

SBCCD Police Beat

SBCCD Police Dispatch is available Monday—Friday from 7:00am—10:00pm. After 10:00pm and on weekends, our phones are transferred to the San Bernardino County Sheriff's Department who dispatch SBCCD Officers to calls.

May 31, 2013

Volume 3, Issue 7

Drug Abuse and Addiction

Campus Alerts

SBVC – None

CHC – Police Station has moved to the 1st Floor of the LADM Bldg.

See following pages for additional incidents

IMPORTANT

INFORMATION

In the event of an emergency call 911

To report a crime call:

SBVC (909) 384-4491

CHC (909) 389-3275

Smoking Enforcement

Starting January 2013, The District Police Department will start issuing citations for those who smoke outside the designated areas. This is in accordance with California Government Code 7597.1(A) and Board Policy 3570. The civil penalty (fine) is \$50.00

Signs, Symptoms, Help for Drug Problems and Substance Abuse

Some people are able to use recreational or prescription drugs without ever experiencing negative consequences or addiction. For many others, substance use can cause problems at work, home, school, and in relationships, leaving you feeling isolated, helpless, or ashamed.

If you're worried about your own or a friend or family member's drug use, it's important to know that help is available. Learning about the nature of drug abuse and addiction—how it develops, what it looks like, and why it can have such a powerful hold—will give you a better understanding of the problem and how to best deal with it.

Understanding drug use, drug abuse, and addiction

People experiment with drugs for many different reasons. Many first try drugs out of curiosity, to have a good time, because friends are doing it, or in an effort to improve athletic performance or ease another problem, such as stress, anxiety, or depression. Use doesn't automatically lead to abuse, and there is no specific level at which drug use moves from casual to problematic. It varies by individual. Drug abuse and addiction is less about the amount of substance consumed or the frequency, and more to do with the **consequences** of drug use. No matter how often or how little you're consuming, if your drug use is causing problems in your life—at work, school, home, or in your relationships—you likely have a drug abuse or addiction problem.

Why do some drug users become addicted, while others don't?

As with many other conditions and diseases, vulnerability to addiction differs from person to person. Your genes, mental health, family and social environment all play a role in addiction. Risk factors that increase your vulnerability include:

- Family history of addiction
- Abuse, neglect, or other traumatic experiences in childhood
- Mental disorders such as depression and anxiety
- Early use of drugs

MISSION STATEMENT

The SBCCD Police Department, in concert with the Board of Trustees, is committed to providing a safe and secure learning and working environment for all students and employees. This will be accomplished through a cooperative and coordinated effort involving all departments and the SBCCD employees, law enforcement agencies and community.

For daily incidents reports and other crime information go the Police Web site: <http://sbccd.org/police>

Drug Abuse and Addiction (con't)

Addiction is a complex disorder characterized by compulsive drug use. While each drug produces different physical effects, all abused substances share one thing in common:

- Repeated use can alter the way the brain looks and functions.
- Taking a recreational drug causes a surge in levels of dopamine in your brain, which trigger feelings of pleasure. Your brain remembers these feelings and wants them repeated.
- If you become addicted, the substance takes on the same significance as other survival behaviors, such as eating and drinking.
- Changes in your brain interfere with your ability to think clearly, exercise good judgment, control your behavior, and feel normal without drugs.
- Whether you're addicted to inhalants, heroin, Xanax, speed, or Vicodin, the uncontrollable craving to use grows more important than anything else, including family, friends, career, and even your own health and happiness.

The urge to use is so strong that your mind finds many ways to deny or rationalize the addiction. You may drastically underestimate the quantity of drugs you're taking, how much it impacts your life, and the level of control you have over your drug use.

People who experiment with drugs continue to use them because the substance either makes them feel good, or stops them from feeling bad. In many cases, however, there is a fine line between regular use and drug abuse and addiction. Very few addicts are able to recognize when they have crossed that line. While frequency or the amount of drugs consumed don't in themselves constitute drug abuse or addiction, they can often be indicators of drug-related problems.

