



NEW BEGINNINGS

2018 has brought about new beginnings for the WSCP. The big move from Walla Walla to Spokane has not come without some challenges, but none that can't be overcome without the cooperation of all of our members.

Let's make 2018 a huge success! Join us for upcoming Conference, May 7-8th in Spokane, WA and all our other training events.

INTRODUCING OUR NEW EXECUTIVE DIRECTOR

Jim Johansen was announced as the new WSCP Executive Director taking over from Daryl Pearson who has held the position for the last 22 years. Jim brings over 30 years of experience in the US Army, Law Enforcement, Security and Academics.

"I look forward to working with Daryl and all of the members of the Washington State Crime Prevention Association. Educating our members and the communities for which they serve in all aspects of Crime Prevention is our #1 priority."

Furthermore, I want all the members of the association to actively recruit new members and to seek out new opportunities for education through the process of Community Engagement.

42nd Annual Crime Prevention Conference in Spokane, WA

The 42nd Annual Crime Prevention Conference will be held at the Centerplace Conference facility in Spokane Valley, WA on May 7th and 8th, 2018. The event is jam packed with Guest Speakers from across the nation. Training topics will be focused on Crime Prevention concerns unique to today's economic challenges and current events. For more information contact Jim Johansen at the WSCP info@wspca.net or call 509-477-3011.

Interested in learning about Church Safety and Security?

The WSCP and Spokane County Sheriff's Department are sponsoring a six-hour seminar to be held at the Life Center Church on the 9th of May 2018. This seminar is presented by Tina Lewis Rowe one of the most highly recognized presenters in the areas of Church Safety and Security in the country. Tina spent over 30 years in Law Enforcement and retired from the Denver Police Department and US Marshal's Service. For more information please contact Jim Johansen at the WSCP, info@wspca.net or call 509-477-3011.



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OPIOID ABUSE

In the U.S. the impact of opioids has impacted an estimated 37% of the U.S. population aged 18 and over. The WSCPA has listed some signs and symptoms of opioid abuse that are worth sharing.

Mood/Psychological symptoms:

- Increased general anxiety
- Anxiety attacks
- Euphoria
- Psychosis
- Improved self-esteem
- Depression
- Irritability
- Lowered motivation

Behavioral symptoms:

- Opioids are used for longer or at a greater amount than intended
- Unsuccessful attempts to decrease the amount taken
- Large amount of time spent obtaining, using, or recovering from the drug
- Abandonment of important activities

Physical symptoms:

- Improved alertness
- Increased sensitivity to sensory stimuli
- Constricted blood vessels
- Increased heart rate
- High blood pressure
- Increased energy
- Decreased appetite
- Increased sexual arousal
- Physical agitation
- Difficulty sleeping
- Over arousal and hyper-vigilance



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40 HR CRIME PREVENTION

West Richland is hosting a 40 hour crime prevention seminar June 11-15. See website calendar for details

OPIOID ABUSE CONT.

Effects of Opioid Abuse

Some of the side effects of opioid use include:

- Fatigue
- Constipation
- Breathlessness
- A sense of elation
- Bronchospasm
- Physical and psychological dependence
- Nausea
- Confusion
- Depressed respiration and difficulty breathing
- Death (often due to use of more than one substance)
- Chest pain

Withdrawal Effects of Opioid Abuse

Some of the common withdrawal effects associated with stopping the use of opioids include:

- Physical and psychological cravings
- Nausea
- Stomach pain
- Cold sweat
- Chills
- Vomiting
- Diarrhea
- Agitation
- Anxiety
- Muscle tension
- Shaking or quivering
- Trouble sleeping
- Enlarged pupils
- Pain in the bones



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24 HR CPTED

West Richland is hosting a 24 hour CPTED seminar June 18-20. See website calendar for details



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FEDERAL TRADE COMMISSION – “10 THINGS YOU CAN DO TO AVOID FRAUD

Crooks use clever schemes to defraud millions of people every year. They often combine new technology with old tricks to get people to send money or give out personal information. Here are some practical tips to help you stay a step ahead.

