As We Head Into Holiday Season

We all have so much to be thankful for...family, friends, a great workplace, and people who stand ready to help us in our time of need.

Our instructor team would like to offer thanks to all the resources across campus, for those who offer counsel and support to faculty staff, and students and to those who respond to our emergencies and care for our medical needs.

When you have a minute, while doing holiday cards or social media, don’t forget to send a note of thanks and appreciation to your local police (don’t forget CSUPD, EHS, and Facilities Management).

In a day and age of ‘all about me’ and very high demand with low appreciation for some of these folks, a short thank you could really make their day/week/year.

So, stay safe, stay healthy, and enjoy the blessings we are provided so abundantly. If you know someone in need through the holidays, would you be the one to help them out or help them through? If not you or me, then who...?

Happy Holidays everyone whatever your faith. May you all be blessed with peace, love, and joy.

For more information about Notice and Respond: Assisting Students in Distress or to request a presentation, please contact Janelle Patrias, Manager of Mental Health Initiatives, via email at janelle.patrias@colostate.edu or by telephone at (970) 491-2618.
‘See something, Say something’ Works

In this short article from Police 1, we see that students reported concerns to a teacher and the teacher took action. Please, if students or a fellow employees mention behaviors or a situation of concern, advise CSUPD or Support and Safety Assessment (see item below this article) as soon as possible and let them check it out. Those of us who are parents need to listen closely to our children when they tell of these situations and report them to be checked out. YOU could be saving your child and other children from a terrible experience. Thank you!

‘The next Parkland’: 2 Fla. middle schoolers arrested in mass shooting plot

By Suzie Ziegler

LEE COUNTY, Fla. — Two boys, 13 and 14, were arrested last week after police said the pair had been "involved in a plot to carry out a school shooting," according to ABC News. Both boys have been charged with conspiracy to commit a mass shooting.

The incident unfolded after fellow students at Harns Marsh Middle School tipped off a teacher about a possible concealed weapon. The teacher then alerted school administrators and a school resource officer, according to the report.

In a press briefing Thursday, Lee County Sheriff Carmine Marceno described the alleged plot as “the next Parkland massacre.”

"This could have turned disastrous," Marceno said. "We were one second away from a Columbine here."

According to Marceno, the two students had been “extensively studying” the 1999 Columbine school shooting and were trying to learn to make pipe bombs. The two boys were already known to police, having been the subject of nearly 80 home visits combined. Searches of their homes found “disturbing evidence, including a gun and several knives,” according to Marceno.

According to ABC News, both suspects met the criteria for evaluation at a mental health facility, and police will be looking into a risk protection order to restrict firearms access.
Tell Someone  (from the Support and Safety Assessment webpage)
If you are concerned about safety or mental health – your own or someone else’s, please call (970) 491-1350 or complete the online referral form.

Online Referral Form
Tell Someone
Reasons to Report
How to Report
FAQs
5 Do’s and Don’ts
Other Resources
Report Hazing
Request a Presentation

NOTICE: As part of the University response to COVID-19 (Coronavirus), our staff may be working remotely during this time. Please be assured we are still responding to reports during normal business hours of 8am-5pm M-F.

Tell Someone

Rams take care of Rams. Helping others, speaking up when something doesn’t feel right or when you’re worried about someone else, and reaching out are foundational values at Colorado State University. Tell Someone is a Colorado State University service where anyone can report concerns about a student or employee who may be struggling with issues such as mental health, stress management, and safety, as well as share concerns about threats of violence (against themselves or others).

Through Tell Someone, you can report anything that threatens your safety or the safety of others in the university community. Tell Someone is available to seek help for or report a concern about any CSU community member, including employees who work off campus.

Tell Someone is not designed to get people in trouble; it is designed to help students and employees who may be struggling, as well as help enhance university safety.

Tell Someone is your resource if you’re worried about a friend's well-being. If a student or employee is disruptive, Tell Someone is the right place to turn for intervention as well as university support to help put consequences and boundaries in place.

Tell Someone is run by the Office of Support and Safety Assessment. The office is comprised of trained specialists who can identify concerns, pathways to resolution, and university resources.
Tell Someone online and phone reports are only reviewed during regular business hours. If you believe someone is at risk of immediate harm, call 911.