- **Problems can sometimes sneak up on you**, as your drug use gradually increases over time. Smoking a joint with friends on the weekend, or taking ecstasy at a rave, or cocaine at an occasional party, for example, can change to using drugs a couple of days a week, then every day. Gradually, getting and using the drug becomes more and more important to you.
- **If the drug fulfills a valuable need**, you may find yourself increasingly relying on it. For example, you may take drugs to calm you if you feel anxious or stressed, energize you if you feel depressed, or make you more confident in social situations if you normally feel shy. Or you may have started using prescription drugs to cope with panic attacks or relieve chronic pain, for example. Until you find alternative, healthier methods for overcoming these problems, your drug use will likely continue.
- **Similarly, if you use drugs to fill a void in your life**, you're more at risk of crossing the line from casual use to drug abuse and addiction. To maintain healthy balance in your life, you need to have other positive experiences, to feel good in your life aside from any drug use.
- **As drug abuse takes hold**, you may miss or frequently be late for work or school, your job performance may progressively deteriorate, and you start to neglect social or family obligations. Your ability to stop using is eventually compromised. What began as a voluntary choice has turned into a physical and psychological need.

The good news is that with the right treatment and support, you can counteract the disruptive effects of drug use and regain control of your life. The first obstacle is to recognize and admit you have a problem, or listen to loved ones who are often better able to see the negative effects drug use is having on your life.

CHC

Case #	Reported	Criminal Offense/Calls for Serv	Location	Date (s)	Time (s)	Disposition
13c-063	5/1/13	Medical Aid	SSB Building	5/1/13	10:22am	Transported for treatment
13c-064	5/1/13	Battery	Parking Lot M	5/1/13	3:12pm	Arrested
13c-065	5/2/13	Sexual Battery	Campus	5/2/13	2:59pm	Arrested
	5/3/13	Suspicious Circumstance	Campus	5/3/13	5:17pm	Unfounded
	5/4/13	No criminal incidents		5/4/13		
	5/5/13	No criminal incidents		5/5/13		
	5/6/13	No criminal incidents		5/6/13		
	5/7/13	Suspicious Vehicle	CDC	5/7/13	3:49pm	Unable to locate
	5/8/13	Disturbance	Bookstore	5/8/13	3:11pm	Unfounded
	5/9/13	No criminal incidents		5/9/13		
	5/10/13	No criminal incidents		5/10/13		
	5/11/13	No criminal incidents		5/11/13		
	5/12/13	No criminal incidents		5/12/13		
	5/13/13	No criminal incidents		5/13/13		
13c-066	5/14/13	Incident	CDC	5/14/13	1:33pm	Report taken
13c-067	5/15/13	Emergency Phone Hang-Up	Health/Wellness	5/14/13	11:50am	Report taken
13c-068	5/15/13	Hit & Run	Parking Lot B-C	5/15/13	3:20pm	Report taken
13c-069	5/15/13	Petty Theft	LRC	5/15/13	4:25pm	Report taken
	5/16/13	Suspicious Person	Parking Lot F	5/16/13	7:50am	Unfounded
	5/17/13	No criminal incidents		5/17/13		
	5/18/13	No criminal incidents		5/18/13		
	5/19/13	No criminal incidents		5/19/13		
	5/20/13	Traffic Collision	Parking Lot K	5/20/13	9:02am	Parties exchanged info
	5/20/13	Suspicious Person	Campus	5/20/13	7:28pm	Unfounded
	5/21/13	Traffic Collision	Campus Drive	5/21/13	1:07pm	Individual left information
	5/22/13	No criminal incidents		5/22/13		
13c-070	5/23/13	Medical Aid	LRC	5/23/13	11:23am	Transported for treatment
	5/23/13	Burglary	PAC	5/23/13	12:43pm	Unfounded
	5/24/13	No criminal incidents		5/24/13		
	5/25/13	No criminal incidents		5/25/13		
	5/26/13	No criminal incidents		5/26/13		
	5/27/13	No criminal incidents		5/27/13		
	5/28/13	No criminal incidents		5/28/13		
	5/29/13	Missing Person	Campus	5/29/13	3:21pm	SBCSD Handled
13c-071	5/30/13	Medical Aid	LADM	5/30/13	4:44pm	Transported for treatment

