

SBCCD Police Beat

September 5, 2014 Volume 3, Issue 71 **Coping with Crime Victimization**

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.

CAMPUS ALERTS

SBVC - Please beware of construction

CHC - Please beware of construction

SBVC

Campus Resources

Campus Police

- ⇒ Located in Campus Center RM 100
- ⇒ Non-Emergency Phone Number (909) 384-4491

Student Health Services

- ⇒ NW Corner of Parking Lot #8, behind Football Field
- ⇒ Appointments & Questions (909) 384-4495

Click the link below for more Campus Resources
www.valleycollege.edu

IN CASE OF AN EMERGENCY
DIAL 911

CHC

Campus Resources

Campus Police

- ⇒ Located in LADM RM 153
- ⇒ Non-Emergency Phone Number (909) 389-3275

Health & Wellness Center

- ⇒ SSB RM 101
- ⇒ Appointments & Questions (909) 389-3272

Click the link below for more Campus Resources
www.craftonhills.edu

IN CASE OF AN EMERGENCY

Being a victim of a crime can be a very difficult and stressful experience. While most people are naturally resilient and over time will find ways to cope and adjust, there can be a wide range of after effects to a trauma. One person may experience many of the effects, a few, or none at all. Not everyone has the same reaction. In some people the reaction may be delayed days, weeks, or even months. Some victims may think they are "going crazy," when they are having a normal reaction to an abnormal event.

Getting back to normal can be a difficult process after a personal experience of this kind, especially for victims of violent crime and families of murder victims. Learning to understand and feel more at ease with the intense feelings can help victims cope with what happened.

Potential Effect of Trauma

Some people who have been victims of a crime may experience some of these symptoms. Seek medical advice if the symptoms persist.

Emotional

Anxiety
Fear
Guilt
Grief
Depression
Anger
Irritability
Numbness
Wanting to withdraw or
hide

Physical

Nausea
Tremors
Chills or Sweating
Lack of coordination
Chest pains
High blood pressure
Headaches
Sleep disturbance
Upset stomach
Dizziness

Mental

Slowed thinking
Confusion
Disorientation
Memory problems
Intrusive memories
Flashbacks
Nightmares
Inability to concentrate
Difficulty making decisions

Tips for Coping

These are some ideas that may help you cope with the trauma or loss:

- Find someone to talk with about how you feel and what you are going through. Keep the phone number of a good friend nearby to call when you feel overwhelmed or feel panicked.
- Allow yourself to feel the pain. It will not last forever.
- Keep a journal.
- Spend time with others, but make time to spend time alone.
- Take care of your mind and body. Rest, sleep, and eat regular, healthy meals.
- Re-establish a normal routine as soon as possible, but don't over-do.
- Make daily decisions, which will help to bring back a feeling of control over your life.

Emergency Preparedness

This Week: Seven Steps to Earthquake Safety: STEP 4: Minimize financial hardship by organizing important documents, and consider insurance. Organize Important Documents in a "Grab and Go" Bag. You may need to leave your house quickly after an earthquake, if there's a fire, etc. To help you organize the most important information you will need, begin with designating a "grab-and-go" backpack or bag. Consider what documents you will need if you are away from home for an extended time (such as what you will need as identification, to reach loved ones, to file an insurance claim, etc.) Put all of these important documents in a sealed plastic bag, then place it into your "grab-and-go" bag. Leave your "grab-and-go" somewhere you can get to easily. Consider what important documents you will need: copies of identification; copies of insurance cards; list of emergency contact numbers; and photos of belongings in your home. (This will help you file an insurance claim). Lastly, renters and homeowners can protect themselves with earthquake insurance. Without earthquake insurance, you will be responsible for all costs to repair or rebuild your home and replace your personal property. Residential policies do not cover earthquake damage. For more information, contact your insurance agent. Check out: www.earthquakeauthority.com

