February 2022

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SIU Campus Resources

SIU Police

618-453-3771

Parking Division

618-453-5369

Counseling Center

618-453-5371

Wellness Center

618-536-4441

Student Health Services

618-453-3311

Night Safety Transit

618-453-2212

Carbondale Resources

Carbondale Police

618-457-3200

Women's Center

618-529-2324

Memorial Hospital

618-549-0721

SIU Department of Public Safety

Vol. 9 Issue 2



Accreditation for DPS

The SIU Department of Public Safety (DPS) strived towards accreditation to show their dedication to our campus community. Being accredited shows the level of professionalism and determination our employees utilize to provide the best public safety to our community.

<u>What does accreditation mean?</u> Accreditation is a significant accomplishment for our department. Being accredited shows that our department is comprehensive and thorough in compliance with law enforcement standards across the state.

What did the process look like? In August 2015, the Department of Public Safety began the process of becoming accredited. Over 2 1/2 years, employees worked to rewrite the policies and procedures and update processes at the department. In November 2017, two assessors from the Illinois Law Enforcement Accreditation Program (ILEAP) visited the SIU Department of Public Safety for an on-site assessment. The assessors spent three days evaluating policies, procedures, reviewing files that were prepared by the Accreditation Manager, conducting interviews with employees and command staff, and examining all aspects of agency operations. On January 22, 2018, we received formal notification that our department had been voted on to receive statewide accreditation. The department is celebrating 4 years of accreditation and is in the process of preparing for our 4 year review, scheduled for the beginning of February. Wish us luck!

Services Provided

Crime Prevention & Programs

Report Suspicious Activity

Campus Emergency

Response Guide

Night Safety Transit

Campus Map

Parking Map

Daily Crime Log

FOIA Request Form

SIU Campus Crime Report

Safety Awareness Facts and Educations

February Calendar

Men's Basketball vs. Missouri State University February 2nd @ 8:00 P.M.

Men's Basketball vs. Evansville February 12th @ 7:00 P.M.

Men's Basketball vs. Bradley February 15th @ 7:00 P.M.

Women's Basketball vs. Missouri State February 4th @ 6:00 P.M.

Women's Basketball vs. Northern Iowa February 11th @ 6:00 P.M.

PERSONAL SAFETY

There is no one sure way to prevent violence against a person because every situation is different. However, there are steps you can take to reduce the risk of being targeted. Risk awareness, reduction, recognition, and avoidance strategies can be implemented into your everyday life.

The following strategies are not demands from the police, but they should be thought of as considerations. Evaluate and apply each strategy to your own life and situation with specific circumstances.

Be Aware

Do not ignore the fear or crime, instead, face it with courage. Too many believe crime will not happen to them, causing a person to not be mentally alert to their surroundings and prepared to react. When you go somewhere, have a route planned. Walk with confidence, head up and looking around for suspicious people on your route. Do not wear headphones on/in both ears, as you cannot hear what's around you. Develop a plan of action if something happens to change your original plans, something happens to you, or you need help.

Reduction Strategies

Keep your room/house doors locked, including bathroom doors in suite style accommodations. Get to know your roommate(s) and any guests in your room. Do not allow anyone into the building you do not know. Do not loan your keys to anyone. If your keys are lost, report the lost keys immediately for replacements.

Try to park in a well-lit area whenever possible. Remember where your car is parked so you can get there without delay. Visually check your vehicle and the area around it before getting in. Once inside the car, lock the doors. Turn your car on and leave. Keep your valuables out of sight.

If you meet someone and would like to see them again, get their phone number – this puts you in control. Always get the name of the person you are dating. Nicknames do not identify a person. Consider meeting at a public location and drive yourself to that location. Make sure a friend knows where you are going and who you are meeting.

Recognition

Using the strategies above, identify areas that you need to improve. Recognizing areas of improvement will make you think about personal safety in all situations. Recognize a problem, find a solution, and learn to avoid possible dangerous situations.

