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## Yet Another Tragedy: 9 People Dead After a Shooting at a San Jose Rail Yard

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Dear Members,

Writing these messages to you is becoming all too often of an occurrence, but we feel that the normalization of violence cannot become a part of our state or country.

At approximately 6:34 a.m. this morning, an employee opened fire at a light-rail facility in San Jose, California. The gunman is believed to have killed nine people, including himself, and wounded several others.

Governor Newsom described feeling a sense of "numbness" over the country's latest mass shooting.

"That numbness, I think, is something we're all feeling. All of us gathered here today, looking at the scene, listening to governors, mayors, chiefs speaking in similar tone and terms, expression of condolences. All the right emotions and perhaps the right words, but it begs the damn question: What the hell is going on in the United States of America? What the hell is wrong with us?"

This message is particularly challenging and meaningful because so many of our member agencies care for communities in Santa Clara County. In fact, CBHA's Chief Executive Officer, Dr. Le Ondra Clack Harvey, was scheduled to meet with leaders in Santa Clara County today, but the meeting was canceled in the aftermath of the shooting.

We have, once again, included resources below to help you cope with this tragedy.

Self-Care:

- **Managing Your Distress in the Aftermath of a Shooting**
- **Resources for Dealing with A School Shooting**
- **The Psychological Impact of the Recent Shooting**

Clinicians:

- **Gun Violence: Prediction, Prevention, And Policy**
- **Stop Blaming Shootings on Mental Illness**
- **Resources and Manuals on Psychological First Aid**

CBHA is here as a resource for our members. Please engage in self-care so that you can continue to do the work necessary to keep yourselves and your clients physically and emotionally safe.

In Service,

CBHA Staff



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*We appreciate UST, long-time **Affinity Member**, for their partnerships that both provide our members exceptional services and sponsor our advocacy efforts.*

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