

# “Just The **FACTS**”

## SBCCD Police News



**POLICE**  
Pierre Galvez, Chief of Police

June 23th 2016

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### Campus Alerts

None

### Escort Services:

At night the SBCCD PD is here to help you get to your car safely. If you need an escort call us at : 909-384-4491.

## Prescription Drug Abuse



### What is prescription drug abuse?

Prescription drug abuse is when someone takes a medication prescribed for someone else, takes their own prescription in a way not intended by a doctor or dentist, or takes a medication to get high.

Prescription (RX) drugs are the most commonly abused substances by teens after marijuana, synthetic marijuana (spice), and alcohol.

**Myth** It is safer to use prescription drugs to get high rather than using illegal drugs, because they are prescribed by a doctor or dentist and dispensed by a pharmacist.

**Fact** Any use of prescription drugs without a doctor's recommendation can be as dangerous

### Most abused prescription drugs fall under three categories:

- Opioids—Painkillers like Vicodin™, OxyContin™, Fentanyl or codeine
- Depressants—(Benzodiazepines) used to relieve anxiety or help someone sleep, like Valium™ or Xanax™
- Stimulants—Used for treating attention deficit hyperactivity disorder (ADHD), like Adderall™ or Ritalin™

### What are the health effects?

- Abusing **painkillers** can cause severe respiratory depression or death and can be addictive
- Abusing **depressants** can cause sleepiness, impair mental functioning, blurred vision, nausea and can be addictive
- Abusing **stimulants** can cause irregular heartbeat, paranoia, high body temperatures and can be addictive

### Can you die if you abuse prescription drugs?

Yes, prescription drug abuse causes more than half of the deaths from drug overdose in the US.

For Information on getting help visit: [www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com)

#### CAMPUS ALERTS SBVC & CHC

**Parking Controls BP/AP 6750 (F) (5)**  
Parking stalls marked "visitor" are solely for visitors and may be governed by time limits. Students and employees are prohibited from parking in these stalls.

#### 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](http://www.valleycollege.edu)

#### IN CASE OF 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.valleycollege.edu](http://www.valleycollege.edu)

#### IN CASE OF EMERGENCY DIAL 911

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

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

#### 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.





