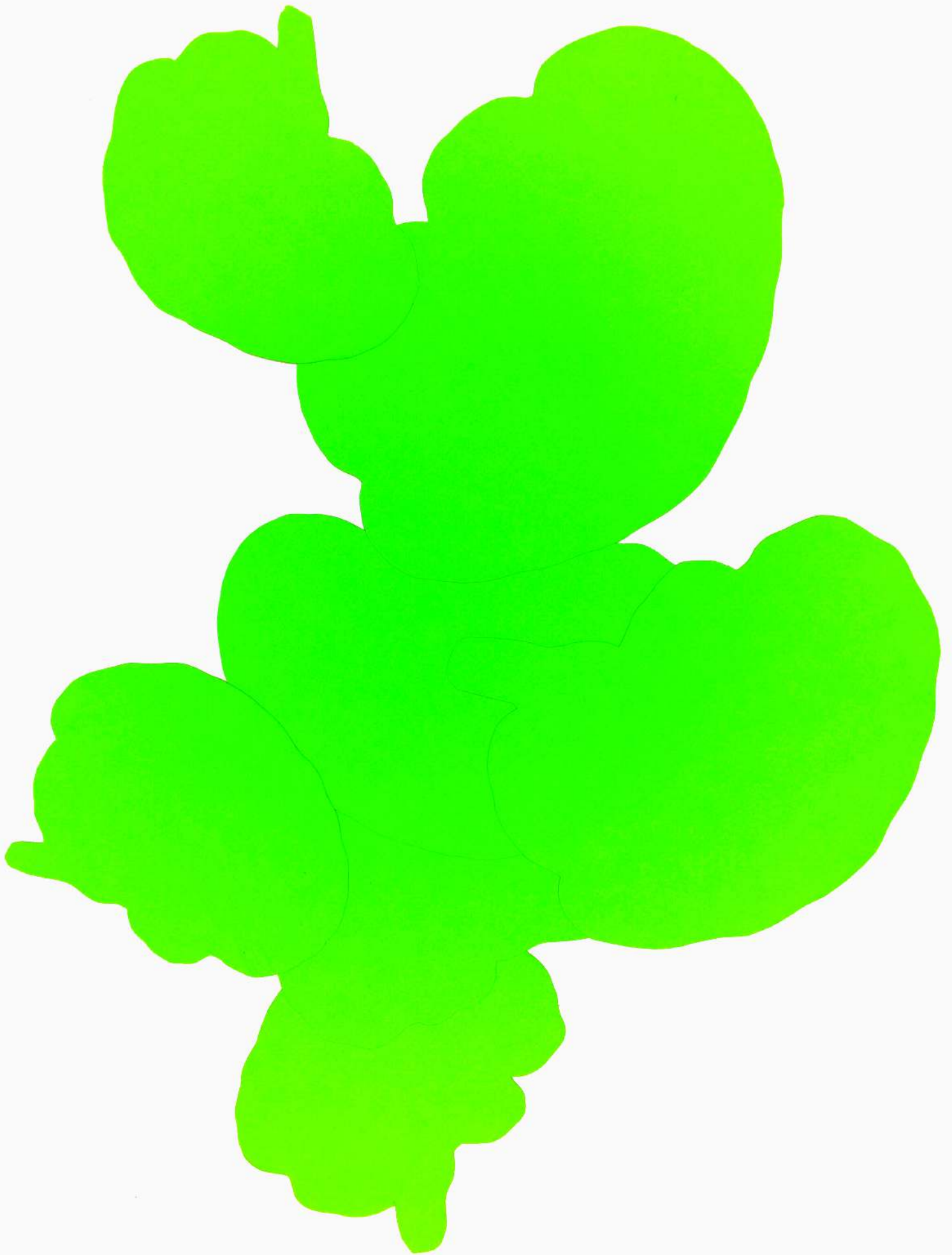


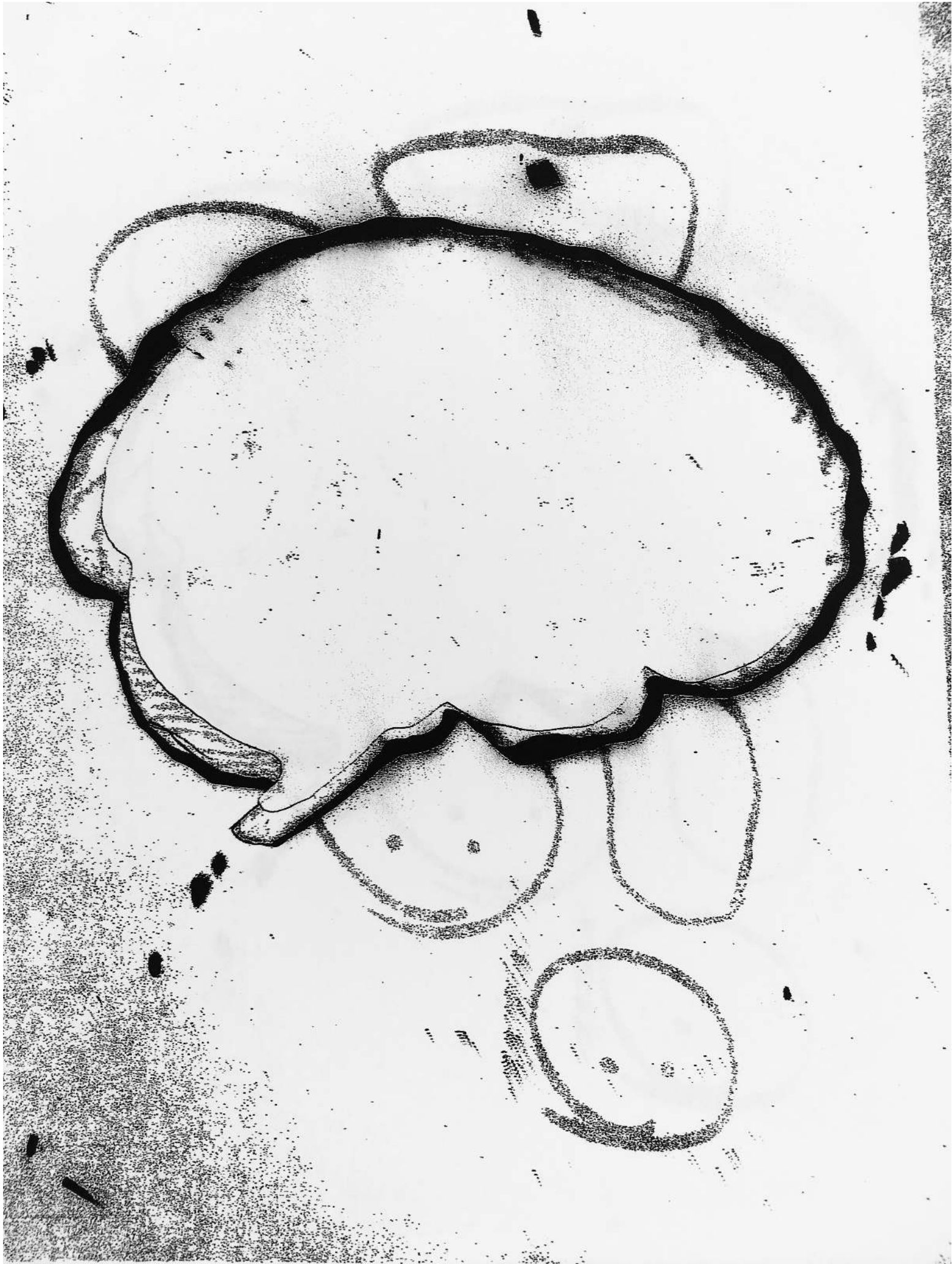


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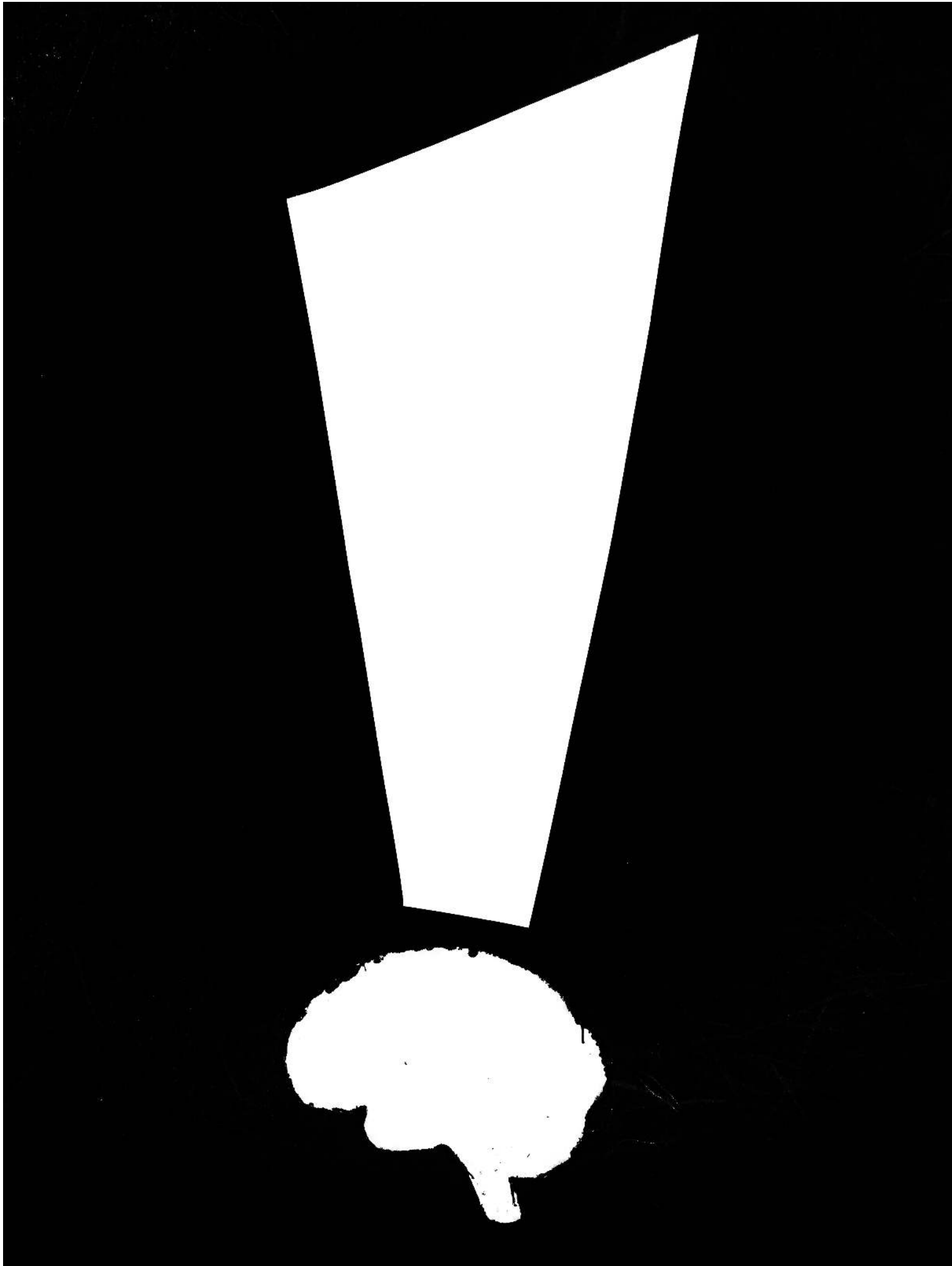
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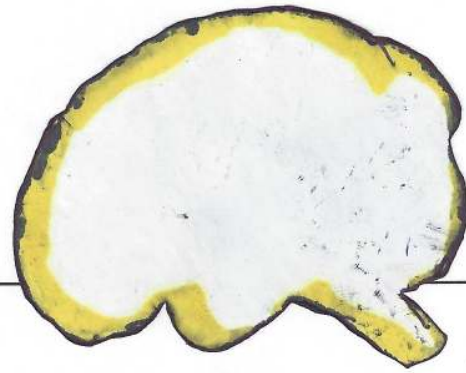
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ABOUT



ALLMED HEALTHCARE MANAGEMENT

Since 1995, tailored utilization management (UM) and independent review organization (IRO) services from AllMedSM have provided the informed guidance leading health care payers require to deliver determinations with confidence. AllMed works as an essential extension of their clients' teams to deliver clinical decision-making that supports improved patient care while ensuring appropriate health care utilization. The AllMed payer community impact is substantial, as evidenced by the coordination and management of cases for more than 200 million Americans.

