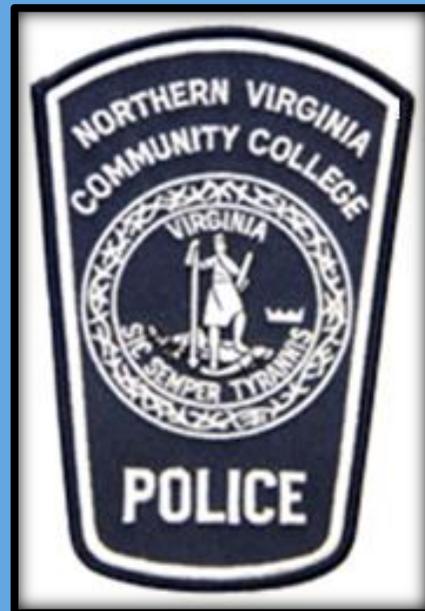


NOVA PUBLIC SAFETY NEWSLETTER

AUGUST 2021



Lt. John Degurse and Dave Riglin congratulate NOVA's newest dispatcher, Gloria Rivas, upon her academy graduation.

In this Issue:

- Training Announcement
- Penelope's Driving Tip
- Heat Stroke Awareness
- Check Out the Big Brain on Penelope
- Dealing with Mental Health Challenges
- Mental Health Contacts
- NOVA Police Training Opportunities

Special Announcement !

NOVA Police are offering Back to School Safety Training on August 7th from 10-12. This training is available to all students, their families, and their friends. For more details see the article on page #5.



Penelope on Driving Safely in Parking Lots

Driving fast or driving distracted through NOVA parking lots is a tragedy waiting to happen. People don't always stay in designated crosswalks or pay attention. Remember to keep your speed low (10 mph or less) and drive like the police are watching. We are!

Download the **FREE** LiveSafe
Mobile Safety App

Police can be reached 24/7/365 @ **(703) 764-5000**

NOVApolice@nvcc.edu

NOVApdoutreach@nvcc.edu

Heat Stroke Awareness

Summer is a fun time; it's prime time to head to the beach, ride roller coasters, and enjoy the outdoors. However, with summer comes heat - which can be dangerous if you are not protected.

What is Heat Stroke?

Heat Stroke occurs when the body can no longer manage excess heat. The body actually begins to trap the excess heat instead of releasing it. When this happens, the body begins to show some tell-tale signs:

- Hot, dry skin due to a lack of sweat
- Body temperature greater than 105°
- Confusion, dizziness, or nausea

How Can I Prevent Heat Stroke?

Heat exhaustion itself is usually characterized by heavy sweating and weakness. If preventive actions are not taken, the body can progress quickly into the final stage of heat exhaustion - heat stroke. It is often difficult to notice this progression until it is too late.



The easiest way to prevent heat stroke and other heat-related emergencies is to keep yourself and others *cool* and *hydrated*. Wear lightweight and breathable clothes. If you know you're going to be outside on a hot day, drink plenty of water *before and during* the activity. Take frequent breaks; even casual activities can become overwhelming. Don't forget to apply sunscreen and reapply it frequently as your day progresses.

What Should I Do If I Witness Heat Stroke?

First, immediately call 9-1-1 and then attempt to cool the person down. Remove them from the heat and into shade or air conditioning. Remove excess clothing and put a wet towel on them. Be ready to give an account of what happened to arriving first responders.

For more information, visit <https://www.ready.gov/heat>

Check Out the Big Brain On Penelope



Penelope is back again to amaze you with the depth of her knowledge and to demonstrate, once again, why reading the Public Safety Newsletter is the smart thing to do:

- The world's largest pyramid isn't in Egypt. The Great Pyramid of Cholula, Mexico is the largest pyramid in the world and the largest monument ever constructed. Its base is four times the size of the Great Pyramid of Giza, but much of the Cholula pyramid is partially buried under a mountain.
- The Netherlands is so safe it imports criminals from other countries to fill its jails.
- Roosters have built-in earplugs, protecting it from its 140-decibel crowing.
- In 2011, the American Academy of Matrimonial Lawyers said that one in three divorce filings includes the word "Facebook."
- Subway footlongs were found to average 11 inches in New York City. (Penelope is partial to the tuna sub, irrespective of its length.)
- There is a bridge exclusively for squirrels across the N44 motorway in the Netherlands. Five squirrels were observed using it in 2014-2015.
- Marie Curie's notebooks are still radioactive and must be stored in a lead box.

