

THE CAN CHRONICLE

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

May 2017 Issue

Co-Editors Shannan Breault and Cheryl Perog

The Pathway To Your Success

The Health and Wellness Committee is sponsoring walks with faculty and staff.

One lucky student will win a FitBit Charge 2

Meeting at Bouck Patio in front of Twisted Whiskers

May 1st 4:15 pm-5:15 pm

Will Kelly & Maureen Blanchard

May 2nd 2:00 pm- 3:00 pm

Dr. Terenzio & Ron Pleban

May 4th 10:30 am- 11:30 am

Ron Pleban & Mike Wacksman

May 5th 1:00 pm- 2:00 pm

Kim Sternheimer & Lynn Ontl

Peer Educator Corner

You've Made It!!!

By Jessica Guarneros



Here comes the day we have all been waiting for – Graduation. Exams, essays, projects, all-

nights, stressful eating, and hard work are all part of a difficult road that lead to the one day that makes it all worthwhile. We can all agree that the years we spend earning an education and pursuing a degree can be very stressful and full of obstacles, such as disappointments, failures, distractions, and downfalls. Graduation is the reminder we have that it wasn't all for nothing. At the end of our journey, we notice our accomplishments, successes, improvements, and strengths. It was all part of the hard work we put into the path that lead to the end of our college career and the beginning of the rest of our lives.

Here are some tips to remember as graduation approaches. The Student Success Center is the go-to place for help in gathering details of your work history and skills to prepare an outstanding resume. They also offer practice interviews to help you become comfortable. The Student Success Center can be reached at 255-5624. Remember to study ahead of time and pick up graduation supplies from the bookstore. Congratulations graduating class of 2017!

13 Reasons Why: Fiction NOT Fact

If you haven't seen it, you've probably at least heard of the Netflix series 13 Reasons Why. This series is controversial for several reasons but does start a conversation on important topics such as bullying, sexual assault, mental health and suicide. Here are 13 points to consider:

1. The show is graphic, containing trigger warnings. You have a decision: Am I well enough to manage these?
2. Suicide is not something to be romanticized or glamorized, it is a tragedy.
3. Hannah's tapes imply she is still able to communicate. Recordings left behind are NOT the same as "living on."
4. Suicide is not revenge and it is not the fault of the survivors, ("We all killed Hannah"). Suicide is a decision made by someone who feels no sense of hope and is unable to get the help they need.
5. Suicide affects everyone and you can help. If you are concerned- speak up!
6. Some signs of suicide include: sadness, isolation, decreased energy, difficulty concentrating, sleep problems, appetite changes, restlessness, feelings of guilt, hopelessness, helplessness, worthlessness, anger, agitation, increased substance use, sudden sense of calm, giving away belongings, goodbye messages, and talking about suicide.
7. Talking openly and honestly about suicide will not increase the risk that someone will make an attempt.
8. There are many ways the individuals cope with their pain: art, poetry, exercising, talking to friend, seeing a counselor, and others. Most people experiencing hard times do not choose to cope through self-injury or attempt to commit suicide.
9. The show demonstrates some negative consequences of substance use such as bad decisions/judgment, sexual assault, accidents, and physical violence.
10. School counselors are poorly portrayed in the show. A quality counselor will not dismiss concerns or refuse help if someone will not disclose names of perpetrators.
11. Title IX is a Federal Non-Discrimination Law, which allows for services for individuals experiencing sexual harassment or assault. Our campus Title IX Coordinator is Lynn Berger (Knapp Hall- Human Resources).
12. The show emphasizes being kind. Even the smallest interaction with peers can have a positive effect on others.
13. If you have watched the show and feel that you need to talk, there are many campus resources. Reach out to the Wellness Center, UPD, the RDs, your RA, your friends and other supports. There is always someone who will listen- continue to look until you find someone that is helpful for you!

Sources: adapted from information released by the JED Foundation, SAVE (Suicide Awareness Voices of Education), and the SUNY Cobleskill Wellness Center.

Mental Health Screening

Leaving campus for the summer months? Don't forget: you still have access to the Beard Wellness Center's online mental health screening resources--even while at home. Take an anonymous screening for depression, alcohol, eating disorders, or other mental health problems at:

<http://www.mentalhealthscreening.org/screening/cobleskill>. Have a safe and healthy summer break!



Congratulations Class of
2017!!!



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