To learn more, please visit AllMedmd.com or call (800) 400-9916.

DR. MICAH T HOFFMAN

Dr. Micah T Hoffman is a board-certified adult psychiatrist with specialty training in treatment-refractory mood disorders. Following the completion of his undergraduate studies in molecular biology and research in the genetics predisposing the development of melanoma, Dr. Hoffman went on to study at Jefferson Medical College in Philadelphia. He then completed his residency in psychiatry at University of California, Los Angeles.

Dr. Hoffman serves as Behavioral Health Medical Director for AllMed Healthcare Management in Portland and as a consultation-liaison psychiatrist at Cedars-Sinai Medical Center in Los Angeles. Historically, he has provided care across the behavioral health spectrum, ranging from inpatient to residential, to partial hospitalization (PHP) and outpatient levels of care. He has an extensive medical-legal consultation practice, specializing in civil litigation and medical malpractice defense, as well as focusing on quality measures in the delivery of psychiatric healthcare, with a focus on underserved populations.

JOHN SCHLIMM

John Schlimm is a Harvard-trained educator, mental health advocate, artist, and the international award-winning author of more than two dozen books. He is also the co-founder of the multimedia mental health initiative The Kindness Rocks & Smiles Community Project™, and creator of such Participatory and Interactive Art projects as *The Gen-Z Time Capsule* in collaboration with The Andy Warhol Museum, *The Smile Zine: Art and smiles should be accessible to everyone*, and *THE SMILE THAT CHANGED THE WORLD (is yours)*.

For more information about John, please visit: JohnSchlimm.com