

# ***Safety and Special Needs***

- Learn about the Take Me Home Program offered by the Frisco Police Department.
- Learn tips to help prevent the most common emergency situations.
- Learn about various services for marking and identification.
- Learn how to respond in an emergency situation.
- Learn pool and water safety tips.
- Learn where to go to receive CPR and basic first aid training.
- Learn what to expect when involved with the criminal justice system.

**April 27th, 2011  
6:00pm – 7:30pm**

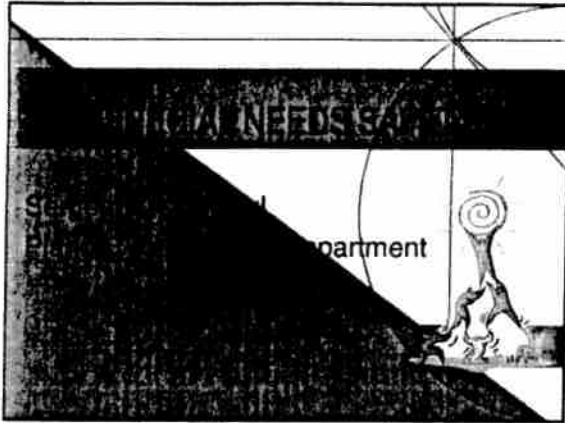
Early Childhood School  
10330 Red Cedar Rd.  
Frisco, TX 75035

<http://www.friscoisd.org/maps/directions.aspx?l=76>

Presenters: Officer Briggs with Frisco PD  
Officer Paul with Plano PD  
Chris Shallcross with Frisco FD and Fisd

Please R.S.V.P. by April 22nd if you need childcare or a translator

Colleen Kugler  
In-Home / Parent Trainer  
[kuglere@friscoisd.org](mailto:kuglere@friscoisd.org)  
469-633-6919



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**Wandering**

Flagging the 911 System.

Emergency Contact Forms (Autism Safety Project [www.autismsafetyproject.org](http://www.autismsafetyproject.org) and Take Me Home Programs)

Home Surveys (CPUs... Doors, windows, alarms, fencing, garage and pools)

Identification Options... Medic Alert, Jogger shoe tags, Laminated ID cards, State Issued ID, Cards sewed into clothing (Home and Neighbors).

[www.nationalautismassociation.org/safetytoolkit](http://www.nationalautismassociation.org/safetytoolkit)

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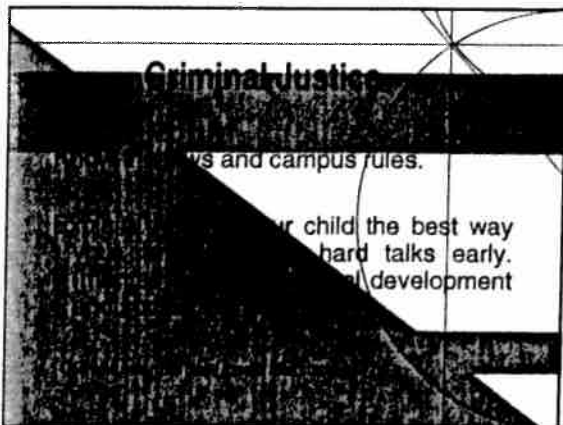
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## Stanger Danger and Bullying

Communication is the key.

Talking, showing and involving your child as often as possible (good touch/bad touch and mean kids)

Every child is different.

Look for changes in behavior (talking, sleep, break from favorites and friends)

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## CRISIS INTERVENTION TRAINING

- ◆ What officers are now taught now. (Illness, Disorders, de-confliction and de-escalation )
- ◆ Relationships with Providers and Advocates.
- ◆ On-going training.

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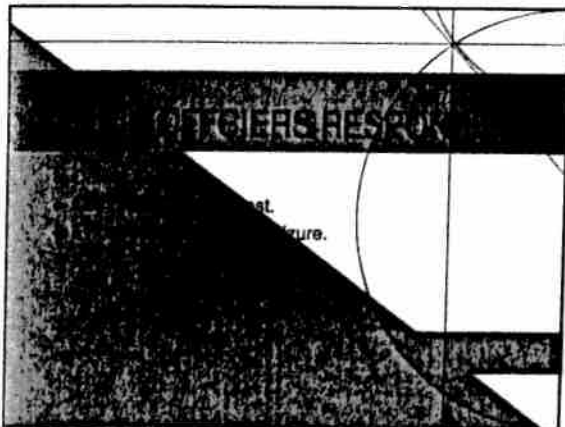
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## TIPS FOR REDUCING OR CONTROLLING STRESS

**Be Realistic** If you feel overwhelmed by some activities (yours or your family's) learn to say NO! Eliminate an activity that is not absolutely necessary.

**Meditate** Just 10 to 20 minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it.

**Exercise** Regular exercise is a popular way to relieve stress. Just 20 to 30 minutes of daily physical activity benefits both the body and mind.

**Hobbies** Take a break from your worries by doing something you enjoy. Whether it's gardening or painting, schedule time to indulge your interest.

**Healthy lifestyle** Good nutrition makes a difference. Limit intake of caffeine and alcohol (alcohol actually disturbs regular sleep patterns), get adequate rest, exercise, and balance work and play.

**Share your feelings** A conversation with a friend lets you know that you are not the only one having a bad day, caring for a sick child or dealing with life's pressures.

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## CPR Classes

When: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of every month

Time: 6:30pm to 9:30pm

Where: Frisco Fire Station 4 (CareFlite) 4485 Cotton Gin

Number to call: (972) 292-6300 Central Fire Station Admin. Office to set up a time and date.

Cost: Free

They have 20 spots available per class. Your CPR card is good for 2 years.

## Take Me Home Program

Where: Frisco Police Station (across from Frisco High School)

When: They are open Monday - Friday 8:00am to 6:00pm

Cost: Free

Take the form and a photo of your child to the police station, and they will put it into the system for dispatch. They ask for a new digital photo every six months to keep it up to date.

# Frisco Police Department

Todd V. Renshaw, Chief of Police



## “TAKE ME HOME” PROJECT



### SUBJECT INFORMATION

Name: \_\_\_\_\_ Name to Call Me: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ Hair Color: \_\_\_\_\_ Eye Color: \_\_\_\_\_  
Race: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_  
Home Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Telephone: \_\_\_\_\_  
Disability: Alzheimer's Autistic Deaf Mentally Disabled Other: \_\_\_\_\_  
Is Your Loved One Approachable? Tips for Approaching? \_\_\_\_\_  
Special Fears or Attractions? \_\_\_\_\_  
Other Relevant Information: \_\_\_\_\_

### EMERGENCY CONTACT INFORMATION

1	Name: _____ Address: _____	Phone: _____ Cell Ph: _____ Relationship: _____
2	Name: _____ Address: _____	Phone: _____ Cell Ph: _____ Relationship: _____
3	Name: _____ Address: _____	Phone: _____ Cell Ph: _____ Relationship: _____
4	Name: _____ Address: _____	Phone: _____ Cell Ph: _____ Relationship: _____

My signature below constitutes an affirmation under oath that I am legally responsible for the person named above for whom I have provided information, and that I consent to have this information shared among law enforcement personnel for enrollment in the “Take Me Home” program.

\_\_\_\_\_  
Signature / Date

\_\_\_\_\_  
Witness