



Campus Safety Newsletter

December
2016

Campus Safety is committed to a safe and secure learning and working environment. In all aspects of plant operations and maintenance, the safety of students, staff, and visitors will be our primary consideration.

SEE SOMETHING, SAY SOMETHING



Students participating in an activity during the #RelationshipGoals Workshop!

More information about this workshop on page 2!

As part of our commitment to a safe college community, this month we are bringing attention to the See Something, Say Something Campaign.

See Something, Say Something is a national campaign focusing on ways we can help keep our communities safe by being aware of our surroundings, learning about the indicators of suspicious behaviors and reporting any suspicious activity to authorities.

Together, we can help keep our community and our campus safe. For more information, please visit the Department of Homeland Security's Website at www.dhs.gov/see-something-say-something/

To report any suspicious or alerting activity:

Local Law Enforcement Authorities:
CALL 9-1-1

Campus Safety:
242-7910

Campus Safety Confidential Line:
242-7919

UPCOMING EVENTS

Maxient and A.L.I.C.E. Programs

Seminars for staff and faculty

Location: Room 2149

Dates and Times*:

Wednesday -12/7, 9:00-10:00 AM

Monday -12/19, 10:00-11:00 AM

Tuesday - 1/17, 10:00-11:00 AM

Wednesday - 2/8, 11:00 AM-12:00 PM

Wednesday - 2/22, 2:00-3:00 PM

Monday -3/6, 3:00-4:00 PM

Wednesday - 3/22, 9:00-10:00 AM

*Due to limited computer space, please call to reserve your date: 242-7913.

These informational seminars are designed to inform individuals about the upcoming programs.

The seminars are not mandatory but we encourage everyone to attend.



Visit www.shastacollege.edu/campussafety for more information



Shasta College

www.shastacollege.edu

Shasta College is an equal opportunity educator and employer.

Campus Safety
(530) 242-7910

SELF CARE AROUND THE HOLIDAYS

“Caring for myself is not self-indulgence, it is self-preservation and that is an act of political warfare.”

-Audre Lorde

We wanted to remind everyone to take care of themselves during the holidays. As this is a time for families and friends to spend time together and celebrate, we know that stress can come along with the season.

While the holidays are a time of giving, remember to give to yourself first so you can be emotionally and physically fulfilled.

So what can you do to take care of yourself?

-Tina Arnoldi, Professional Counselor

Start with gratitude. Rather than complaining about your holiday work party, be thankful you have a job. When your mind goes towards a negative, find a way to flip that around.

Just say no. Although there are obligations you feel the need to attend because it's related to work or family, it is okay to say 'no' sometimes. It's about being mindful of your own needs.

Get restful exercise. Aim for some exercise that is *not* related to shopping or cleaning. Yes, you can certainly get your walk in while doing those activities, but also take some time to walk outside — preferably in the sunshine — and without a headset.

Reduce exposure to stimulation. During the holiday, there are more sounds, sights, smells, and movement than any other time of year. Drive your car with the radio turned off. Change the Christmas tree lights to a steady glow, rather than blinking. Detox from technology for a period of time.

Be open to new traditions. Enjoy a festival in town or view the lights in your community. Serve someone else especially if you will be alone on holidays.

Pay attention to nutrition. It's the time of the year when good health habits seem to go out the window! There's no need to deprive yourself but making good decisions about what you eat can impact your mood. Be aware of your mental blocks, such as feeling it's the “only time of the year” you get to eat something or this dish “reminds me of home”. The list goes on. Just as you should eat something before grocery shopping, eat something small before an event so you don't overdo it. Be the one to bring something healthy.

For the full article visit:

<http://psychcentral.com/lib/the-importance-of-self-care-during-the-holidays/>

Other articles on self care and stress management during the holidays:

<http://www.25WaystoFightHolidayStress.html>

<http://www.lifehack.org/articles/lifestyle/5-tips-for-self-care-during-the-holidays.html#ifrndnloc>

Shasta CARES

Shasta CARES (Campus Advocacy, Resources and Education for Safety), is a collaboration among Shasta College Campus Safety, Student Services, One SAFE Place and Redding Police Department.

