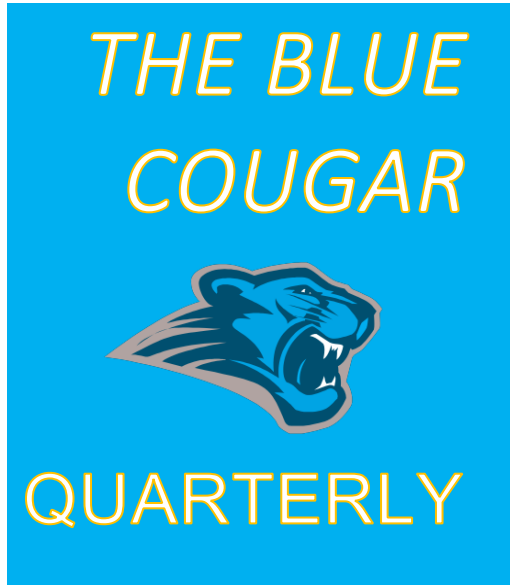


WELCOME TO THE BLUE COUGAR PUBLIC SAFETY ZONE!



by Kevin D. Behr, J.D. – Master Peace Officer & CBC Director of Public Safety



Third addition- 4th Quarter of 2018

The CBC Department of Public Safety (CBCDPS) provides the content of Blue Cougar Safety Quarterly. This publication is a collection of safety information for the use of students and employees. This periodical is updated each quarter to provide students and employees with material and suggestions concerning personal safety issues and information.

CBC Department of Public Safety Website
<http://coastalbend.edu/publicsafety/>

BLUE COUGAR TIPS

REMEMBER TO;

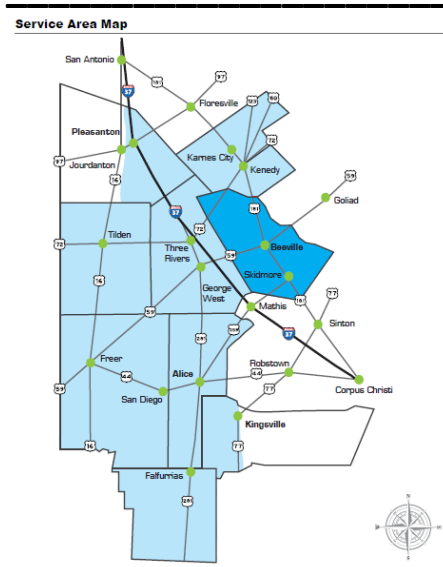
- Be AWARE OF YOUR SURROUNDINGS
- Be AWARE OF YOUR LOCATION
- Be AWARE OF PEOPLE AROUND YOU
- HAVE AN ESCAPE STRATEGY

IN THIS ISSUE

- The NEW CBC Police Department
- Campus Courtesy Patrol Unit
- Active Shooter online Training
- Texas laws on Drug and Alcohol offenses
- Advice on Good study habits
- Carrying a Handgun on Campus
- Reporting Crime on Campus
- "Sobering Thoughts"- a reoccurring section of the Blue

Cougar concerning alcohol and drug abuse

- Mental Health resources



NEW: The Coastal Bend College Police Department

CBC will have a new look on campus, the CBC Police. This new law enforcement department was created recently by the CBC Board of Trustees and is charged with the responsibility of protecting the life and property of individuals who comprise the student body, faculty, and staff of the Coastal Bend College community. CBC Police Officers will be dressed in tan

uniforms and the Department will be headed by Chief of Police Kevin Behr. Behr, who also holds a Doctor of Jurisprudence, has been a law enforcement officer for more than 30 years and a CBC Professor of Criminal Justice for 20 years.

For the past 16 months Behr has been the Director of Public Safety for CBC. In March of this year he was directed to start the process to form the CBC Police Department by College President Beatriz Espinoza. Behr will retain his role as the Emergency Management Coordinator for the College, as well as assume his role of Police Chief in late November, when the Department becomes fully certified by the Texas Commission on Law Enforcement. The CBC Department of Public Safety (CBCDPS) will still remain, but will have under its umbrella the CBCPD.

The criminal and traffic enforcement jurisdiction for the new department is established by state law and will cover the entire CBC service area, some 9600 square miles. The CBCPD will work in partnership with other law enforcement agencies to provide our college community with the security and safety that every student and employee deserve.

Courtesy Patrol

Starting in November, the Beeville Campus of Coastal Bend College will have a student Courtesy Patrol unit on duty from 6pm until 10pm Monday thru Thursday. The Courtesy Patrol attendants will be staffed by Law Enforcement students and was created to provide assistance to students and faculty.

