

THE CAN CHRONICLE

DON'T BE IN A RUSH TO FLUSH...

HERE'S SOME NEWS YOU CAN USE!



September 2021– Issue 1

Editor- Danielle Reu

Free Screenings are Available!

How are you feeling?
It's ok if you aren't sure.

Take a free, online
behavioral health screen >



Mental Health Screening

Visit the Wellness Center page and click on "On-line Mental Health Screening" or you can use this link to take a screen: screening.mentalhealthscreening.org/cobleskill.

Questions or concerns? Contact the Wellness Center to speak with a provider. We offer counseling and psychiatric services at no additional cost.



Oh Mister Sun, Sun. Mister Golden Sun. Please Shine Down On Me.

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

For the best protection, use all five SunSmart steps:

1. Slip on covering clothing

Choose clothing that covers as much skin as possible. Some clothing may carry an ultraviolet protection factor (UPF).

2. Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen

Apply a generous amount of sunscreen to clean, dry skin at least 20 minutes before you go outside. The average-sized adult will need seven teaspoons (35mL) for a full body application. Reapply sunscreen every two hours or after swimming or excessive sweating.

3. Slap on a hat

Choose a hat which shades your face, nose, neck and ears, which are common sites for skin cancers.

4. Seek shade

Use trees, built shade structures, or bring your own (such as a sunshade tent)!

5. Slide on some sunglasses

Sunglasses and a broad-brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98%. Sunglasses should be worn outside during daylight hours.

<https://www.cancer.org.au/cancer-information/causes-and-prevention/sun-safety/be-sunsmart>



The Wellness Center

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)

If you have a concern about the care you received at the Wellness Center, contact Director Lynn Ontl at 518-255-5225



The Alcohol Use Disorders Identification Test (AUDIT) is a 10-item screening tool developed by the World Health Organization (WHO) to assess alcohol consumption, drinking behaviors, and alcohol-related problems.

Self-Screening Tool available at:

<https://www.sbirt.care/pdfs/tools/AUDIT.PDF>



Modeled off of the AUDIT scale above, the Cannabis Use Disorders Identification Test-Revised (CUDIT-R) is an 8-item screening tool to assess marijuana use habits to determine whether use reaches the levels of abuse, dependence, and/or addiction.

Self-Screening Tool available at:

http://mycannabisiq.ca/wp-content/uploads/2018/07/2010_CUDIT-R-revised-with-scoring-EN.pdf