Dear Faculty, Staff, Residents and Students,

Yesterday’s tragic actions at the Capitol in Washington, D.C. was an unthinkable attack against our nation, and the fabric of our democracy. It violates the very values we hold in our country nation and as a profession. Unfortunately, violence has become too common in our society. I am reminded of Dr. Martin Luther King, Jr. as a proponent of non-violence: “Nonviolence is a powerful and just weapon, which cuts without wounding and ennobles the man who wields it. It is a sword that heals.”

I remain hopeful of the work ahead to create a more equitable and just nation. Hope from this moment, however, can only be nurtured based upon our own reflection, growth, and courage to act. It is speaking our truths, willingness to make mistakes and learn from it, and courage to act in the spirit of justice that fulfills SOM’s on-going commitment to diversity, equity, and inclusion (DEI). I invite you to take advantage of the opportunities for professional learning through SOM’s Office of DEI.

As we continue the important work of preparing future physicians and scientists, caring for patients, and fighting a pandemic, remember our students, peers, and colleagues, particularly people from marginalized identities, may not be okay. Colleagues may or may not want to talk. Be willing to listen.

If you are feeling overwhelmed and need someone to talk to, below is the contact information for additional resources:

**Student and Employee Counseling Programs:**

**Employees:**
Counseling Assistance Program
609-292-8543

**Students:**
Student Mental Health Services are offered through the Department of Psychiatry
856-482-9000
The Student Wellness Program
www.rowan.edu/som/education/studentaffairs/wellness.html
856-770-5750

We can make a difference by adhering to our values always aimed at improving the human condition, being a proponent of human life, and living our values.

Best regards,

Thomas A. Cavalieri, DO, MACOI, FACP
Dean, Rowan University School of Osteopathic Medicine