The primary job related responsibilities of the CBC Courtesy Patrol Attendant (CPA) will be to:

1. Check college buildings and facilities for students or other persons in need of assistance.
2. Watch for irregularities, fire hazards, leaking water pipes and/or malfunctioning equipment or machinery and report such observations to Director of Public Safety.
3. Provide assistance to students, faculty and guests as needed or requested.
4. Observe and report suspicious or criminal activity to Director of Public Safety immediately and Beeville Police Department as necessary.
5. Respond to assist students who request an escort to and from campus and their vehicle or dorm room.
6. Provide assistance to persons with dead batteries and flat tires. Assist persons **with keys locked in their vehicles**, however do not attempt to unlock vehicles, we are not equipped with the ability to unlock cars. Instead we **call the Bee County Sheriff's Office at (361) 362-3221** and request a Deputy to render assistance.
7. Walk the campus, stopping to assist persons in need
8. Remain professional at all times in your appearance, demeanor, and attitude.
9. Stay with your partner for the entire shift, only separating for bathroom breaks.
10. Employee will appear well groomed and dressed in Law Enforcement student uniform
11. While on duty the CPAs will wear a yellow traffic that will make them more visible to our campus community.

COUGAR CRIME WATCH
See something or someone that is suspicious on campus?

Call it in to the CBCPD at

361-354-2611

Or report it to your Site Director immediately



Active Shooter Online Training

This one-hour online course (IS-907 Active Shooter: What You Can Do) provides an introductory lesson on the actions that may be taken when confronted by an active shooter, as well as indicators of workplace violence and how to manage the consequences of an incident.

To access this course, please visit the Federal Emergency Management Agency (FEMA) Emergency Management Institute online training website found at <http://www.training.fema.gov/is/crslist.aspx> and type **Active Shooter** in the search bar.



TEXAS STATUTES

Drug and alcohol offenses

Coastal Bend College is a **ZERO TOLERANCE** college community. As such CBC will take all lawful and reasonable actions to ensure that our campuses are drug and alcohol free. Anyone caught in violation of this policy will be dealt with to the fullest

extent of Texas law and the CBC Code of Student Conduct.

Manufacture or delivery of controlled substances (drugs)

- Minimum Punishment: Confinement in jail for a term of not more than 2 yrs. or less than 180 days, and a fine not to exceed \$10,000
- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 15 years, and a fine not to exceed \$250,000

Possession of controlled substances (drugs)

- Minimum Punishment: Confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000 or both
- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 10 years, and a fine not to exceed \$250,000

Delivery of marijuana

- Minimum Punishment: Confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000 or both
- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 10 years, and a fine not to exceed \$100,000

Possession of marijuana

- Minimum Punishment: Confinement in jail for a term of not more than 180 days, a fine not to exceed \$2,000 or both
- Maximum Punishment: Confinement in TDC for life or for a term of not more than 99 years nor less than 5 years, and a fine not to exceed \$50,000

Driving while intoxicated (includes intoxication from alcohol, drugs, or both)

- Minimum Punishment: Confinement in jail for a term of not more than 180 days nor less than 72 hours, and a fine of not more than \$2,000
- Maximum Punishment: Imprisonment for a term of not more than 10 years nor less than 2 years, and a fine not to exceed \$10,000

Public intoxication - Class C misdemeanor

Minimum Punishment: A fine not to exceed \$500

Purchase of alcohol by a minor

Minimum Punishment: A fine not to exceed \$500

Consumption or possession of alcohol by a minor

Minimum Punishment: A fine not to exceed \$500

Providing alcohol to a minor - Class A misdemeanor

Punishment: A fine not to exceed \$4000 or confinement in jail for a term not to exceed one year or both.

NOTE: Possession of illegal drugs or alcohol in a CBC residential facility voids your lease and subjects the violator to immediate eviction. This is in addition to criminal prosecution and student code of conduct sanctions.

Good Study Habits = Good Grades

As finals are coming fast upon us, it can be difficult to settle into the routine of higher education for the first time or even if you are returning to school, especially when you choose an accelerated curriculum or balance classes with a full-time job. Luckily, old habits and new distractions don't have to stand in the way of your college degree. Incorporate these top ten effective study habits for college students into your daily routine, and watch yourself blossom into a capable, disciplined college student. They are easy to follow and implement and require only a commitment on your part to follow through.

