There has been a longstanding policy, not to mention one that was an initial action made by the Trump administration party, to keep crucial public services (e.g., schools, hospitals, churches) as a place for community members to go without fear. Currently, these policies are not being upheld, which is leading to inhumane, traumatizing, and hazardous circumstances across the country.

I am working to get my PhD in Clinical Psychology, a job requiring me to understand and attend to people's needs, wounds, wants, fears, and aspirations. Currently, I am feeling like my work is of little matter – as I'm sure a lot of people in 'helping fields' are experiencing on a daily basis. The culture we are allowing to be cultivated in our country is senseless. Not that there haven't been longstanding issues with racism, discrimination, and violence across time – but our current conditions are unprecedented.

Although I'm feeling a bit helpless, it doesn't mean I am going to be silenced. I provide psychological services to families, children, who are afraid to attend school, work, or even shop to supply their basic needs. What we're doing isn't 'boarder protection,' it's a violation of what any society should stand for. Quite frankly, it's disgusting.

Since moving to Maine to pursue my PhD, I've been enamored by the sense of justice embedded in the community. The people in this state care about on another's welfare – they care about places like schools, daycares, churches, hospitals, etc… being safe and accessible to all those who call this state home. I ask, that as people in a situation of power, you don't less this hard work the community has done go to waste. We don't need to fall into step with the horrors happening around us. With more power, comes more ability to push back. Fight back. Don't let my singular voice, my ability to care for the mental wellbeing of families in this state go to waste. Take warning from the actions happening around the country and be different. Be better.