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>

CHC

Case #	Reported Criminal Offense/Calls for Service	Location	Date (s)	Time (s)	Disposition
	8/29/14 No Incidents to Report		8/29/14		
	8/30/14 No Incidents to Report		8/30/14		
	8/31/14 No Incidents to Report		8/31/14		
	9/1/14 No Incidents to Report		9/1/14		
	9/2/14 No Incidents to Report		9/2/14		
	9/3/14 Traffic Collision	Parking Lot B	9/3/14	11:07am	Parties Exchanged Info
	9/3/14 Traffic Collision	Fire Road	9/3/14	8:29pm	Parties Exchanged Info
	9/4/14 Emergency Phone Hang-up	LADM	9/4/14	10:42am	Area Checked Clear
14c-072	9/4/14 Petty Theft	Aquatics	9/4/14	6:16pm	Report Taken

EDCT

Case #	Reported	Criminal Offense/Calls for Service	Location	Date/ (s)	Time (s)	Disposition
	8/29/14	No Incidents to Report		8/29/14		
	8/30/14	No Incidents to Report		8/30/14		
	8/31/14	No Incidents to Report		8/31/14		
	9/1/14	No Incidents to Report		9/1/14		
	9/2/14	No Incidents to Report		9/2/14		
	9/3/14	No Incidents to Report		9/3/14		
	9/4/14	No Incidents to Report		9/4/14		

S B V C

Case #	Reported Criminal Offense/Calls for Service	Location	Date (s)	Time (s)	Disposition
	8/29/14 Vehicle Check	Grant Ave.	8/29/14	8:55am	Stolen Vehicle Recovered
14-266	8/29/14 Disorderly Conduct	Campus Center	8/29/14	2:16pm	Subject Arrested
14-267	8/29/14 Medical Aid	Bookstore	8/29/14	3:06pm	Subject Refused Transport
	8/29/14 Suspicious Circumstance	Construction	8/29/14	4:52pm	Unfounded
14-268	8/29/14 Stolen Vehicle	Grant Ave.	8/29/14	7:00pm	Report Taken
	8/30/14 No Incidents to Report		8/30/14		
	8/31/14 No Incidents to Report		8/31/14		
	9/1/14 No Incidents to Report		9/1/14		
14-269	9/2/14 Medical Aid	Liberal Arts	9/2/14	8:31am	Subject Refused Transport
14-270	9/2/14 Hit & Run	Parking Lot #11	9/2/14	9:06am	Report Taken
14-271	9/2/14 Traffic Stop / Cell Phone Use	Grant Ave.	9/2/14	9:25am	Cited
	9/2/14 Suspicious Circumstance	Snyder Gym	9/2/14	12:35am	Unfounded
14-272	9/2/14 Student Conduct	Campus Center	9/2/14	5:20pm	Report Taken
14-273	9/2/14 Disturbance	Soccer Field	9/2/14	5:58pm	Subject Arrested
	9/3/14 Pedestrian Check	Grant Ave.	9/3/14	8:35am	Trespassing Advisal
	9/3/14 Vehicle Check	Mt Vernon	9/3/14	11:28am	No Crime Committed
	9/3/14 Odor of Marijuana	Cafeteria	9/3/14	12:37pm	Unfounded
	9/3/14 Emergency Phone Hang-up	ADSS	9/3/14	12:59pm	Area Checked Clear
	9/3/14 Emergency Phone Hang-up	Tech Bldg.	9/3/14	11:16pm	Area Checked Clear
14-274	9/4/14 Rape	Off Campus	9/4/14	9:00am	SBPD Handled
14-275	9/4/14 Possession of Burglary Tools	Swap Lot	9/4/14	11:50am	Subjects Arrested
	9/4/14 Criminal Threats	ADSS	9/4/14	12:35pm	Unfounded
14-276	9/4/14 Trespassing	Campus Center	9/4/14	12:50pm	Subject Arrested
	9/4/14 Disturbance	Parking Lot #3	9/4/14	5:38pm	Trespassing Advisal
14-277	9/4/14 Medical Aid	North Hall	9/4/14	6:57pm	Subject Refused Transport