1. Take & review thorough notes while in class

Whether you're sitting through a lecture or doing an assigned reading, always take notes. You'll absorb key terms and ideas more quickly by writing them down immediately. Don't be afraid to ask classmates for a refresher if you miss a lecture.

2. Eliminate lifestyle distractions

Technology offers unprecedented ways to access new information. However, it also creates distractions that prevent you from concentrating on your research. Stick to academic websites, silence your phone, and turn off your wireless connection as soon as you have enough information to write.

3. Schedule your study time

Instead of squeezing study sessions in between classes, naps, and other responsibilities, treat studying like any other class or commitment. Pick a specific location that's quiet, peaceful, and will give you plenty of room to work. Then set a specific appointment with yourself each week, and stick to it.

4. Organize your class materials

Instead of keeping one bulky binder or a backpack of loose paper, organize your notes and handouts into separate folders. This makes it easier to find what you need for each exam, keep your homework together, and prevent overwhelming clutter. Color-coding can also help you keep different topics separate.

5. Take every extra opportunity to study

If a professor or offers an after-class study session or extra credit opportunity, try to fit it into your schedule. This doesn't just give you a stronger safety net in case you make a mistake in the future; it also shows your initiative as a student.

6. Take care of yourself first - Get plenty of rest!

Your brain needs to recharge regularly in order to process and absorb new information. Sometimes all-nighters are inevitable, but don't let it become a habit, because sleep-deprivation can prevent you from learning or thinking critically. Give yourself permission to make up for lost sleep, too.

7. Study with a group or partner

Study groups usually meet before big tests, but many students have realized how helpful it is to help one another throughout the school year. You can exchange notes, quiz each other, and most importantly, hold each other responsible for showing up to each session.

8. Exercise to release stress

Instead of succumbing to anxiety or pressure until studying seems impossible, find a productive outlet to express your frustration. Physical activity releases endorphins that reduce stress and depression, and it's completely free.

9. Don't be afraid to ask for help

Don't be afraid to reach out to tutors, professors, and classmates if you think you're falling behind. Whether you have trouble understanding a new concept or just need help managing your time, college is full of people who know exactly what you're going through.

COUGAR BASEBALL EXTRAVAGANZA!

SUNDAY NOVEMBER 11

HUNTER FIELD

GATES OPEN 3PM

GAME STARTS @ 4PM

COASTAL BEND COLLEGE VS. THE WASHINGTON NATIONALS SCOUT TEAM





Bicycles are a true investment. Protect your bike from theft by registering your bike with The Coastal Bend College Police Department and the American Center for Bicycle Registration (ACBR).

Handguns and Carrying a Handgun on Campus

The Coastal Bend College District (the College) is committed to providing a safe environment for students, employees, district affiliates, vendors, and visitors while at the same time respecting the right of individuals licensed by the State of Texas to carry a handgun. Individuals licensed to carry may do so on our campuses and sites except in locations and at activities prohibited by law or policy.

The carrying of any handgun by an unlicensed person is not permitted in any place owned or operated by the District. In addition the [Texas Penal Code, Section 46.035 \(a-1\)](#) strictly prohibits license holders from Open Carry of a handgun at institutions of higher education including Coastal Bend College.

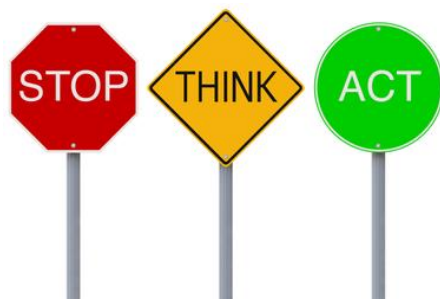
<http://coastalbend.edu/handgunpolicy/>

Reporting Crime on Campus

<http://coastalbend.edu/reportingcrime/>

Your information can remain anonymous

**SPRING REGISTRATION IS NOW OPEN!
TAKE ADVANTAGE AND SIGN UP NOW IN
THE COUGAR DEN**



SOBERING THOUGHTS

COLLEGE DRINKING - CHANGING THE CULTURE

7 Myths about Alcohol.

Myth 1

I can drink and still be in control

Fact 1

Drinking impairs your judgment, which increases the likelihood that you will do something you'll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.

Myth 2

Drinking isn't all that dangerous

Fact 2

Among college students, alcohol contributes to deaths from alcohol-related unintentional injuries, as well as assaults, sexual assaults or date rapes, and poor academic performance.

