

## WHEN A CRISIS STRIKES THERE IS HELP...

Nevada County Children's Behavioral Health Services has teamed up with Nevada County Public Health Department and NCSOS to train counselors in Critical Incident Stress Management (CISM). In the event of a crisis on a school campus, trained counselors are activated and deployed to school sites to assist in providing counselors for staff and students.

Additional resources are abundant for Nevada County students. If you are in need of specific services, a good place to start is 2-1-1. Trained operators are available to answer questions and concerns and direct you to resources within Nevada County.

### In case of an EMERGENCY:

- Police, Fire, Ambulance: 911
- Child Welfare Services: 530-273-4291
- Community Beyond Violence: 530-272-2046
- Nevada County Children's Behavioral Health: 530-470-2736
- Substance Abuse Support – Community Recovery Resources: 530-273-9541

## NEVADA COUNTY COMMUNICATIONS

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- KNCO radio – Star 94.1 FM Newstalk 830 AM Online news updates: <https://knco.com>
- KVMR FM 89.5 radio
- YubaNet – <https://yubanet.com>
- Facebook: Nevada County Happening Now, Nevada County Incidents
- Local television stations –Channel 3, Channel 10, Channel 13
- The Union Newspaper

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**Nevada County**  
Superintendent of Schools

Contact: Chris Espedal, Director of School Safety  
530-478-6400x2047 [cespedal@nevco.org](mailto:cespedal@nevco.org)

# SAFETY SUMMIT FOR PARENTS

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**WILDFIRES \* LOCK-  
DOWNS \* SHELTER-  
IN-PLACE**



## COMMUNICATION DURING AN EMERGENCY

Administrators and first responders acknowledge the need for communication before, during, and after an event. Information is disseminated when it is safe to do so and after it has been verified by responding agencies. Please be sure the school has your current emergency contact information.

## TIPS FOR PARENTS

- Parents are encouraged to wait at home and wait for information as it becomes available.
- Mass texts and phone calls to a students' cell phone may tie up the system and prevent safe an effective response.
- Family members proceeding to the school site may block roads and prevent First Responders access.
- Unverified social media texts may cause confusion and misinformation; please use discretion when using social media.

## DRILLS

- **Earthquakes:** Students duck, cover and hold and then evacuate when safe to do so.
- **Fire:** Students proceed to Evacuation Area and return to buildings once deemed safe following inspection.
- **Lockdown:** Procedures based on information received vary depending based on incident but include locking and barricading doors, covering windows and silencing cell phones.
- **Shelter in Place:** Schools are prepared to house students in the event of an emergency such as dangerous weather, nearby criminal activity or a dangerous animal on campus.
- **Reunification off site:** In some instances, students may be relocated to another site for reunification with parents/guardians. Please wait at home until information is disseminated on when and where to pick up your student.

## WHAT PARENTS NEED TO KNOW ABOUT VAPING...

*"I am officially declaring e-cigarette use (vaping) among youth an epidemic in the United States" -Surgeon General Jerome Adams*

The number of students vaping has significantly increased in the last couple of years. There is a lot of misinformation about the health risks so it's important for parents to have the facts.

### FAST FACTS

- Most e-cigarettes contain nicotine, and no amount of nicotine is safe. Nicotine is very addictive and can harm children and teens' developing brains. Using nicotine can cause problems with learning and attention and can lead to addiction.
- Young people who vape are more likely to start smoking cigarettes.
- The amount of nicotine in the liquid can be the same or even more than the amount found in cigarettes.
- Many young people do not realize the health risks of vaping.

### TIPS FOR PARENTS

- **Stay informed.** Vaping didn't exist when today's parents were teens so it's important to learn about the health risks.
- Talk to your student about the health risks of vaping. Make sure they understand how any substance can effect their developing brain and that they are more susceptible to addiction.
- Teach healthy coping strategies. Many youth turn to vaping to help ease stress and deal with anxiety. Encourage healthy alternatives such as exercise, mindfulness and journaling.
- Seek help. If your student is already vaping, there are resources in the community to help with cessation.

### RESOURCES

- TUPE Website: [www.nevco.org/tupe](http://www.nevco.org/tupe)
- Video: Tobacco, Vaping and Marijuana: A Parent's Guide to a New Epidemic (TUPE Website and YouTube)



### SCHOOL SAFETY INFO FOR PARENTS

Nevada County school administrators and staff have worked diligently to focus on school safety and to reassure parents that plans are in place in the event of an incident, emergency, or disaster at their child's school site or in the community. Collaboration between law enforcement, first responders, and the Nevada County Superintendent of Schools Office has improved familiarity with responding agencies, enhanced and updated Comprehensive School Safety Plans, and solidified effective and efficient drills for public, private and charter schools in our county.

### TALK TO YOUR STUDENT ABOUT SAFETY

It is important for parents to be well informed about the safety practices at their child's school site. Conversations with your children following scheduled safety drills are essential to help families and students prepare for emergencies whether at school or some other venue. Understanding the expectation of safety protocols helps to reduce fear and build a trust for the systems in place. Open conversations between parents, teachers, support staff and students build upon the processes and strengthen the response plan. Our schools promote the quote, "If you see something, say something" and encourages both students and staff to be proactive in reporting any safety concerns.