

# THE CAN CHRONICLE

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

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### How I Found Mental Health Recovery

The Wellness Center and Peer Educators are pleased to welcome Jason Paden back to campus. Diagnosed with Bipolar Disorder and Schizophrenia, Jason's life was full of hardships, internal suffering, and crisis. Today, Jason (a SUNY Cobleskill alumni) is well and in full recovery. He's developed a healthy lifestyle that keeps him fully healthy, happy and increasingly productive. Now Jason is speaking at the college to tell you about it.

October 19, 2015  
7:00 p.m.  
Bouck Theater

### Anonymous Online Mental Health Screenings

One in four young adults between the ages of 18 and 24 have a diagnosable mental illness. Find out if your symptoms warrant an appointment with a mental health professional by taking an anonymous self-assessment at: [www.screening.mentalhealthscreening.org/cobleskill](http://www.screening.mentalhealthscreening.org/cobleskill)

### QPR

**(Question, Persuade, Refer)**  
*How do I help someone who might be feeling suicidal? What do I say to them? Who is there to help me?*

The Wellness Center is presenting QPR, a suicide prevention program that prepares you to identify people having thoughts of suicide and connect them to resources. QPR will teach you the three steps to help prevent suicide (Question, Persuade, and Refer). You will also learn who your resources are and how to make a referral. SUNY Cobleskill values the lives of each member of our community. Please join us in learning how to reach out and help one another. This training is free for faculty, staff, students, and community members.

Wednesday, October 28  
4:30-5:30pm  
Upper Champlin

Space is limited so reserve your spot by Friday, October 23, through the Wellness Center (255-5225) or with Shannan Breault ([breaulsk@cobleskill.edu](mailto:breaulsk@cobleskill.edu)).

### How to Stay Mentally Strong

Whether you're going through a hard time, you're depressed, or feeling down, staying mentally strong can help overcome the downsides in life. Here are some tips to help you stay mentally strong in your life.

- 1) Write your current feelings down.** Writing your feelings down can give you a clearer idea of the reasons why you're feeling the way you are. Sometimes bad feelings can be easily fixed by you, if you can identify them.
- 2) Stay Active.** Exercise helps the brain create 'feel-good' chemicals which will almost always boost your mood to some extent. Go for a walk, jog, go to the gym – do some action that gets your heart pumping.
- 3) Become An Optimist.** Easier said than done, but learn to notice the more positive sides of your situations. You might be going through a hard time, but there is always something positive to think about or look forward to that can overcome the negative.
- 4) Music.** Play music that appeals to you - maybe something that you can relate to in some shape or form. Make sure the music is not sad and negative. Play happy songs.
- 5) Socialize.** Talking to positive & happy people will soon have an effect on you and can change your outlook over time.
- 6) Learn To Relax.** For a short while every day, simply relax, let everything go, and look at your situation from a different perspective.
- 7) Sleep.** A good night's sleep will make you feel better. A rested mind is a healthy mind, and a healthy mind is a happy mind!
- 8) Talk to a professional.** Sometimes the hard times are more than we can handle alone or even by sharing with our friends. Come to the Wellness Center and talk to one of our staff members – we're here to help!



### Staff Spotlight

The Wellness Center is pleased to introduce **Douglas "Dug" Coons** as our newest staff member.

Dug grew up in Voorheesville, New York where he graduated from high school. He joined the Navy in 1981 and was on active duty for almost eight years where he worked as a parachute rigger and Navy Diver. Upon leaving active duty he served another seven years in the Naval reserves. He transferred to the 139<sup>th</sup> Aero Medical Evacuation Squadron, where he worked as a Medical Technician. He deployed numerous times to Afghanistan in support of Operation Enduring Freedom. He now serves as a Flight Nurse with the 139<sup>th</sup> and completed a deployment to Ramstein, Germany in 2014.

Dug worked as a commercial diver with the Seaway Diving and Salvage Company in Waterford, New York for over 12 years. In 2007 he enrolled at Fulton Montgomery Community College and ultimately graduated Nursing school in 2010. He worked at AO Fox Hospital on a Medical/Surgical floor and most recently was employed with CVS/Coram specialty infusions as a Primary Nurse Care manager providing specialty infusions to patients in their homes.

Dug loves to dive and has done so all over the world - including several expeditions for the National Science Foundation in Antarctica. He is also a PADI diving instructor. From 2012 to 2015 he was an adjunct instructor at SUNY Oneonta teaching scuba diving. Dug has competed in several triathlons, completed the Heart of San Diego marathon and most recently swam from Alcatraz to San Francisco.

His most recent adventure is getting married and raising his son Braeden, who provides challenges and great rewards every day.



Congratulations to Raneen Wahba - Wellness Expo FitBit Winner!



### 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

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)

