

# THE CAN CHRONICLE

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

### March 2017

Co-Editors Shannan Breault and Cheryl Perog

## Peer Educator Corner

### SPRING BREAK

March 20<sup>th</sup> -24<sup>th</sup>

Sabrina Colletti & Alyssa Riewerts

Spring break is a good time to relax and take time for yourself. Whether you're staying home or going away, remember to have fun and be safe.

If you're traveling during spring break, here are a few tips:

- Stay with your group. Don't wander alone - especially if you're out of the country.
- Always have some form of identification.
- Do not leave drinks unattended.
- Always apply sunscreen if you're going to be in the sun.

If you're staying home, here are a few things to do:

- Enjoy your time with family and friends.
- Volunteer at your local animal shelter or soup kitchen.
- If it is nice out, go for a hike.

### Mental Health Screenings – Substance Use

Each year nearly 30,000 people die from misuse and abuse of opioid painkillers and heroin in the United States. Help us spread the word about this deadly epidemic. The Wellness Center offers anonymous online screenings for substance use. Visit the Wellness Center page or use this link to take a screening:

<http://screening.mentalhealthscreening.org/cobleskill>. Visit the Wellness Center to talk to a provider if you have concerns.

### Iron Deficiency and Women

Come learn how iron can impact health and how you can make a difference in your own well-being.

Cindy Chan Phillips, MS, MBA, RD  
Bouck Theater  
7pm  
March 29



## Think Before you Drink:

1. Remember that the legal drinking age is 21!
2. Know your limit & plan ahead.
3. Eat food before and while you drink.
4. Sip your drink (slow down).
5. Skip a drink now and then and substitute with a non-alcoholic drink like water.
6. Plan ahead for transportation - appoint a designated driver.
7. Respect the rights of individuals who do not wish to drink.
8. Keep track of how many drinks you are consuming. "AlcoDroid Counter" and "R-U-Buzzed" are apps that can help track your drink count.
9. Avoid drinking games – but if you do play, space it to one round per hour.
10. Don't leave your drinks unattended.
11. Alcohol and sex do not mix — drunken sex is not consensual sex.
12. Careful what you combine, most drugs and alcohol do not mix well. Be sure to read all warning labels.

<http://www.preventionlane.org/young-adults-alcohol-safe-drinking-tips>

### The Scoop on Substance Use – Danielle Reu, LMHC

The habits we create in college can follow into our lives long after we leave. Abusing substances can lead to addiction and many mental, physical, academic, and judicial/legal consequences.

**Substance abuse** is the "excessive use of a drug (such as alcohol, narcotics, or cocaine) or the use of a drug without medical justification.

**Addiction** is the persistent compulsive use of a substance known by the user to be physically, psychologically, or socially harmful.

The most commonly abused substances at colleges are: alcohol, marijuana, Adderall, and Ecstasy (Molly). Reasons for abuse include stress, curiosity, and peer pressure.

If you, or someone you know, are abusing substances help is available. Reach out to the Wellness Center for additional information.

### Leadership Workshop By Tim Collins

Our guest speaker Tim Collins will help you develop your leadership skills! Learn assertive communication skills and steps to create a safe campus culture through a combination of Bystander Intervention discussions and role-playing exercises.

**Location: Upper Champlin**

**Date: Monday, April 3rd**

**Sessions**

9:00 am-10:30 am

12:30 pm-2 pm

5:00 pm-6:30 pm

Email [Feeneykm@cobleskill.edu](mailto:Feeneykm@cobleskill.edu) to sign up for a session.

### Accepting Peer Educator Applications

The Wellness Center is going to be hiring! We are looking to hire new Peer Educators for Fall 2017. This is a paid position. For more information email [PeerEducators@cobleskill.edu](mailto:PeerEducators@cobleskill.edu) or visit the Wellness Center's page to fill out an application. Applications are due by April 18<sup>th</sup> by 4:15 pm.

### The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819 Nurse Call Line 518-255-5622

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-Directors Mary Radliff/Lynn Ontl at 518-255-5225