

A special message FROM THE DEAN

Dear Faculty, Staff, Residents and Students,

The on-going anti-Asian violence occurring in the country is reprehensible. We offer our thoughts and prayers to the victims' families. For students, faculty, and staff of Asian and Pacific Islander identities, SOM stands in solidarity with you. We are paying attention to national events, we care, we listen, and we remain diligent to keep our community safe.

Please continue to look out for one another and report concerns to the Rowan University Police Dept. at 856-256-4911 (emergency) or 856-256-4922 (non-emergency). If feeling unsafe, any student, employee, or visitor can request a walking escort service with them.

Incidents of discrimination or harassment can be brought to Yvonne Ortiz, Dean Kathryn Lambert, or Dean Micciche to discuss, however, all incidents must be reported on Rowan University's Division of DEI website at [this link](#). The reporting area is designated by a red button at the bottom.

Led by IDEA Council, a **Safe Space Peer-to-Peer Support Session will be held this weekend.**

For people who want to be allies, below are resources to educate yourself and aid in understanding the history of anti-Asian racism, Asian anti-racism, and advocacy.

- [History of Anti-Asian Racism and Asian Anti-Racism](#)
- [The Long History of Racism Against Asians in the U.S.](#)
- [Stop Asian American and Pacific Islander Hate](#)
- [White House Memorandum Condemning and Combating Racism, Xenophobia, and Intolerance Against Asian Americans and Pacific Islanders in the United States](#)
- [Hate Crimes Against Asian Americans Are Nothing New article](#)
- [Asian American Legal Defense and Education Fund](#)

Racial battle fatigue can impact how we care for ourselves and perform. Below are resources to exercise self-care.

- **Employees:** Counseling Assistance Program 609-292-8543
- **Students:** Student Mental Health Services are offered through the Department of Psychiatry at 856-482-9000 or Student Wellness at 856-770-5750
- [Health & Wellness Resources for Student Doctors](#)
- [Seeking Mental Health Services as a Medical Student](#)
- [SOM Wellness Website](#)
- [How to Help Medical Students Keep Tabs on Their Mental Health](#)
- [15 Steps to Navigate Crises and Physician Well-being](#)
- [Asian American/Pacific Islander Communities and Mental Health](#)
- [Therapy for Black Girls](#)
- [Supporting Black Men's Mental Health](#)
- [Therapy for Latinx](#)
- [The Association of LGBTQ+ Psychiatrists](#)
- [The National Center for Transgender Equality](#)
- [Institute for Muslim Mental Health](#)
- [Stress and Trauma Toolkit for Treating Jewish Americans in a Changing Social and Political Environment](#)

Stay safe and remain encouraged.

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Yvonne Ortiz
Director of Diversity, Equity, and Inclusion