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COVID and Readiness Training

During 2020 very little readiness training took place. As we moved into 2021, we were able to get on-line classes up and running and between on-line classes and in person classes this last fall semester, we had 76 faculty/staff/administrative professionals attend classes. These included the required classes for building proctors, Introduction to Proctors’ Role and Ready Colorado State. The Readiness Resources class, with several instructors, proved to be too hard to coordinate on-line but will be offered ‘in person’ in November.

Many thanks to all of you who are willing to attend these readiness classes and help us all keep Colorado State University as safe as we possibly can. While we can’t be totally prepared for every event, we believe this training will help us all respond more calmly and effectively to the emergencies and concerning events which occur in our work environment.

I’m comforted by the amount of feedback we receive from evaluations that these classes are also relevant to home and family preparedness. We strive to keep our training up to date with an ever-changing university emergency plan and in a culture of increasing stress and violence throughout the country. Thanks to the training team, dedicated experts willing to share their experiences and knowledge, and to YOU, the employees who take the time to learn how to be ‘AWARE, NOT SCARED’.

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Bob
A Readiness Checklist from Red Cross

Thanks to the American Red Cross for this reminder for all of us to be ready for any event with the ability to take care of ourselves and our families for at least 72 hours.
**Holiday Safety**

- Keep your tree hydrated! Check the tree stand water level every other day.

- Beware of overloaded electrical outlets and extension cords which are major fire hazards.

- Common holiday plants (poinsettias, holly berries, mistletoe or pine needles) can make your pets sick.

- Don't leave burning candles unattended.

- Burning wrapping paper in the fire place can cause flash fires.

- Check smoke alarms to ensure they are working.

- Stay in the kitchen when you are frying, boiling, grilling or broiling food to prevent a fire.

- Keep a cell phone and portable charger with you at all times while traveling in case of emergency.

- Keep extra cold weather gear, food, water, warm clothing, a flashlight, an ice scraper, blankets and medications in your vehicle in case of emergency.
YOUR MAP TO A FOOD-SAFE HOLIDAY

Follow some simple food safety advice to keep you and your guests feeling festive this winter.

PROPER PREPPING

- Make sure your fridge is set at or below 40°F.
- Store raw meats in a container or dish to prevent juices from leaking and set below ready-to-eat foods.
- Be sure to separate raw meat from ready-to-eat foods and dishes.
- Chill perishable groceries within two hours of shopping.

WELCOME TO Roastville

Always use a food thermometer to check that different holiday meats have been cooked to the right internal temperature.

- GROUND BEEF 160°F
- VEAL* 145°F
- DUCK 165°F
- PORK* 145°F
- TURKEY 165°F
- LAMB* 145°F
- GOOSE 165°F
- STEAK* 145°F

YIELD

- Don't forget resting time! Yeast, venison, lamb, and pork should rest for 3 MINUTES before carving or consuming.

HITTING THE ROAD

If you're bringing a dish to a get-together with coworkers, family, or friends this holiday season, make sure you are transporting food safely.

- Keep food at 40°F or below.
- Keep hot food at or above 140°F.

DANGER ZONE

Perishable food kept in the Danger Zone (between 40°F - 140°F) for longer than 2 hours should be thrown out.

- Do Not Enter

EXCEPTIONS

To the Danger Zone include ready-to-eat items like cookies, crackers, bread, and whole fruit.

For more food safety tips go to FoodSafety.gov

USDA & Ad Council

USDA is an equal opportunity provider and employer.
For more resources visit the Talent Development Website and click on Emergency Readiness Training

training.colostate.edu/emergency-readiness-trainings

or

https://safety.colostate.edu

Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to subscribers. It includes information from Building Proctors, university staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles are put together by your Ready CSU Training Team, a university wide coalition of peers concerned about preparedness, safety, and YOU.

Check with your proctor to see what’s up in readiness here at CSU! Better yet, tell coworkers they can also subscribe to the newsletter at:

https://lists.colostate.edu/cgi-bin/mailman/listinfo/ready_csu_newsletter

This publication is intended to serve YOU, the folks who serve our students: if you have information that may be included here for the benefit of your colleagues, please send it to Bob Chaffee at Talent Development at this email address:

bchaffee@colostate.edu