Myth 3

I can sober up quickly if I have to

Fact 3

It takes about 2 hours for the adult body to eliminate the alcohol content of a single drink, depending on your weight. Nothing can speed up this process - not even coffee or cold showers.

Myth 4

It's okay for me to drink to keep up with my boyfriend

Fact 4

Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

Myth 5

Beer has less alcohol than hard liquors

Fact 5

A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

Myth 6

I'd be better off if I learn to hold my liquor

Fact 6

If you have to drink increasingly larger amounts of alcohol to get a "buzz" or get "high", you are developing tolerance. Tolerance is actually a warning sign that you're developing more serious problems with alcohol.

Myth 7

I can manage to drive well enough after a few drinks

Fact 7

The effects of alcohol start sooner than people realize, with mild impairment (up to .05 BAC) starting to affect speech, memory, attention, coordination, and balance. And if you are under 21, driving after drinking *any* amount of alcohol is illegal and you could lose your license. The risks of a fatal crash for drivers with positive blood alcohol content (BAC) compared with other drivers (i.e., the relative risk) increase with increasing

BAC, and the risks increase more steeply for drivers younger than age 21 than for older drivers.

THINK BEFORE YOU DRINK

Mental Health Resources

Multiple Service Areas

Coastal Plains Community Center / Coastal Plains MHMR

Crisis Line: 800-841-6467

To find a service location nearest to you:
1-888-819-5312

Will treat:

- 1) Any adult (18+) with the following diagnoses: Major Depression, Bipolar Disorder, Schizophrenia
- 2) Children (under 18) with various difficulties

Mental Health Services Offered: (all outpatient)

- 1) **Psychiatric services** – medication prescription and monitoring
- 2) **Skills training**
- 3) **Veteran services** available, especially PTSD issues

Note: If counseling services needed, this agency contracts it out to providers in community.

Intellectual Disability Services Offered: (all outpatient)

- 1) Intake must occur at Portland Office, 361-777-3991, 200 Marriott Dr, Portland, TX 78374
- 2) Bring any documentation of MR diagnosis prior to age 18
- 3) Psychologist assesses and confirms diagnosis and recommends appropriate services
- 4) Day Habilitation Services – independence skills training on daily basis
- 5) Case Management services

(Note: Services 4 and 5 available in Beeville Office)

Intake Process: (Note: This is typically a 1-2 month process)

1. Walk in for initial screening: Monday-Thursday, 1-2:30pm
2. If deemed appropriate, intake appointment set with licensed clinician
3. If needed, appointment set with psychiatrist for medication prescription

Payment: Insurance accepted (Medicaid, Medicare, Private INS) but not required.

Connections Individual and Family Services, Inc. (Connections)

Crisis Hotline: 1-800-532-8192

Information and intake line: 830-629-6571

Mission: provide a safe and secure alternative from the “streets” for homeless, abused, or at-risk youth

Serves the following counties: Aransas, Atascosa, Bastrop, Bee, Caldwell, Comal, Frio, Goliad, Gonzales, Guadalupe, Karnes, Lee, Live Oak, McMullen, Refugio, San Patricio, Wilson, and Zavala

Services provided to families and individuals:

- 1) Counseling services to youth (ages 0-17) and their families who are struggling with runaway, truancy, delinquency, and family conflict in STAR program
- 2) Short-term residential services for runaway, abused or neglected, homeless, and at-risk youth; Emergency youth shelters in Portland and New Braunfels - accept youth who have not exhibited behavior that is a danger to self or others in the past 30 days and who are not sex offenders. The program is voluntary and youth must be willing to enter.
- 3) Crisis hotline and referral services
- 4) Kids Exchange services – one time \$25 registration fee; one time \$75 orientation fee; cost for each visit is based on sliding scale fee.

5) Transitional Living Program assists youth ages 16 to 22 in the Connections service area to transition to productive independent living. It is a residential program which provides assistance in achieving educational goals and obtaining employment while teaching the life skills necessary to live independently. Criteria for admission: ages 16-22.

Payment: Free of charge to families in crisis; Counseling services offered on a sliding scale. Medicaid insurance also accepted.

INFORMATION SOURCES

<http://coastalbend.edu/>

<http://coastalbend.edu/reportingcrime/>

<http://coastalbend.edu/publicsafety/>

<http://coastalbend.edu/handgunpolicy/>

<http://www.training.fema.gov/is/crslist.aspx>

<http://www.dhs.gov/activeshooter>.

<https://www.collegedrinkingprevention.gov/>