Avoidance

Your overall awareness will increase reaction time; however, placing obstacles between you and a dangerous situation will allow you to plan for alternate routes or call for help. Obstacles can be anything physical in the environment, friends, beliefs, the police, or anything that put something between you and potential harm.

The ONLY confrontation you are GUARANTEED to survive EVERY TIME is the one you are never involved in.

R.A.D Systems of Self-Defense



Additional Resources

Office of Equity and Compliance 618-453-4807

> Dean of Students 618-453-2461

Student Rights and Responsibilities

618-536-2338

Saluki Cares 618-536-2338

Salukis on Your Side 618-453-3311

Veteran Services 618-453-1335

The Clinical Center 618-453-2361

Welcome to the Department!



Ofc. Cooper

WHAT IS STALKING?

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed, or in danger. It is when someone repeatedly contacts you, follows you, sends you things, talks to you when you don't want them to, or threatens you. Stalking behaviors can include:

Knowing your schedule.

Showing up at places you go.

Sending mail, e-mail, and pictures.

Calling or texting repeatedly.

Contacting you or posting about you on social networking sites (Facebook, Twitter, etc).

Writing letters.

Damaging your property.

Creating a website about you.

Sending unwanted gifts or cards.

Stealing things that belong to you.

Any other actions to contact, harass, track, or frighten you.

Over 7.5 million people are stalked in one year in the United States. People age 18-24 years experience the highest rate of stalking.

If you think you are being stalked, contact local law enforcement, any Campus Security Authority, SIU employee, or the Office of Equity and Compliance. For more information about stalking, click the link to the <u>Stalking Resource Center</u>.

EDUCATION AND AWARENESS PRESENTATIONS

DPS offers several educational crime prevention programs and safety services to the campus and surrounding communities. The crime prevention program is comprised of officers who provide public relations programming by request.

Available programs include:

- Alcohol and drug education and awareness
- Basic crime prevention including theft awareness
- Sexual assault, domestic violence, and stalking awareness
 - Setting boundaries and consent
- Violence Prevention

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To schedule an event, contact Officer Kevin Cox at 453-3771 or kevinc@dps.siu.edu





Please "like" our Southern Illinois University- Carbondale Department Facebook page. You can also follow us on Twitter at <u>SIUC_Police</u>. We provide information regarding local events, safety tips and press releases for major incidents. You can also send us your questions through private messages and tips on any recent crimes that have taken place.

Facebook.com/siuc.dps

twitter.com/SIUC Police

Mental Health: Depression and Resources Available



For young adults, college can offer self-discovery, lifelong friendships, and a better understanding of the world. This type of transition may also bring enormous social and emotional pressures, both of which are heightened as the coronavirus pandemic disrupts and reduces peer interaction. Facing unprecedented

levels of loneliness, students are struggling with their health and academic performance.

The Center for Collegiate Mental Health 2021 Annual Report indicates several mental health trends shifted during 2020-2021, likely a consequence of the COVID-19 pandemic. Most notably, rates of prior treatment (counseling, medication, hospitalization) decreased after years of consistent increases. Additionally, rates of reported threat-to-self decreased during 2020- 2021 after consistently rising over the past eight years. These declines might be explained by the following reasons: (1) students with prior treatment and threat-to-self histories may have been more likely to return to a prior therapist at home during remote instruction periods; (2) a greater portion of students without a treatment history may have sought care due to stressors related to the onset the pandemic; and (3) students who otherwise would have not sought in-person services might have received care due to the accessibility of remote services. Anxiety, depression, and relationship problems are the most commonly reported concerns of the students seeking care, the report noted.

Counseling and Psychological Services counselors are available to help students with mental health concerns or coach students who are dealing with anxiety surrounding the COVID-19 outbreak. CAPS staff will be available by phone at 618-453-5371 from 8 a.m. to 9 p.m. Monday through Friday and 1-9 p.m. Saturday and Sunday. Treatment and coaching options have been expanded to accommodate students remotely and now include telehealth appointments, skills coaching or referrals to other providers in your area. All students are advised to call CAPS at 618-453-5371 to determine the treatment options that would best meet their needs.