



LAS POSITAS COLLEGE

SAFETY AND SECURITY

Emergency Contact Number

(925) 424 – **1699**

Emergency Text Notification System

Text “**LPC**” to **55155** and reply “**Y**”

Campus Safety Website

www.laspositascollege.edu/safety

- Emergency Response Handbook
- Evacuation Procedures
- Other Important Safety Information



HOW TO HELP A STUDENT IN NEED

▪ RECOGNIZE

- Familiarize yourself with signs of distress

▪ OFFER SUPPORT

- Ask questions and listen
- Show concern, interest and understanding.
- Ask about self harm, if you're concerned.

▪ CONNECT TO RESOURCES

- Refer the students to general counseling for distress related to academic progress
- Refer the students to the Health & Wellness Center for distress regarding personal counseling
- In an emergency, call Campus Safety (925)424-1699

▪ COMMUNICATE

- Inform your Dean
- Notify VP Student Services
- Use BIRT Guidelines

SIGNS OF DISTRESS:

SAFETY RISKS

- Physical violence
- High risk / dangerous behavior
- Suicidal thoughts or behavior
- Communicating threats
- Increased alcohol and/or substance use

CHANGE IN BEHAVIOR

- Sad, anxious, empty mood, or mood swings
- Hopelessness, guilt, worthlessness
- Loss of interest or pleasure in activities
- Withdrawal and isolation
- Financial recklessness
- High levels of irritability or anger
- Unusual apathy

CHANGE IN PERFORMANCE

- Inability to concentrate or make decisions
- Missed or coming late for classes or work
- Excessive procrastination
- Disorganized

PHYSICAL SYMPTOMS

- Fatigue, lack of energy or sleep disturbance
- Change in personal hygiene
- Change in appetite; weight loss or gain
- Agitation, restlessness
- Delusions and paranoia

Resource:

BIRT

<http://www.laspositascollege.edu/birt/>

Campus Safety (925) 424-1690

Disabled Students Program & Services
(925) 424-1510

LPC Counseling (925)424-1400

Student Health & Wellness Center (925) 424-1830

Alameda County Access Program (510)346-1010

Mental Health Resources

National suicide prevention crisis line (800)273-TALK

Tri Valley Haven Sexual Assault Crisis Line

(800) 884-8119

Connect To Mental Health Services:

Student Health & Wellness Center offers free and confidential counseling.

www.laspositascollege.edu/healthcenter

Make a confidential appt. by calling 925-424-1830

General Counseling

www.laspositascollege.edu/academic_counseling

Make an appt. by calling 925-424-1400

OUR RESPONSIBILITIES

IN EMERGENCY SITUATIONS

As educators, staff and administrators, Under California Government Code 3100, we are considered “Disaster Service Workers” in the event of a natural, manmade or war-caused emergencies:

*3100. It is hereby declared that the protection of the health and safety and preservation of the lives and property of the people of the state from the effects of natural, manmade, or war-caused emergencies which result in conditions of disaster or in extreme peril to life, property, and resources...all **public employees** are hereby declared to be **disaster service workers** subject to such disaster service activities as may be assigned to them by their superiors or by law.*

- We are not police or fire
- We ARE responsible for our students and each other
- How do we do that?
 - We become knowledgeable and we LEARN!
- We can start with the basics, FEMA Incident Command System training.
 - A federal program that is on-line and self-paced:
 - <https://training.fema.gov/is/courseoverview.aspx?code=IS-100.b>
 - This URL is to the first in a series of self-paced lessons through FEMA.
 - One of the self-paced lessons is on “Active Shooters”
 - <https://training.fema.gov/is/courseoverview.aspx?code=IS-907>
- These lessons and more can be used in practically any disaster or critical incident we could come across:
 - Airplane crash
 - We are under the flight path to 25 Right at the Livermore Airport
 - Earthquake
 - The Greenville Fault is 2 miles to the east, as the crow flies.
 - 1980 Livermore, 5.6 earthquake, 3 million in damages
 - The Calaveras Fault, about 5 miles west (San Ramon?)
 - Chemical Spill in the Science Building with injuries
 - Halloween Night Asteroid (Well, never mind)

The idea is not to be paranoid, but prepared. As employees of the district, we have a legal obligation to our students, fellow employees and the public. By staying aware, by educating ourselves and by playing “what ifs” when we are at home, work or traveling, we become better prepared mentally. By visiting the FEMA website and looking at the lessons that pertain to all of us, we become more knowledgeable and able to deal with most incidents. The idea then is to be prepared, not fearful and make our safe campus even safer!