

As many of us are preparing to transition into academic year breaks, we must acknowledge that several communities have been impacted by acts of gun violence over the past few weeks, which include the [University of Virginia shooting](#), [University of Idaho student deaths](#), [Club Q shooting](#), and the [Virginia Walmart shooting](#). We intentionally chose to link the incidents but not include the details of each to avoid retraumatizing those impacted and allow our membership an opportunity to reflect on the national climate. Sadly, these types of messages are becoming more frequent and it has become increasingly difficult for us to find words that adequately respond. Nonetheless, it continues to be important for conduct administrators to focus our attention on hurting communities, giving a voice to those harmed and sharing a commitment to actions that lead to healing.

We write today because we acknowledge that the impacts of violence extend beyond the individuals who are present at these specific events. These types of attacks, coupled with the ongoing political discourse around gun violence and the continuing erosion of historically marginalized communities' human rights, impact the physical and psychological safety of a much larger community.

While hearts remain heavy as news around senseless acts of violence and hate continue to take over our news feeds, we encourage you to reflect and act. Reflect on ways you can create authentic and safe spaces of support for historically marginalized community members to engage in healing within your communities. Along with the important task of supporting harmed communities, we must also commit to educating and holding accountable those around us whose actions (or inaction) reinforce cultures of violence. Finally, as you navigate these painful times, we urge you to consider ways you can center your wellness and wellbeing through thought and action. In addition to your traditional self-care routines and sources of comfort in times of great stress, consider the following short (though not comprehensive, nor ASCA-endorsed) list of resources:

- Your Campus Employee Assistance Program (EAP)
- [Everytown](#) - everytownsupportfund.org
- [Team Enough](#) - www.teamenough.org
- [Sandy Hook Promise](#) - Sandyhookpromise.org

As we are often asked “Who helps the helpers?”, we hope that as the helpers in your communities that you have the opportunity to take this upcoming break time to refill your cup. We appreciate and value all that you do and bring to your campuses and communities everyday.