Annual Security Report available at <http://craftonhills.edu/asr2012>

EDCT

Case #	Reported	Criminal Offense/Calls for	Location	Date (s)	Time (s)	Disposition
	5/1/13	No criminal incidents		5/1/13		
	5/2/13	No criminal incidents		5/2/13		
	5/3/13	No criminal incidents		5/3/13		
	5/4/13	No criminal incidents		5/4/13		
	5/6/13	No criminal incidents		5/6/13		
	5/7/13	Suspicious Vehicle	District	5/7/13	1:50pm	Advised
	5/8/13	No criminal incidents		5/8/13		
	5/9/13	No criminal incidents		5/9/13		
	5/10/13	No criminal incidents		5/10/13		
	5/11/13	No criminal incidents		5/11/13		
	5/12/13	No criminal incidents		5/12/13		
	5/13/13	No criminal incidents		5/13/13		
	5/14/13	No criminal incidents		5/14/13		
	5/15/13	No criminal incidents		5/15/13		
13-256	5/16/13	Theft of License Plates	District	5/16/13	1:56pm	Report taken
	5/17/13	No criminal incidents		5/17/13		
	5/18/13	No criminal incidents		5/18/13		
	5/19/13	No criminal incidents		5/19/13		
	5/20/13	No criminal incidents		5/20/13		
	5/21/13	No criminal incidents		5/21/13		
	5/22/13	No criminal incidents		5/22/13		
	5/23/13	No criminal incidents		5/23/13		
	5/24/13	No criminal incidents		5/24/13		
	5/25/13	No criminal incidents		5/25/13		
	5/26/13	No criminal incidents		5/26/13		
	5/27/13	No criminal incidents		5/27/13		
13-267	5/28/13	Suspicious Person	EDCT	5/28/13	10:00am	Report taken
	5/29/13	No criminal incidents		5/29/13		
	5/30/13	No criminal incidents		5/30/13		

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	5/1/13	Traffic Stop/Cell phone usage	K Street	5/1/13	9:51am	Advised
13-217	5/1/13	Vandalism	North Hall	5/1/13	12:18pm	Report taken
	5/1/13	Traffic Stop/Cell phone usage	Grant Street	5/1/13	12:45pm	Advised
13-218	5/1/13	Medical Aid	Campus Center	5/1/13	5:12pm	Transported for treatment
13-219	5/1/13	Vandalism	Physical Science	5/1/13	10:20pm	Report taken
13-220	5/2/13	Vandalism	Physical Science	5/2/13	9:21am	Report taken
	5/2/13	Suspicious Person	Esperanza Street	5/2/13	9:26am	Unfounded
	5/2/13	Bicyclist on Campus	North Hall	5/2/13	11:01am	Unable to locate
13-221	5/2/13	Incident	Liberal Arts	5/2/13	11:05am	Report taken
13-222	5/2/13	Suspicious Vehicle	Parking Lot #5	5/2/13	1:12pm	Cited
13-223	5/2/13	Traffic Stop/Seatbelt	K Street	5/2/13	2:17pm	Cited
	5/2/13	Suspicious Vehicle	Parking Lot #10	5/2/13	2:38pm	Unfounded
	5/2/13	Missing Person	Campus	5/2/13	4:14pm	Unfounded
	5/2/13	Smoking Marijuana	ADSS	5/2/13	4:16pm	Unable to locate
13-224	5/2/13	Arson	Parking Lot #11	5/2/13	4:25pm	Report taken
13-225	5/2/13	Disturbance	Parking Lot #11	5/2/13	4:27pm	Report taken
	5/2/13	Suspicious Person	Mission Street	5/2/13	6:33pm	Unfounded
	5/2/13	Smoking Marijuana	Parking Lot #5	5/2/13	9:40pm	Advised
	5/2/13	Traffic Collision	Parking Lot #10	5/2/13	10:03pm	Parties exchanged info
	5/3/13	Vehicle Check	Eureka	5/3/13	10:25am	Unfounded
	5/3/13	Suspicious Person	Mt. Vernon Ave.	5/3/13	10:32pm	Advised
	5/3/13	Suspicious Vehicle	Esperanza Street	5/3/13	1:23pm	Unfounded
13-226	5/3/13	Incident	North Hall	5/3/13	1:31pm	Report taken
	5/3/13	Disturbance	Parking Lot #1	5/3/13	3:12pm	Unfounded
13-227	5/3/13	Petty Theft	Parking Lot #1	5/3/13	4:18pm	Report taken
	5/3/13	Suspicious Person	Liberal Arts	5/3/13	9:02pm	Unable to locate
	5/3/13	Suspicious Circumstance	Mission Street	5/3/13	9:09pm	Unfounded
	5/4/13	No criminal incidents		5/4/13		
	5/5/13	No criminal incidents		5/5/13		
13-229	5/6/13	Disturbance	North Hall	5/6/13	9:20am	Report taken
13-230	5/6/13	Suspicious Person	Mission Street	5/6/13	11:16am	Cited
	5/6/13	Suspicious Person	Planetarium	5/6/13	1:10pm	Unable to locate