1. **Spot imposters.** Scammers often pretend to be someone you trust, like [a government official](#), [a family member](#), [a charity](#), or a company you do business with. Don't send money or give out personal information in response to an unexpected request — whether it comes as a text, a phone call, or an email.
2. **Do online searches.** Type a company or product name into your favorite search engine with words like “review,” “complaint” or “scam.” Or search for a phrase that describes your situation, like “IRS call.” You can even search for phone numbers to see if other people have reported them as scams.
3. **Don't believe your caller ID.** Technology makes it easy for scammers to fake caller ID information, so the name and number you see aren't always real. If someone calls asking for money or personal information, hang up. If you think the caller might be telling the truth, call back to a number you know is genuine.
4. **Don't pay upfront for a promise.** Someone might ask you to pay in advance for things like [debt relief](#), credit and [loan](#) offers, [mortgage assistance](#), or [a job](#). They might even say you've won [a prize](#), but first you have to pay taxes or fees. If you do, they will probably take the money and disappear.
5. **Consider how you pay.** Credit cards have significant fraud protection built in, but some payment methods don't. [Wiring money](#)

through services like Western Union or MoneyGram is **risky** because it's nearly impossible to get your money back. That's also true for reloadable cards like MoneyPak, Reloadit or Vanilla. Government offices and honest companies won't require you to use these payment methods.

8 HR IAHS CPTED

Seattle Childrens is hosting a 8 hour IAHS CPTED seminar July 12-13. See website calendar for details



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FEDERAL TRADE COMMISSION – “10 THINGS YOU CAN DO TO AVOID FRAUD CONT.

6. **Talk to someone.** Before you give up your money or personal information, talk to someone you trust. Con artists want you to make decisions in a hurry. They might even threaten you. Slow down, check out the story, do [an online search](#), consult an expert — or just tell a friend.
 7. **Hang up on robocalls.** If you answer the phone and hear [a recorded sales pitch](#), hang up and report it to the FTC. These calls are illegal, and often the products are bogus. Don't press 1 to speak to a person or to be taken off the list. That could lead to more calls.
 8. **Be skeptical about free trial offers.** Some companies use [free trials](#) to sign you up for products and bill you every month until you cancel. Before you agree to a free trial, research the company and read the cancellation policy. And always review your monthly statements for charges you don't recognize.
 9. **Don't deposit a check and wire money back.** By law, banks must make funds from deposited checks available within days, but uncovering [a fake check](#) can take weeks. If a check you deposit turns out to be a fake, you're responsible for repaying the bank.
 10. **Sign up for free scam alerts from the FTC at ftc.gov/scams.** Get the latest tips and advice about scams sent right to your inbox.
- If you spot a scam, report it at ftc.gov/complaint. Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.

ALICE COURSE

Seattle PD is hosting an ALICE course Sept 20-21. See website calendar for details



Our new home in Newman Lake, WA

Share a Tip

If you have anything you would like to share with the membership please submit it to info@wscpa.net and we will attempt to have it posted as soon as possible.

TRENDING IN CRIME PREVENTION.

Never under any circumstances drink while handling firearms!

Crime Prevention professionals are united on one reality guns and alcohol do not mix. Consider the following:

Alcohol is associated with increased aggression, and people under the influence of alcohol are both more likely to be shot and more likely to kill someone else.

- Alcohol is associated with heightened levels of aggression. Alcohol intoxication increases the likelihood of violent behavior. Alcohol has detrimental effects on cognitive functioning, inhibits problem-solving abilities, and increases the likelihood of risk-taking, all of which are directly linked to aggressive behavior.
- Alcohol leads to impaired judgment about whether to shoot a gun, as well as impaired aim when firing.
- Nearly half of homicide offenders were under the influence of alcohol at the time of the homicide. The Department of Justice found the 42% of convicted homicide offenders reported being under the influence of alcohol during the commission of their crime.
- Heavy alcohol use is associated with a higher likelihood of firearm victimization. Controlling for other factors, a case-control study in Philadelphia found that heavy drinkers were more than twice as likely to be shot as nondrinkers.

Best Practices

Never under any circumstances drink while handling firearms. Remove yourself from any environment where active drinking and gun handling is occurring simultaneously.

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DATING SAFELY: 7 TIPS FOR STAYING SAFE WHILE HAVING FUN

by Jessica Stevenson

You've met someone who's cute, fascinating and interested in you. Congratulations! Here are some tips to help that first date--or the fiftieth one--go smoothly and safely.

