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News Release

Maryland's Governor Proclaims National Resiliency Day

BETHESDA, Md. – Leaders from the Uniformed Services University of the Health Sciences (USU), the Nation's only Federal healthcare university, met with Governor Robert Ehrlich on October 5th at the State House in Annapolis to celebrate Maryland's official Proclamation of National Resiliency Day, which will be recognized annually on September 11. The role of USU, which trains physicians and nurses for the military services, in spearheading the event in the state was also recognized.

Maryland is the first state to designate a National Resiliency Day to commemorate the strengths of its citizens, communities and public and private institutions that bounced back from the adversity of September 11th and its aftermath. Organizers hope that Resiliency Day will be a catalyst for individual, organizational and community preparedness throughout the country. The group included Everett Alvarez, Jr., Chairman of the presidentially-appointed Board of Regents of USU, Thomasine Alvarez, President of the Friends of USU, Robert J. Ursano, M.D., Chairman, Dept. of Psychiatry and Director of the Center for the Study of Traumatic Stress (CSTS), USU; David Benedek, M.D., LTC, U.S. Army, Associate Professor, Dept. of Psychiatry,

USU; Nancy Vineburgh, Assistant Professor, Dept. of Psychiatry and Director, Office of Public Education and Preparedness, CSTS.

National Resiliency Day grew out of a meeting and mutual interests between Mrs. Alvarez and the Center for the Study of Traumatic Stress, a USU homeland security resource that specializes in research, education, consultation and training around the traumatic impact of disaster, terrorism and bioterrorism. CSTS has been developing an agenda to promote national resiliency through public education about WMD and resiliency building activities for the civilian and military population. Under the direction of Dr. Robert Ursano, CSTS Director and world-renowned disaster psychiatrist, USU recently launched Courage to Care, a health promotion campaign to enhance the resiliency of the DoD community (<http://www.usuhs.mil/psy/courage.html>). CSTS Office of Public Education and Preparedness published a paper recommending a National Resiliency Day and is embarking on a national project to study and encourage corporate preparedness.

Mrs. Alvarez, an advocate for national programs and values that promote strength, social cohesion and human continuity, pursued the idea with the State of Maryland whose Governor officially proclaimed National Resiliency Day in the State of Maryland on September 11, 2004. The Proclamation recognizes that Maryland is home to USU, our nation's unique federal medical and health sciences institution that enhances the resiliency of our nation through teaching how to care for those in harm's way.