

THE CAN CHRONICLE

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

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Depression and Mental Health Screenings

Experts estimate that almost 16 million adults experience depression which is the No. 1 cause of disability worldwide. Fortunately, depression is a highly treatable illness. Symptoms of depression include:

- Feelings of sadness or emptiness that don't go away within a few weeks
- Extreme irritability over minor things
- Loss of interest in activities
- Difficulty concentrating
- Appetite/weight changes

The Wellness Center offers anonymous online mental health screenings for depression as well as anxiety, eating issues, substance use, and other issues. If you are worried about yourself or someone else, check out the **Online Mental Health Screening** link on the Wellness Center homepage or :

screening.mentalhealthscreening.org/cobleskill

Visit the Wellness Center to talk to a provider if you have concerns.

Health and Wellness Expo

Thursday, September 14

11:00 a.m. – 2:00 p.m.

Prentice Patio

Rain location - Bouck Ballroom

COCAINE

Cocaine is a stimulant drug users snort, inhale, or inject. Although snorting cocaine takes approximately 30 minutes for the drug to peak in the body, inhalation and injection moves the drug into circulation more quickly. All methods of use are extremely dangerous. The rush that a user feels will be followed by a crash, leading the user to want another dose. Short-term effects can include: loss of appetite, increased heart rate, contracted blood vessels, increased rate of breathing, sleep difficulty, nausea, bizarre behavior, hallucinations, irritability, tactile hallucinations (feeling bugs), paranoia, depression, convulsions, and in some cases death. Cocaine can be addictive. South American cultures have used coca leaves for energy but their method of use is to chew this with an alkaline substance and the delivery through the stomach is slow and without a rush effect. While withdrawal is not deadly, people will experience being tired, depressed, anxious, and lack of appetite.



Powassan is a rare tick-borne disease transmitted to humans by infected ticks. Approximately 75 cases of POW virus disease were reported in the United States over the past 10 years. Most cases have occurred in the Northeast and Great Lakes region. The risk is highest for people who live, work or recreate in brushy or wooded areas, because of greater exposure to potentially infected ticks.

Signs and symptoms of infection can include fever, headache, vomiting, weakness, confusion, seizures, and memory loss. Long-term neurologic problems may occur. There is no specific treatment, but people with severe POW virus illnesses often need to be hospitalized to receive respiratory support, intravenous fluids, or medications to reduce swelling in the brain.

You can reduce your risk of being infected with POW virus by using tick repellents, wearing long sleeves and pants, avoiding bushy and wooded areas, and doing thorough tick checks after spending time outdoors. If you think you or a family member may have POW virus disease, it is important to consult your healthcare provider.

<https://www.cdc.gov/powassan/index.html>



The Hungry Heart – Documentary

The Hungry Heart provides an intimate look at the often hidden world of prescription drug addiction through the perspective of Vermont Pediatrician Fred Holmes who works with patients struggling with this disease. As the film progresses we begin to see the simple but profound connection that Dr. Holmes creates with each patient. The film shines a light on the healing power of conversation and the need for connection that many of these young addicts yearn for but do not have in their lives.

Thursday, September 21

7 pm

Upper Champlin

Snacks provided



Coby Care Packages



The Wellness Center is introducing a new program this semester - Coby Care Packs. There are three different types of Care Packs. The Cold Care Pack (The "Sneezy/Wheezy") includes tissues, acetaminophen, ibuprofen, cough drops and a thermometer. The Dental Hygiene Pack (the "Dentist Preventist") includes floss, toothpaste, mouthwash and a toothbrush. The third and final pack, the Sleep/Stress Pack (The Sleep and Steep") includes a sleep mask, tea, earplugs and some tips on healthy sleep. These packages can be ordered through the Wellness Center website and are 100% FREE to all students. Orders placed online will be delivered to your campus mailbox within 3-5 business days. If you need a package sooner, you can pick it up at the front desk of the Wellness Center.

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