Annual Security Report available at <http://valleycollege.edu/asr2012>

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	5/6/13	Suspicious Person	Grant Street	5/6/13	3:22pm	Advised
	5/6/13	Suspicious Vehicle	Mission Street	5/6/13	5:01pm	Unfounded
	5/6/13	Suspicious Person	Parking Lot #7	5/6/13	7:10pm	Trespass Advisal
13-231	5/7/13	Vandalism	Parking Lot #7	5/7/13	7:30am	Report taken
	5/7/13	Suspicious Person	ADSS	5/7/13	9:08am	Unable to locate
13-232	5/7/13	Incident	M & O	5/7/13	1:48pm	Report taken
	5/7/13	Disturbance	Liberal Arts	5/7/13	4:17pm	Gone on arrival
13-233	5/7/13	Vandalism	North Hall	5/7/13	5:40pm	Report taken
	5/7/13	Suspicious Circumstance	Swap Meet Lot	5/7/13	7:40pm	Area checked clear
	5/8/13	Suspicious Person	Library	5/8/13	12:15am	Trespass Advisal
13-234	5/8/13	Suspicious Vehicle	Parking Lot #5	5/8/13	9:39am	Cited
	5/8/13	Disturbance	Free Speech Area	5/8/13	1:03pm	Necessary Action Taken
	5/8/13	Disturbance	Liberal Arts	5/8/13	2:42pm	Unfounded
	5/8/13	Suspicious Person	Parking Lot #8	5/8/13	8:00pm	Area checked clear
13-235	5/8/13	Suspicious Person	Auditorium	5/8/13	8:25pm	Report taken
13-236	5/9/13	Vandalism	Physical Science	5/9/13	8:30am	Report taken
	5/9/13	Suspicious Vehicle	Parking Lot #11	5/9/13	10:56am	Unfounded
	5/9/13	Disturbance	Campus Center	5/9/13	10:59am	Unable to locate
	5/9/13	Traffic Stop/Failure to Stop	Grant Street	5/9/13	1:22pm	Advised
	5/9/13	Traffic Stop/Failure to Stop	Grant Street	5/9/13	8:25pm	Advised
	5/9/13	Disturbance	Parking Lot #3	5/9/13	8:40pm	Advised
13-237	5/10/13	Incident	North Hall	5/10/13	1:16pm	Report taken
13-238	5/10/13	Vandalism	Liberal Arts	5/10/13	4:30pm	Report taken
13-239	5/10/13	Vandalism	North Hall	5/10/13	10:00pm	Report taken
	5/11/13	No criminal incidents		5/11/13		
	5/12/13	No criminal incidents		5/12/13		
13-240	5/13/13	Traffic Collision	Mission Street	5/13/13	9:18am	Report taken
13-242	5/13/13	Vandalism	Physical Science	5/13/13	9:30am	Report taken
13-246	5/13/13	Vandalism	Liberal Arts	5/13/13	9:31am	Report taken
13-243	5/13/13	Suspicious Vehicle	Mt. Vernon Ave.	5/13/13	10:34am	Cited
13-244	5/13/13	Medical Aid	CDC	5/13/13	11:17am	Report taken
13-245	5/13/13	Vandalism	Library	5/13/13	11:51am	Report taken
	5/13/13	Suspicious Vehicle	Swap Meet Lot	5/13/13	1:58pm	Unfounded
13-248	5/14/13	Suspicious Vehicle	Mt. Vernon Ave.	5/14/13	8:43am	Cited