1. Date People You Know and Trust

While it's not always practical to become friends before dating someone, try to get to know your date through a group activity or a double-date before you go solo. You'll see how your date-to-be gets along with others, and you'll get some good clues about what to expect from them.

If you can't hang out in a group before your first date, try to talk on the phone before you make plans to go out. Getting to know your love interest before you go on a full-fledged date gives you more to talk about and less to feel awkward about when you spend time as a couple.

2. Be Extra Careful About Meeting People Online

If the person you'd like to date is someone you met online, insist that when you meet them in person, you meet them with a group of people, or at least just bring one friend along with you. Ask lots of questions to be sure that the person you're meeting is who they claimed to be online.

Trust your instincts: If something doesn't seem right about the person, do not share your contact information and leave the situation immediately.

3. Talk To Your Parents

Never go on a date without telling someone else. Even if it's a little annoying, let your mom, dad or another adult know when you're going out. Be sure to tell your parents who you're going with, where you plan to go and what time you expect to return home, too.

It's a good policy to bring your cell phone along, if you have one, and to leave your date's phone number with your parents, just in case anything goes wrong. Be prepared for the unexpected: You might need a ride home, some extra cash or a way to bail if your date is a dud.

4. Know Your Limits and Communicate Them

Review your personal values and hopes for the date before leaving the house. Be sure to let the person you're dating know what makes you comfortable, what makes you uncomfortable and what kinds of things you'd like to avoid on your date, whether it's sex, alcohol or spicy foods. Let your date know what kinds of things you *would* like to do, too! Plus, be sure you know and respect your date's limits as well.

If you feel uncomfortable about a situation, say "no" clearly and confidently. You're always allowed to change your mind about something, too. If someone likes and respects you, they'll back off. Don't worry: They will most likely ask you out again. If your date doesn't respect your decision, stay safe by leaving the situation.

QUARTERLY NEWSLETTER

To continue receiving this newsletter, please sign up online. It only takes a second, and it will keep you informed.

DATING SAFELY: 7 TIPS FOR STAYING SAFE WHILE HAVING FUN CONT

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DATING SAFELY: 7 TIPS FOR STAYING SAFE WHILE HAVING FUN CONT

8. Avoid Drugs and Alcohol

Drugs and alcohol compromise your ability to make smart decisions and to escape dangerous situations. They can make you take risks you wouldn't usually take with your body, your car and your safety in general. They also prevent you from getting to know what your date is really like and keep your date from getting to know the real you.

If you feel you must have a drink on a date or at a party, keep an eye on your glass at all times: Many teens are sexually assaulted after someone slips a powerful sedative drug into whatever they're drinking. Resisting the urge to drink is the best way to prevent getting hurt and having to deal with the [consequences](#) of unwanted sex.

9. Go Out, Don't Hang Out

Getting out of the house for dates is always a good goal, especially if it's your first date with somebody. Not only is it safer to hang out in a public place such as a restaurant, movie theater or coffee shop, it's fun to discover new places with someone else. Going out rather than hanging out tells your date that you think they're special and want to explore the world--not just the cable channels--with them.

If you want to spend some time alone with the person you're seeing, wait until you've had a few dates and have set ground rules for alone time. Even if your date wants to stroll through an empty park or make out in the car, you don't have to go along with it. Trust your gut, and don't be afraid to say no and call it a night.

10. Know The Warning Signs of Dating Violence and Relationship Abuse

[Dating violence](#) is extremely common among teens. Even if your partner is charming and sweet at first, look out for signs of abusive relationships, such as:

- isolating you from friends and family
- having angry outbursts
- blaming others for problems
- threatening to hurt you during arguments
- getting extremely jealous for no reason
- acting cruel toward animals or children
- trying to control you by belittling your values or ideas.

If these warning signs sound like someone you're dating, take a step back and reevaluate the relationship. If you need help figuring out what to do, talk to a school guidance counselor, social worker, teacher, pastor or [domestic violence hotline](#). You are not alone!

Updated July 14, 2017

By Keisha Howard, Teen Advice Expert.



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Note this article that came out in the Sunday, April 1st, Herald. Crime prevention and safety professionals have a very clear message – avoid all electronics when driving. Two facts to consider:

1. Texting for five seconds while driving is the equivalent of driving the length of a football field blindfolded.
2. Drivers who text face a 26 times greater probability of a horrific accident vs drivers who do not text.



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