

“Just The FACTS”

SBCCD Police & Emergency Management News



POLICE
Al Jackson, Chief of Police

May 2021

Volume 7, Issue 5

Safety Escorts:

At night, the SBCCD PD is here to assist you with getting to your car safely. If you're in need of a safety escort, call us at (909) 384-4491

MAY IS MENTAL HEALTH AWARENESS MONTH

The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help. 2021 will continue the theme of *Tools 2 Thrive*, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation. Some of these tools include:



Accepting Reality

Sometimes in life, we end up in situations that we just can't change. Radical acceptance is all about fully accepting your reality in situations that are beyond your control. This doesn't mean you approve of the situation, are giving up, or that it isn't painful.

Adapting After Trauma and Stress

We all face trauma, adversity, and other stresses throughout our lives. When people think of trauma, they often think of things like abuse, terrorism, or catastrophic events (big 'T' trauma). Trauma can also be caused by events that may be less obvious but can still overwhelm your capacity to cope, like frequent arguing at home or losing your job (little 't' trauma). Trauma of any kind can be hard on your mental health but working on becoming more resilient can help you feel more at ease.

Dealing with Anger and Frustration

In challenging times, you may find that you have little patience with other people or get upset over minor things. Anger and frustration are complicated emotions that often stem from other feelings, like disappointment, fear, and stress. Taking some extra steps to decrease your overall tension can prevent your feelings from spiraling out of control.

Getting Out of Thinking Traps

It's easy to fall into negative thinking patterns and spend time bullying yourself, dwelling on the past, or worrying about the future. It's part of how we're wired – the human brain reacts more intensely to negative events than to positive ones and is more likely to remember insults than praise. During tough times, negative thoughts are especially likely to spiral out of control. When these thoughts make something out to be worse in your head than it is in reality, they are called cognitive distortions.

Processing Big Changes

Change is a guaranteed part of life. It's something everyone experiences at one point or another — good or bad. Sometimes that change happens in big ways when we aren't expecting it or aren't prepared for it. These types of situations can make navigating your path forward really difficult.

Taking Time for Yourself

There are always a handful of roles that each of us juggle. If you are a parent, a student, an employee, a caretaker, someone struggling with a mental health concern, or are just feeling overwhelmed with the responsibilities of day-to-day life, the idea of taking time for yourself may seem unimaginable. Sometimes it can be difficult to even take basic care of ourselves - but there are small things that can be done to make self-care and taking time for ourselves a little bit easier.

For more information regarding mental health visit– www.mhanational.org/MentalHealthInfo

CAMPUS INFORMATION 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

Campus Resources
www.valleycollege.edu

IN CASE OF EMERGENCY DIAL 911

CHC Campus Resources

Campus Police

- ▶ Location CNTL 165
- ▶ Non-Emergency Phone Number (909) 389-3275

Health & Wellness Center

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

Campus Resources
www.craftonhills.edu

IN CASE OF EMERGENCY DIAL 911

SBCCD Police is available
24 hours / 7 days a week at
(909) 384-4491

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 the community.

IF THERE IS AN EMERGENCY, CALL 9-1-1

"To Serve & Protect with Integrity"

