

THE CAN CHRONICLE

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

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UnDrafted



Ethan Fisher, former college basketball player, is joining us to share his personal story about substance abuse and the consequences that have changed his life. Ethan will speak

with us about how he got so deep into alcohol and marijuana use, how he spent 3 years in prison for a DWI that took an innocent life, and how he has turned his life around for the better.

Thursday, October 13th
7 p.m.

Bouck Theatre

Peer Educator Corner Mental Health

Jessica Guarneros & Jose Salaman

People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They also tend to feel good about themselves and have good relationships, however mental health is not always sunshine and rainbows. There are also mental health disorders. Mental health disorders occur in a variety of forms and sometimes the symptoms can overlap making disorders hard to diagnose.

A few main mental health disorders are ADHD, Anxiety/Panic disorder, bipolar disorder, depression, and schizophrenia. These mental health disorders are caused by biological, psychological and environmental factors. Studies show that people who have a family history of mental health disorders may be more likely to develop a mental illness. Mental health problems can cause a wide variety of symptoms - some of which include mood swings, irrational thinking, and overwhelming sadness or anxiety.

There is sometimes a stigma attached to mental illness and this can lead people to isolate themselves and not get the help they need. Without treatment, some mental illnesses can have potentially fatal consequences. According to the National Institute for Mental Health, a mental illness has been a contributing factor in over 90% of completed suicides.

If you or someone you know is struggling with their mental health and well-being, the Wellness Center offers a wide range of programs and treatment that can make a difference. You can come in or call (518.255.5225) to schedule an appointment to meet with a provider.

Sexual Violence Prevention Survey

Whether or not you've been a victim of sexual harassment, gender discrimination, or sexual violence, the College needs to understand your experiences on campus to better protect others. We need **ALL students, faculty and staff** to complete this important survey. And for those who need an incentive, there will be prizes for a few lucky participants -- \$25 and \$50 Coby cards!

You will receive an email on October 3 from CampusLabs with the header of SUNY Sexual Violence Prevention (SVP) Survey. The email contains a link to the survey. The survey will be open from October 3 until October 21, but please complete it now - don't wait for the last minute! The survey results will be tabulated anonymously; no one's name will be connected to their survey answers.

If you have any questions about the survey, please contact JoAnna Brosnan, Institutional Research Assistant (518.255.5428) or Lynn Berger, Director - Employee Relations and Affirmative Action/Title IX Coordinator (518.255.5465). Thank you in advance for participating in this important survey.



11 Smart Rules to Bicycle Safety

Some members of the campus community have recently expressed concerns about bicycle safety and riders on campus. Here are some reminders about the "Rules of the Road" to keep everyone safe.

1. **Protect Your Head** – Wear a helmet.
2. **Stay Visible** – If drivers can see you, they are less likely to hit you. Use lights and reflective clothing.
3. **Look, Signal & Look Again** – Look around you. Use hand signals to let drivers and other cyclists know where you're going. Look & make eye contact.
4. **Stay Alert** – Keep a lookout for obstacles in your path (including people!).
5. **Go With the Flow** – Bike with traffic, not against it.
6. **Act Like a Car** – Drivers are used to the patterns of other drivers so don't weave in & out of traffic.
7. **Don't Get Distracted** – Don't listen to music or talk on the phone while riding.
8. **Obey All Traffic Laws & Lights** – The laws apply to everyone on the road.
9. **Assure Bicycle Readiness** – Is your bike properly adjusted? Is your seat in a comfortable position?
10. **Maintenance** – Maintain your brakes and wheels for safe riding.
11. **Sidewalks** – When on campus, do not ride on the sidewalks.

What Should I Do if I Think Someone is Considering Suicide?

If someone you know appears to be depressed and talks about suicide, makes a suicidal gesture, or attempts suicide, take it as a serious emergency. Listen to the person, but don't try to argue with him or her. If the person appears to be in imminent danger of committing suicide, do not leave him or her alone. If it is possible and safe for you to do so, remove any weapons or drugs he or she could use. Call 911 or accompany him or her to the nearest emergency room.

<http://www.webmd.com/depression/guide/depression-recognizing-signs-of-suicide#2>



Local Resources

Wellness Center – 518.255.5225

UPD – 518.255.5555 OR 911

Cobleskill Hospital – 518.254.3456

Mobile Crisis Assessment Team (MCAT) – 1.877.369.6699

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)