



# SACRAMENTO VALLEY PSYCHOLOGICAL ASSOCIATION

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## **SVPA Statement on Statement of Support & Solidarity with the Sacramento Community April 6, 2022**

Dear Sacramento Valley Psychological Association Members and Community,

The SVPA Board of Directors extends their support to the entire Sacramento community in the wake of the mass casualty shooting that shocked our city early Sunday morning.

We know that there are no words for the depth of pain our community is currently experiencing. Together, we hold space for grief as we mourn the six individuals who lost their lives to community gun violence. We offer solace to their loved ones who have suffered an irreplaceable loss and struggle to process this unbearable tragedy, as well as to those injured whose lives have been forever impacted. We extend gratitude and stand in solidarity with the local community organizations that have been working tirelessly to help those directly impacted by Sunday's tragedy.

We also acknowledge the collective trauma that our city's residents are experiencing. Just one month ago, we experienced the devastating tragedy of a father who shot and killed his three daughters and a chaperone before killing himself during a supervised visit with the girls at a church. Our community is hurting, and our community *has been* hurting.

This is a time for us to come together to provide community care and aid in whatever is most helpful in this time. To that end, SVPA is here to provide resources and support to all those in our community that have been directly and indirectly impacted by this collective trauma. We stand in support and solidarity with community based organizations that deliver culturally competent and trauma-informed care such as [Mental Health First Sacramento](#) and [Safe Black Space](#) that are working tirelessly by making space for those impacted by the events of this past weekend to process and grieve this unbearable tragedy while also promoting community healing. If you are interested and have capacity to volunteer with Mental Health First as a crisis hotline volunteer, please reach out to them via email at [MHFirstSac@gmail.com](mailto:MHFirstSac@gmail.com). If you were impacted by the shooting and would like to talk to someone, please call Mental Health First's crisis hotline at (916) 670-4062. A GoFundMe for the victims and their families has been started, which you can donate to [here](#).

This is also a time for us to come together as mental health professionals to support our community members by taking a stance against gun violence. It is not lost on us that the overwhelming majority of the victims of gun violence in our community over the past month have all been people of color - and that the one White victim was a woman experiencing



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homelessness. This is a sad and tragic reminder that those with the highest risk of experiencing violence are those who are often unrepresented, underrepresented, and underresourced. We acknowledge that community gun violence is not an issue only experienced here in Sacramento; it is something that plagues our country. [Black Americans are 10 times more likely than White Americans to die from it, and Black children and teens are 14 times more likely to die from gun homicide than their White counterparts.](#) We, as Psychologists, must use our psychological knowledge and experience to advocate for policies and budget priorities at the local, state, and federal government levels to erase the social and economic inequalities that are often at the root causes of community gun violence.

If you or someone you know is in need of help, please reach out to SVPA at [sacpsychologists@gmail.com](mailto:sacpsychologists@gmail.com) to be connected with resources.

We are sending love to our City and the people living in it.

In Solidarity,

The SVPA Board of Directors