CHC

| Case # | Reported | Criminal Offense/ Calls for Service | Location | Date(s) | Time(s) | Disposition |
|---------|----------|--|-----------------|---------|---------|------------------------|
| | 4/1/21 | No Incidents To Report | | 4/1/21 | | |
| | 4/2/21 | No Incidents To Report | | 4/2/21 | | |
| | 4/3/21 | No Incidents To Report | | 4/3/21 | | |
| | 4/4/21 | No Incidents To Report | | 4/4/21 | | |
| | 4/5/21 | Vehicle Check | 16th Street | 4/5/21 | 12:42am | Subject Advised |
| 21-0055 | 4/5/21 | Suspicious Person | SSB | 4/5/21 | 1:30pm | Report Taken |
| | 4/6/21 | No Incidents To Report | | 4/6/21 | | |
| | 4/7/21 | No Incidents To Report | | 4/7/21 | | |
| | 4/8/21 | No Incidents To Report | | 4/8/21 | | |
| | 4/9/21 | No Incidents To Report | | 4/9/21 | | |
| | 4/10/21 | No Incidents To Report | | 4/10/21 | | |
| | 4/11/21 | No Incidents To Report | | 4/11/21 | | |
| | 4/12/21 | Pedestrian Check | CCR | 4/12/21 | 5:17pm | Subject Advised |
| | 4/13/21 | No Incidents To Report | | 4/13/21 | | |
| | 4/14/21 | Pedestrian Check | Campus Drive | 4/14/21 | 6:25pm | Necessary Action Taken |
| | 4/15/21 | No Incidents To Report | | 4/15/21 | | |
| 21-0059 | 4/16/21 | Disturbing The Peace | Central Complex | 4/16/21 | 7:54am | Subject Arrested |
| | 4/17/21 | No Incidents To Report | | 4/17/21 | | |
| | 4/18/21 | No Incidents To Report | | 4/18/21 | | |
| 21-0062 | 4/19/21 | Trespassing | Lot F | 4/19/21 | 6:31pm | Report Taken |
| 21-0063 | 4/20/21 | Suspicious Person | Campus Drive | 4/20/21 | 2:44am | Subject Arrested |
| 21-0064 | 4/20/21 | Pedestrian Check | Clock Tower | 4/20/21 | 7:10am | Subject Arrested |
| | 4/20/21 | Suspicious Person | 16th Street | 4/20/21 | 1:02pm | Necessary Action Taken |
| | 4/21/21 | Suspicious Person | Golf Course | 4/21/21 | 11:05am | Subject Advised |
| 21-0065 | 4/21/21 | Traffic Collision | Campus Drive | 4/21/21 | 12:18pm | Report Taken |
| 21-0066 | 4/21/21 | Suspicious Person | LRC | 4/21/21 | 5:21pm | Report Taken |
| 21-0067 | 4/21/21 | Indecent Exposure | Lot D | 4/21/21 | 5:45pm | Report Taken |
| | 4/22/21 | No Incidents To Report | | 4/22/21 | | |
| | 4/23/21 | Suspicious Person | Lot K | 4/23/21 | 11:13am | Unable To Locate |
| | 4/24/21 | No Incidents To Report | | 4/24/21 | | |
| | 4/25/21 | No Incidents To Report | | 4/25/21 | | |
| | 4/26/21 | No Incidents To Report | | 4/26/21 | | |

DSO

| Case # | Reported | Criminal Offense/ Calls for Service | Location | Date(s) | Time(s) | Disposition |
|---------|----------|--|-----------------|---------|---------|--------------|
| | 4/1/21 | No Incidents To Report | | 4/1/21 | | |
| | 4/2/21 | No Incidents To Report | | 4/2/21 | | |
| | 4/3/21 | No Incidents To Report | | 4/3/21 | | |
| | 4/4/21 | No Incidents To Report | | 4/4/21 | | |
| | 4/5/21 | No Incidents To Report | | 4/5/21 | | |
| 21-0056 | 4/6/21 | Incident | 1888 E Highland | 4/6/21 | 10:44am | Report Taken |
| | 4/7/21 | No Incidents To Report | | 4/7/21 | | |
| 21-0057 | 4/8/21 | Vandalism | 1888 E Highland | 4/8/21 | 8:35am | Report Taken |
| | 4/9/21 | No Incidents To Report | | 4/9/21 | | |
| | 4/10/21 | No Incidents To Report | | 4/10/21 | | |
| | 4/11/21 | No Incidents To Report | | 4/11/21 | | |
| | 4/12/21 | No Incidents To Report | | 4/12/21 | | |
| | 4/13/21 | No Incidents To Report | | 4/13/21 | | |
| | 4/14/21 | No Incidents To Report | | 4/14/21 | | |
| | 4/15/21 | No Incidents To Report | | 4/15/21 | | |
| | 4/16/21 | No Incidents To Report | | 4/16/21 | | |
| | 4/17/21 | No Incidents To Report | | 4/17/21 | | |
| | 4/18/21 | No Incidents To Report | | 4/18/21 | | |
| | 4/19/21 | No Incidents To Report | | 4/19/21 | | |
| | 4/20/21 | No Incidents To Report | | 4/20/21 | | |
| | 4/21/21 | No Incidents To Report | | 4/21/21 | | |
| | 4/22/21 | No Incidents To Report | | 4/22/21 | | |
| | 4/23/21 | No Incidents To Report | | 4/23/21 | | |
| | 4/24/21 | No Incidents To Report | | 4/24/21 | | |
| | 4/25/21 | No Incidents To Report | | 4/25/21 | | |
| | 4/26/21 | No Incidents To Report | | 4/26/21 | | |
| | 4/27/21 | No Incidents To Report | | 4/27/21 | | |
| | 4/28/21 | No Incidents To Report | | 4/28/21 | | |
| | 4/29/21 | No Incidents To Report | | 4/29/21 | | |
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SBVC

