

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

March 2015 - Issue 1

Co-Editors Shannan Breault and Cheryl Perog

HIGH times at College

Danielle Reu, Counselor

Marijuana is a psychoactive substance that alters perception. Marijuana affects Dopamine production (a natural feel good chemical in your brain) and reprograms your brain to need continued use to achieve your previously normal levels of dopamine. This only works temporarily, causing people to use again leading to Dependence. The active component in marijuana (THC) has increased 300% since the 1960s. Marijuana use can cause: happiness, laughter, increased appetite, laziness, impaired short-term memory, impaired cognitive functioning, and reduced motor function. Instead of using marijuana, get your "high" through: eating nutritious foods rich in antioxidants, exercise, interacting with others, playing challenging or competitive games, and getting good sleep.

How I found Mental Health Recovery with Jason Paden



Jason Paden, a former Cobleskill student, is a Mental Health consumer with a very unique & informative perspective regarding Recovery from Mental

Illness. Diagnosed in 2000 with the combination of two of the most difficult to treat mental health disorders – Bipolar and Schizophrenia – his situation could easily have been a "worst case scenario". Today – 15 years later – Jason is well and in full recovery. With his interesting combination of dialog, music and multimedia, Jason presents his optimistic story, summarizing strategies that have been beneficial in his own healing journey, and most importantly, instilling HOPE that Mental Health Recovery is possible...even for a worst case scenario like him!

**Tuesday, March 10
7pm
Bouck Theater**



Red Cross safety tips for the cold and icy weather

Exposure to cold can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. The American Red Cross offers these tips to stay safe in the cold weather:

- Dress in layers before going outdoors so you can adjust to changing conditions. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions even when the temperature is not that low.
- If possible, avoid being outside in the coldest part of the day, or for extended periods of time in extreme cold weather.
- Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears.
- Mittens provide more warmth to your hands than gloves.
- Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.
- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup. Avoid drinking caffeine or alcohol if you expect you or someone you are trying to help has hypothermia or frostbite.
- Keep a winter storm survival kit in your car. This should include blankets, food, flares, chains, gloves and first aid supplies.
- Prepare your vehicle. Winterize your car by taking it to a trusted mechanic, who will check things like the tires for appropriate pressure and tread, the cooling system, the battery, the wiper blades and washer fluid, etc.
- During the winter months, make sure to keep your gas tank near full to avoid ice in the tank and fuel lines. Keep extra blankets in the trunk in the event that you are stranded and have to wait for help.

www.AmericanRedCross.org

SPRING BREAK 2015

Spring break 2015 is almost here! We know it is a much needed break from midterms, papers, and other school responsibilities. However, it is important to spend this time in a positive and healthy way, so you can return to school ready to take on the rest of the semester. Here are some things to keep in mind:

- Going home from school at any time can be a difficult adjustment. **Keep communication open** with your family and friends about how you are feeling, especially if you have been struggling in any way at school.
- If you do choose to drink during Spring Break, remember to use moderation, drink water frequently and look out for yourself and your friends. Nothing is worth endangering your wellbeing. Stay true to yourself and only do what makes you **feel comfortable and safe**.
- Looking for a different way to spend your time off? Consider volunteering or supporting your community in some way. A number of nonprofit organizations offer **Alternative Spring Break** options. Check out these ideas from DoSomething.org
- Try not to spend your short time off stressing about school, work, or what other people are doing for their vacation. **You deserve a break** – enjoy it!

Mental Health Screening

Winter is almost over, the semester's well underway, Spring Break is coming...you should be feeling relaxed and happy. Why don't you? Is it stress, depression, anxiety, something else? The Beard Wellness Center offers free, anonymous, on-line mental health screenings to help you identify if what you're experiencing could be a sign of an underlying mental health condition. To take the screen, go to: <http://www.mentalhealthscreening.org/screening/cobleskill>

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

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)