Last month, Shasta CARES facilitated a workshop on #RelationshipGoals. During this workshop, Shasta CARES advocate, April Maddox, from One SAFE Place led students in conversations and activities to help them identify qualities of a healthy relationship and warning signs and dynamics of unhealthy or abusive relationships.

Students discussed what healthy boundaries are and how to communicate those within their relationships. Also, tools for conflict resolution and fair fight rules were taught so students could better understand how to compromise in a healthy way.



Visit <https://www.facebook.com/shastacares/> for more pictures and updates on events!



Campus Resources:

[Student Health and Wellness](#), Room 2020

M-F 8am—12pm, 1pm—4pm

(530) 242-7580

www.facebook.com/

[ShastaCollegeStudentHealthWellness1](#)

[Shasta CARES](#), Room 5012

On campus advocate available:

T/W 8:30am—5pm

(530) 242-2399

shastacares@shastacollege.edu

Community Resources:

[One SAFE Place](#)

2250 Benton Drive, Redding

M-F 9am—5pm



Officer Joe Trompczynski

OFFICER SPOTLIGHT

Joe Graduated from Anderson High School and has an Associate's Degree in Administration of Justice from Shasta College. He is currently taking classes towards a Bachelor's Degree in Criminal Justice. Some recent trainings he has been through include; Observation & Documentation, Communications, Weapons of Mass Destruction and Terrorism Awareness, and Public Relations. In his spare time, he coaches his boys' soccer team, and enjoys fishing and travelling. Joe has worked in the security field since 2014 and began work at the beginning of 2015 with the Department of Campus Safety when he was a student and served as a Campus Service Officer. Upon graduation, he became a substitute officer and was hired on full time as an officer during Fall of 2016. Joe enjoys working for Shasta College and serving the community.

"Pleasure in the job puts perfection in the work."
-Aristotle

DIRECTOR'S CORNER

It is imperative that you ensure your own personal safety. Here are a few personal safety tips:

- Always lock your car, even if it's in your own driveway; never leave your motor running.
- Make sure you have your key out as you approach your door or car.
- Don't walk or jog early in the morning or late at night when the streets are deserted.
- If you think someone is following you, switch directions or cross the street. If the person continues to follow you, move quickly toward an open store or restaurant or a lighted house. Don't be afraid to yell for help.
- If you are robbed or assaulted, report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent someone else from becoming a victim.
- Try to park in well-lighted areas with good visibility and close to walkways, stores, and people.

Your personal safety both on and off-campus is of utmost importance. Stay aware, and stay safe!

Sincerely,
Lonnie Seay

TRAININGS AND PROGRAMS

ALICE is a crisis training program that stands for Alert, Lockdown, Inform, Counter and Evacuate.

The ALICE Program provides insight and response options when encountering an active shooter in a school.

To learn more about the ALICE Training, click the following URL: <http://www.alicetraining.com/about-us/>

WE WILL BE LAUNCHING THIS ONLINE TRAINING SOON ON THE CAMPUS SAFETY WEBSITE!

In the meantime, here is a breakdown of some of the components of the program, and examples of how this training can help prepare our staff and students if a threat arises:

Alert is when you first become aware of a threat. The sooner you understand that you're in danger, the sooner you can save yourself. A speedy response is critical. Seconds count.

Lockdown: ALICE trainers instruct on practical techniques for how to better barricade a room, what to do with mobile and electronic devices, how and when to communicate with police, and how to use your time in lockdown to prepare to use other strategies (i.e. **Counter** or **Evacuate**) that might come into play should the active shooter gain entry.

The purpose of **Inform** is to continue to communicate information in as real time as possible, if it is safe to do so. Armed intruder situations are unpredictable and evolve quickly, which means that ongoing, real time information is key to making effective survival decisions.

Counter: Create Noise, Movement, Distance and Distraction with the intent of reducing the shooter's ability to shoot accurately.

Evacuating to a safe area takes people out of harm's way and hopefully prevents civilians from having to come into any contact with the shooter.



"SAFE WALK ESCORT"

To ensure the safety of both our students and staff members, the Campus Safety Department provides safe walk escort services to and from parking lots upon request.

Contact the Campus Safety Department at 242-7910 or use a "blue security phone" located in campus buildings to request an escort.