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13-249	5/14/13	Suspicious Vehicle	Mt. Vernon Ave.	5/14/13	9:31am	Cited
13-247	5/14/13	Vandalism	Physical Science	5/14/13	9:38am	Report taken
	5/14/13	Traffic Stop/Failure to Stop	Grant Street	5/14/13	12:47pm	Advised
	5/14/13	Emergency Phone Hang-Up	North Hall	5/14/13	1:52pm	Area checked clear
	5/14/13	Disturbance	North Hall	5/14/13	3:58pm	Unfounded
13-250	5/14/13	Suspicious Vehicle	Parking Lot #7	5/14/13	5:30pm	Warrant Arrest
	5/15/13	Suspicious Vehicle	Parking Lot #4	5/15/13	9:20am	Unfounded
13-251	5/15/13	Suspicious Vehicle	Mt. Vernon Ave.	5/15/13	9:43am	Cited
	5/15/13	Disturbance	HLS	5/15/13	10:11am	Unfounded
	5/15/13	Suspicious Circumstance	Parking Lot #10	5/15/13	11:27am	Unfounded
13-252	5/15/13	Vandalism	Physical Science	5/15/13	12:34pm	Report taken
13-253	5/15/13	Vandalism	North Hall	5/15/13	2:50pm	Report taken
13-254	5/15/13	Vandalism	Snyder Gym	5/15/13	7:10pm	Report taken
	5/16/13	Found Marijuana	Parking Lot #3	5/16/13	8:55am	Unfounded
	5/16/13	Traffic Stop /No License Plate	Swap Meet Lot	5/16/13	10:44am	Advised
13-255	5/16/13	Petty Theft	Liberal Arts	5/16/13	1:28pm	Report taken
13-257	5/16/13	Vandalism	Physical Science	5/16/13	4:14pm	Report taken
13-258	5/16/13	Vandalism	Planetarium	5/16/13	7:52pm	Report taken
13-259	5/17/13	Suspicious Vehicle	Mt. Vernon Ave.	5/17/13	10:15am	Cited
	5/17/13	Suspicious Vehicle	Parking Lot #11	5/17/13	10:38am	Necessary Action Taken
	5/17/13	Suspicious Circumstance	Esperanza Street	5/17/13	1:31pm	Unfounded
	5/17/13	Suspicious Person	Snyder Gym	5/17/13	3:13pm	Unfounded
	5/18/13	No criminal incidents				
	5/19/13	Suspicious Person	M & O	5/19/13	7:14am	Unfounded
	5/19/13	Skateboarders on Campus	Library	5/19/13	1:30pm	Advised
	5/20/13	Smoking on Campus	Liberal Arts	5/20/13	9:45am	Unfounded
	5/20/13	Traffic Stop/Break Lights	Mill Street	5/20/13	10:03am	Advised
	5/20/13	Suspicious Person	Library	5/20/13	11:10am	Trespass Advisal
	5/20/13	Traffic Stop/Failure to Stop	Mt. Vernon Ave.	5/20/13	11:51am	Advised
13-260	5/20/13	Disturbance	ADSS	5/20/13	2:16pm	Trespass Advisal
	5/21/13	Reckless Driving	Esperanza Street	5/21/13	8:15am	Unable to locate
	5/21/13	Traffic Collision	Mission Street	5/21/13	9:01am	Parties exchanged info
	5/21/13	Vehicle Blocking	KVCR	5/21/13	10:47am	Advised-moved
13-261	5/22/13	Disturbance	CDC	5/22/13	8:18am	Report taken
	5/22/13	Suspicious Circumstance	Parking Lot #1	5/22/13	2:15pm	Necessary Action Taken

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	5/23/13	Suspicious Person	North Hall	5/23/13	12:10am	Advised
	5/23/13	Traffic Stop/Cell phone usage	Grant Street	5/23/13	11:13am	Advised
	5/23/13	Traffic Stop/Assistance	Parking Lot #10	5/23/13	1:05pm	Necessary Action Taken
	5/23/13	Welfare Check	Station	5/23/13	1:25pm	Necessary Action Taken
	5/23/13	Disturbance	K Street	5/23/13	1:49pm	Unfounded
13-262	5/23/13	Criminal Threats	Campus	5/23/13	6:00pm	Arrested
13-263	5/24/13	Vandalism	K Street	5/24/13	8:52am	Arrested
	5/24/13	Suspicious Vehicle	Technical	5/24/13	11:13am	Necessary Action Taken
	5/24/13	Suspicious Person	Library	5/24/13	12:21pm	Advised
13-264	5/24/13	Vandalism	Physical Science	5/24/13	1:19pm	Report taken
13-265	5/24/13	Vehicle Burglary	Parking Lot #11	5/24/13	8:12pm	Report taken
	5/25/13	No criminal incidents		5/25/13		
	5/26/13	No criminal incidents		5/26/13		
	5/27/13	No criminal incidents		5/27/13		
13-266	5/28/13	Vandalism	ADSS	5/28/13	6:10am	Report taken
13-268	5/28/13	Suspicious Person	Liberal Arts	5/28/13	12:47pm	Report taken
13-269	5/28/13	Suspicious Person	Bookstore	5/28/13	1:11pm	Report taken
	5/28/13	Suspicious Circumstance	K Street	5/28/13	7:00pm	Unable to locate
	5/28/13	Suspicious Person	Art Building	5/28/13	7:20pm	Advised
13-270	5/29/13	Grand Theft Auto	Parking Lot #1	5/29/13	1:32pm	Report taken
	5/29/13	Suspicious Person	ADSS	5/29/13	6:30pm	Advised
	5/30/13	Suspicious Vehicle	Parking Lot #1	5/30/13	11:21am	Unfounded
	5/30/13	Traffic Collision	Parking Lot #3	5/30/13	2:38pm	Parties exchanged info