Now, don't you feel smarter and more energized? Come back next month when Penelope will share her vast knowledge of all things intellectual.

Dealing with Mental Health Challenges

In 2016, the National Institute of Mental Health estimated about 20% of American adults suffer from a mental health issue and characterized the mental health epidemic as a “crisis”. Since then, the coronavirus has generated some of the most stressful times in recent history. People have suffered from financial duress, insomnia, feelings of helplessness, uncertainty and the inimical effects of social separation. The effects of this stress have increased calls to mental health crisis helplines. Sadly, rates of suicide, substance abuse, and domestic violence have also increased.

With so many people returning to the workplace, it is important to know how to recognize and deal with potential mental health issues. This necessity is borne from the fact that your colleagues and students may be coping with a mental health issue. Often, when one observes behavioral issues, such as someone who is argumentative, not paying attention or performing poorly, we interpret their behavior through the prism of our own ego. We conclude the person is being rude to us, is intellectually slow, or disinterested in what we have to say. This may be true but, on the other hand, it may indicate the presence of a mental health issue and necessitate a different response.

While we are not diagnosticians, certain characteristics are (though not uniquely) associated with mental health issues:

- Sensory overload, challenged by abstract thoughts, memory problems, and difficulty with problem-solving
- Unyielding commitment to routine
- Inability to sit still
- Frustration/embarrassment due to feelings of shame, confusion or hopelessness
- Preoccupation with certain ideas
- Volume control challenges
- Inability to empathize (i.e., no shared perspectives)
- Lack of eye contact
- Defensiveness regarding personal space
- Pacifying behaviors, such as pacing back and forth



The first step in dealing with an individual who may be dealing with a mental health issue is to recognize the behavior is not necessarily about you. Here are some tips from Crisis Intervention Team training:

- Remain calm and be patient, but set time limits to focus the conversation
- Keep it private and allow a person to vent
- LISTEN! Remember Steven Covey’s admonition in [7 Habits of Highly Effective People](#): most people listen with an intent to reply, not to understand.
- Respect personal space: Hands off!
- Don’t demand, threaten or debate, especially in public.
- Give options.
- Ask what a person needs, what you can do to help, if you understand correctly what the person is saying and whether he or she is understanding you.
- Employ the 3 E’s: be empathetic, give explanations, and control your ego.

Dealing with Mental Health Challenges (cont'd)

- Watch non-verbal cues, both the other person's and your own (you don't want to appear scared, disinterested or aggressive)
- Summarize and paraphrase to ensure you understand what is being said
- Don't be the highest ranking person with a secret. If others need to know about a person in crisis, document your interaction and inform appropriate individuals.

If you are dealing with an individual who constitutes an immediate physical threat to self or others, remove yourself from potential harm and immediately call 911 or notify NOVA Police at 703-764-5000. Document your interaction and report it to NOVA's Office of Wellness and Mental Health (wellness@nvcc.edu) or HR (for an employee).

NOVA Police conduct a one-hour training, virtual or in-person, on this important subject. If you would like a presentation to your division or your class, contact novapdoutreach@nvcc.edu.

PROTOCOL FOR CONTACTING EMERGENCY PERSONNEL FOR A STUDENT IN CRISIS

(Created by NOVA's Office of Wellness and Mental Health and NOVA Police, 2021)

If a student expresses suicidal ideation (to include thoughts having occurred in the last 72 hours, plans, intent, and/or access to means to harm self), or that someone is currently causing or threatening harm to them, or they are experiencing a medical emergency, immediately:

1. Call 911 to request a welfare check/emergency medical services (EMS) for student. The police dispatcher will assist you in reaching the appropriate location/jurisdiction. It will be important to provide as many details as possible about the person in crisis, to include the following (ask the student for any details of which you are unsure):
 - Student's full name
 - Student's cell phone number
 - Date of birth or approximate age
 - If student is alone, or if there are any other parties present
 - Address/stated location if student is not at home
 - Any quotes and identified methods of harm
2. After finishing the 911 call, contact NOVA Police at 703-764-5000 to advise them you requested a welfare check (share which police department you spoke to so NOVA PD can follow up and assist further), and provide SID if you have the ability to do so
3. Complete a Student Needing Assistance Reporting Form regarding the above incident if the crisis is mental health-related
4. Contact The Office of Wellness and Mental Health to receive support for yourself

RESOURCES

<p>Crisis/Safety Concerns</p> <p>Emergency: Contact 911</p> <p>Non-emergency: NOVA Police 703-764-5000</p>	<p>Suicidal Concerns</p> <p>National Suicide Prevention Lifeline: 1-800-273-8255 (24/7)</p> <p>Crisis Textline: Text HOME to 741741 (24/7)</p>	<p>Emotional Support</p> <p>ACTS Helpline: 703-368-4141 (24/7)</p> <p>RPSV Warm Line: 703-817-6124 (M-Th, 4-11pm)</p> <p>Report for Students Needing Assistance</p>	<p>Wellness Resources</p> <p>Virtual Self-Care Kit</p> <p>Office of Wellness and Mental Health Resources</p>	<p>Sexual Misconduct Support</p> <p>Title IX: Make a report</p> <p>Pregnant and Childbirth: Accommodations Request</p> <p>Confidential Advocate: 703-323-2136</p>
<p>Discrimination Concerns</p> <p>Diversity, Equity, and Inclusion Office</p> <p>Student Ombuds Services</p>	<p>Accommodations Support</p> <p>Disability Support Services</p> <p>Remote Student Support Services</p>	<p>Conduct Concerns</p> <p>Office of Student Rights and Responsibilities</p> <p>Report a Concern</p>	<p>Basic Needs/Grants</p> <p>Financial Stability and Advocacy Centers</p> <p>Single Stop Screener</p>	<p>Veterans Services</p> <p>NOVA's Office of Military and Veterans Services</p> <p>Veterans Crisis Line: 1-800-273-8255 and press 1, text 838255, or chat</p>

NOVA Police Offer Back to School Safety Training

NOVA Police want to empower faculty, staff, students and loved ones to remain safe at college, whether it's NOVA or some other institution, and anytime you are out in public. Therefore, we are offering a two-hour Zoom session on active shooter response, conflict de-escalation, tourniquet training, and staying safe on the street on Saturday, August 7th from 1000-1200.

Students from NOVA and other institutions, their friends and their relatives are invited. Please RSVP to novapdoutreach@nvcc.edu as soon as possible. Upon receiving your reservation, we will provide a Zoom link and safety information.

DOWNLOAD

LiveSafe Mobile Safety App

The LiveSafe Mobile Safety app is available for free to all NOVA faculty, students, staff and their families and friends. This powerful tool can empower you to stay safe, keep your campus safe, put potentially life-saving information at your fingertips, and facilitate timely interaction with NOVA Police and OEMS professionals in the event of an emergency or need for assistance. Download LiveSafe at iTunes or Google Play. It is easy and fast. Go to www.LiveSafeMobile.com to download this great app.



2021 NOVA POLICE TRAINING

NOVA Police conduct an extensive community outreach program. The following topics are available for presentation to faculty, students, clubs, staff, and community organizations via **Zoom or in-person**. If there are topics you would like presented or would like to request additional topics, please contact us at novapdoutreach@nvcc.edu.

Selected Topics

- Active Shooter Response
- Dealing with Difficult People
- Creating and Maintaining a Safe Classroom Environment
- Staying Safe on the Street/Self-Defense Considerations
- Alcohol/DUI Awareness
- Stop the Bleed Tourniquet Certification
- Recognizing/Reporting Suspicious Behavior
- CPR and AED Certification
- Empower Yourself to be Safe!
- Writing in the Workplace
- Everything You Ever Wanted to Know About the Police (But Were Afraid to Ask)
- Ticket Avoidance Strategies
- Crimes Against Women/Human Trafficking
- Gangs and Drugs
- Civilian - Police Interactions
- Dealing with Mental Health Issues