# Monterey Park, CA Shooting January 23<sup>rd</sup>, 2023

#### Office of the Governor Gavin Newsom

1303 10th Street, Suite 1173 Sacramento, CA 95814 (916) 445-2841 <u>https://www.gov.ca.gov</u> <u>https://twitter.com/cagovernor</u> <u>https://www.facebook.com/CAgovernor</u>

Governor Newsom Proclaims Lunar New Year, Orders Flags to be Flown at Half-Staff Published: Jan 22, 2023 SACRAMENTO – Governor Gavin Newsom today issued a proclamation declaring Lunar New Year and ordered flags at all state buildings to be flown at half-staff in honor of the victims of the mass shooting in Monterey Park. The text of he proclamation and a copy can be found below.

### PROCLAMATION

As people throughout the country and the world welcome the Lunar New Year today, California stands with our Asian American and Pacific Islander (AAPI) communities reeling from the tragedy in Monterey Park. Our hearts are with all those grieving lost loved ones and those who were injured in this horrific act of gun violence at what should have been a night of joyful celebration. No one should have to fear for their life while gathering in their community. California will continue to lead the charge to end the epidemic of senseless gun violence and protect our diverse communities.

Whether they've called California home for generations or are newly arrived, AAPI communities have shaped the Golden State through foundational contributions to our past, present and future. We must also reflect on the violence and discrimination targeting AAPIs throughout our history – and the deadly legacy of this hate that continues today. It is incumbent on all of us to continue to call out past and present racism and fight for the safety and inclusion of these Californians.

California embraces the many diverse communities that call this place home – a deep point of pride and source of strength for our state. This year, for the first time, we are recognizing Lunar New Year as an official state holiday, honoring the invaluable contributions of Asian Americans to our California story and inviting everyone to appreciate the rich traditions of this special holiday. Today and every day, let us show support and solidarity for our AAPI friends, family and neighbors and lift up the diversity and values that define our state.

NOW THEREFORE I, GAVIN NEWSOM, Governor of the State of California, do hereby proclaim January 22, 2023, as "Lunar New Year."

GAVIN NEWSOM Governor of California

#### Office of the Mayor Henry Lo

320 W Newmark Ave Monterey Park, CA 91754 (626) 307-1458 <u>Monterey Park, CA - Official Website | Official Website</u> <u>Monterey Park Social Media | Monterey Park, CA - Official Website</u>

#### Department of Mental Health-Monterey Park, CA

320 West Newmark Avenue Monterey Park, CA (626) 307-1404 24/7 Hotline, (800) 854-7771 <u>SA 3, MPMET - MONTEREY PARK (lacounty.gov)</u> <u>Disaster Mental Health Resources - Department of Mental Health (lacounty.gov)</u> <u>Los Angeles County Department of Mental Health | Facebook</u> <u>LA County Dept of Mental Health (@LACDMH) / Twitter</u> *Posted on Facebook on January 23,2023* 

We are saddened by that tragedy and loss of lives at <u>#MontereyPark</u> this weekend; if you or your loved ones are experiencing <u>#MentalHealth</u> distress related to this event, please reach out for help. 24/7 support and resources are available through our Help Line at (800) 854-7771 or at the <u>988 Suicide & Crisis Lifeline</u>.

City of Monterey Park Mourns after Shooting Tragedy

"The unimaginable happened in our community last evening and the City Council joins the community in expressing our shock and sadness regarding this horrible tragedy. We stand united together as we mourn, and our thoughts are with all the victims and their families and friends during this difficult time," stated Monterey Park Mayor Henry Lo. "We understand our community is looking for answers. The safety of our residents is our priority, and we remain committed in providing information as this investigation unfolds," affirmed Mayor Lo. The Monterey Park PD is working alongside our local, state, and federal partners to investigate this horrific event. At this time, we are asking our community to avoid the area of Garvey Avenue and Garfield Avenue as it remains closed to pedestrian and vehicle traffic while our investigation continues.

A memorial honoring the victims and survivors has been established at the Monterey Park City Hall located at 320 W. Newmark Avenue for our community to mourn. The Monterey Park Police and Fire Depts. thank our community for the outpouring of support during this time of unimaginable loss.

Our dispatch centers are inundated with calls. MPPD is asking for the public's help in only utilizing 9-1-1 for emergency related calls.

A Survivors Resource Center has been established at Monterey Park's Langley Senior Center at 400 N. Emerson Ave., Monterey Park, CA 91754. There are mental health resources available for anyone who needs support.

"Our City has shown resilience in times of crisis and we will continue to show the nation what an exceptional community we are. We will get through this together. <u>#MontereyParkStrong</u> <u>#MPKStrong</u>," added Mayor Pro Tem Jose Sanchez.

*If you have any information related the investigation, please contact the Los Angeles County Sheriff's Homicide Bureau at 323-890-5500.* 

https://www.montereypark.ca.gov/CivicAlerts.aspx?AID=824

#### Monterey Park Police Department

320 W Newmark Ave Monterey Park, CA 91754 (626) 573-1311 Police | Monterey Park, CA - Official Website Monterey Park Social Media | Monterey Park, CA - Official Website

### United Way/211 Information and Referrals Lines

These information and referral lines may know of additional resources currently providing assistance, such as food pantries, clothing closets, emergency shelters, and agencies offering financial assistance. Please call and provide your zip code and demographic information in order to receive referrals.

211 LA County (800) 339-6993 <u>Home | 211LA</u> <u>211 LA County | Facebook</u> <u>211 LA County (@211LACounty) / Twitter</u>

## National Suicide Prevention Lifeline

(800) 273-8255 <u>https://suicidepreventionlifeline.org</u> (Note for WLA – sometimes they offer specific resources as well related to the incident.)

### Substance Abuse & Mental Health Services Administration Disaster Distress Helpline

(800) 985-5990

National mental health helpline that is available to those who have experienced a natural or human caused disaster. The helpline is available 24 hours per day, 7 days per week. The counselors can provide support and referrals to local resources.

### Suggestions for Meditation and Breathing Apps

Insight Timer – Available for iOS and Android UCLA Mindful - Available for iOS and Android Smiling Mind - Available for iOS and Android Sanvello - Available for iOS and Android Stop, Think & Breathe - Available for iOS and Android Headspace - Available for iOS and Android Calm - Available for iOS and Android Simple Habit - Available for iOS and Android

# Helpful Articles and Resources

- <u>National Institute of Mental Health</u> Coping with Traumatic Events NIMH » Coping With Traumatic Events (nih.gov)
- <u>Centers for Disease Control and Prevention (CDC)</u>
  "Coping with a Traumatic Event"
  <u>Microsoft Word coping.doc (cdc.gov)</u>
- <u>American Psychological Association</u> "How to talk to children about difficult news" <u>How to talk to children about difficult news (apa.org)</u>
- <u>American Academy of Child & Adolescent Psychiatry</u> <u>Disaster and Trauma Resource Center (aacap.org)</u>

**Free Help Line:** Optum, a leading health and behavioral health services company, is offering a free emotional-support help line.

The toll-free number, 866-447-3573, will be open Monday-Friday, 8am-8pm CST. The service is free of charge and open to anyone. Specially trained Optum mental health specialists help people manage their stress and anxiety so they can continue to address their everyday needs. Callers may also receive referrals to community resources to help them with specific concerns, including financial and legal matters.

Along with the toll-free help line, emotional-support resources and information are available online at <a href="https://www.liveandworkwell.com">https://www.liveandworkwell.com</a>