| Case # | Reported | Criminal Offense/ Calls for Service | Location | Date(s) | Time(s) | Disposition |
|---------|----------|--|--------------------|---------|---------|------------------------|
| | 4/1/21 | No Incidents to Report | | 4/1/21 | | |
| | 4/2/21 | No Incidents to Report | | 4/2/21 | | |
| | 4/3/21 | No Incidents to Report | | 4/3/21 | | |
| | 4/4/21 | No Incidents to Report | | 4/4/21 | | |
| | 4/5/21 | Traffic Stop | 5th Street | 4/5/21 | 3:17am | Subject Advised |
| | 4/6/21 | Suspicious Person | Mt. Vernon | 4/6/21 | 6:55am | Subject Advised |
| | 4/7/21 | Disturbing The Peace | Esperanza | 4/7/21 | 9:21pm | Necessary Action Taken |
| | 4/8/21 | No Incidents to Report | | 4/8/21 | | |
| | 4/9/21 | Keep The Peace | Esperanza | 4/9/21 | 8:21pm | Necessary Action Taken |
| | 4/10/21 | No Incidents to Report | | 4/10/21 | | |
| | 4/11/21 | No Incidents to Report | | 4/11/21 | | |
| | 4/12/21 | Pedestrian Check | Auditorium | 4/12/21 | 6:53pm | Subject Advised |
| | 4/13/21 | No Incidents to Report | | 4/13/21 | | |
| | 4/14/21 | No Incidents to Report | | 4/14/21 | | |
| | 4/15/21 | Suspicious Person | Lot 8 | 4/15/21 | 8:22am | Necessary Action Taken |
| | 4/15/21 | Health & Safety | Campus Center | 4/15/21 | 3:38pm | Necessary Action Taken |
| 21-0060 | 4/16/21 | Medical Aid | Esperanza | 4/16/21 | 1:10pm | Report Taken |
| | 4/17/21 | No Incidents to Report | | 4/17/21 | | |
| | 4/18/21 | No Incidents to Report | | 4/18/21 | | |
| 21-0061 | 4/19/21 | Vandalism | Liberal Arts | 4/19/21 | 6:56am | Report Taken |
| | 4/20/21 | Traffic Stop | Mill Street | 4/20/21 | 8:19pm | Subject Advised |
| | 4/20/21 | Traffic Stop | Laurel Ave | 4/20/21 | 10:28pm | Citation Issued |
| | 4/21/21 | Assisting Other Agency | Mill Street | 4/21/21 | 3:40am | Necessary Action Taken |
| | 4/21/21 | Traffic Collision | Tippecanoe | 4/21/21 | 3:58am | Necessary Action Taken |
| | 4/22/21 | No Incidents to Report | | 4/22/21 | | |
| | 4/23/21 | Area Check | K Street | 4/23/21 | 4:15pm | Subject Advised |
| | 4/24/21 | Area Check | Technical Building | 4/24/21 | 4:36am | Unable To Locate |
| | 4/24/21 | Disturbing The Peace | Lot 8 | 4/24/21 | 10:09am | Necessary Action Taken |
| | 4/25/21 | No Incidents to Report | | 4/25/21 | | |
| | 4/26/21 | No Incidents to Report | | 4/26/21 | | |
| 21-0068 | 4/27/21 | Vandalism | Liberal Arts | 4/27/21 | 6:41am | Report Taken |

SBVC

| Case # | Reported | Criminal Offense/ Calls for Service | Location | Date(s) | Time(s) | Disposition |
|---------------|-----------------|--|------------------|----------------|----------------|--------------------|
| 21-0069 | 4/27/21 | Vandalism | Lot 8 | 4/27/21 | 6:52am | Report Taken |
| 21-0070 | 4/27/21 | Incident | Admin | 4/27/21 | 1:33pm | Report Taken |
| 21-0071 | 4/27/21 | Trespassing | Physical Science | 4/27/21 | 6:28pm | Subject Advised |
| | 4/28/21 | Suspicious Circumstance | Esperanza | 4/28/21 | 6:52pm | Gone On Arrival |
| 21-0072 | 4/28/21 | Pedestrian Check | Gym | 4/28/21 | 11:49pm | Subject Arrested |
| | 4/29/21 | No Incidents to Report | | 4/29/21 | | |
| 21-0073 | 4/30/21 | Vandalism | Liberal Arts | 4/30/21 | 6:15am | Report Taken |