

# The Outhouse

News you can use

When you gotta go...

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Shannan Breault, Editor

## Did you know...?

Naloxone (also known as Narcan®) is a medication called an "opioid antagonist" used to counter the effects of opioid overdose (for example morphine and heroin). It is used in opioid overdoses to counteract life-threatening depression of the central nervous system and respiratory system, allowing an overdose victim to breathe normally.

Narcan is available on campus and you can learn how to administer it in an emergency. If you would like more information or to schedule a training in the administration of Narcan, contact the Wellness Center.

## Concerned about substance use?

If you or someone you know is struggling with substance use, we can help. The Wellness Center partners with the Schoharie County Chemical Dependency Clinic (SCCDC) to provide evaluations and treatment for SUNY Cobleskill students. For more information, contact the Wellness Center and ask to speak to a provider about connecting with the SCCDC.

## - Editor's Corner - The Low-Down on Emotional Support Animals

The Wellness Center has been receiving an increased number of calls from students asking for documentation for an Emotional Support Animal (ESA). As a general rule, Wellness Center providers do not provide this documentation. I'm providing this information to you today to dispel the misperception that "All you have to do is call the Wellness Center and they'll write for your ESA."

To qualify for an emotional support animal in the US, the owner must have a documented **emotional or mental disability**, certified by a licensed mental or physical health professional. The ESA is "prescribed" to provide emotional support that alleviates the symptoms or effects of that condition.

My suggestion is to try counseling or other forms of treatment before exploring an ESA. If you have a home provider, you can also ask them to provide documentation of your diagnosis, treatment history, and need for an ESA.

- Shannan

360° OF WELLNESS  
WELLNESS CENTER SERVICES



The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

