



Asian Americans & Racial Trauma: *"Why Was This Happening?"*

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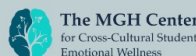


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"Get out of here, Chinese bitch. We know where you live. We're going to kill you."

Tem Le, 34-year-old mother of four
(Truong v. SF Housing Authority; Goldberg, 1997)







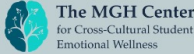

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Asian Americans and Racism¹




- Prior to 1990: 1
 - Asamen and Berry (1987)
- Between 1990 and 1999: 6

¹ Gee, Ro, Shariff-Marco & Chae, 2009





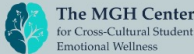



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Asian American History



- Arrival of Filipinos in Morro Bay, CA 435 years ago
- Chinese Exclusion Act 140 years ago
- Executive Order 9066: Japanese American Internment 80 years ago
- Vincent Chin 40 years ago



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What is Racism?



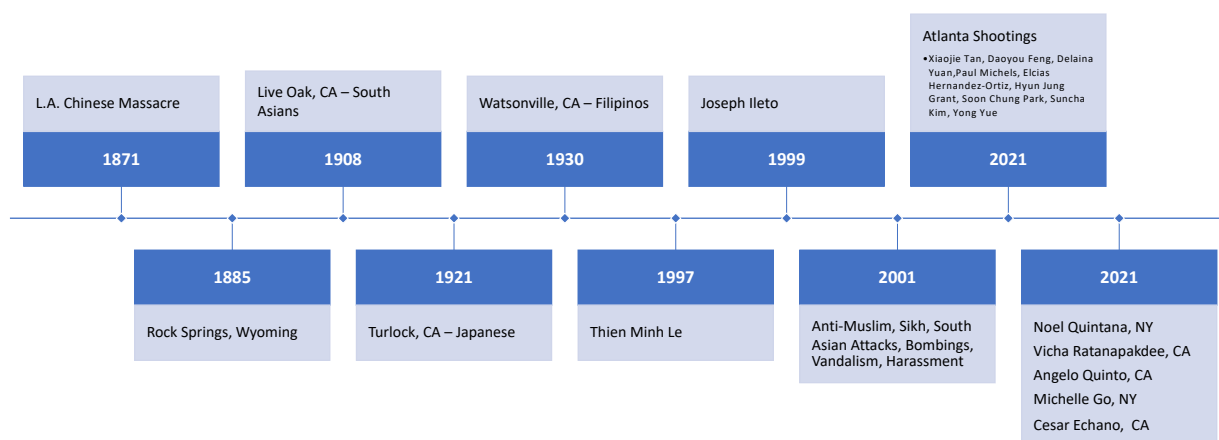
"racism results from the transformation of race prejudice and/or ethnocentrism through the exercise of power against a racial group defined as inferior, by individuals and institutions with the intentional and unintentional support of the entire culture"

James Jones, 1997



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Individual Racism

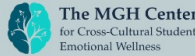


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Stop AAPI Hate National Report



- March 2020-Sept 2021 = **10,370** incidents reported
- **1 in 5** Asian Americans (4.8 million), Pacific Islanders (320,000) experienced a hate incident in past year
- **1 in 3** Asian American parents reported incidents against their kids
- Types
 - Verbal harassment – 63% of incidents
 - Shunning & avoidance – 16%
 - Physical assault – 16%
 - Civil rights & denial of service – 11.3%
 - Online harassment – 8.6%
- Typically in public streets (32%) and businesses (27%)
- Majority reported by women – 62%



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Institutional Racism



Exclusionary Immigration Laws

- 1875 Page Act
- 1882 Chinese Exclusion Act
- 1907 Gentlemen's Agreement
- 1917 Immigration Act
- 1934 Tydings-McDuffie Act
- 2017 Anti-Muslim Ban

Executive Order 9066: Japanese American Internment

Anti-Naturalization Rulings

Anti-Miscegenation Laws

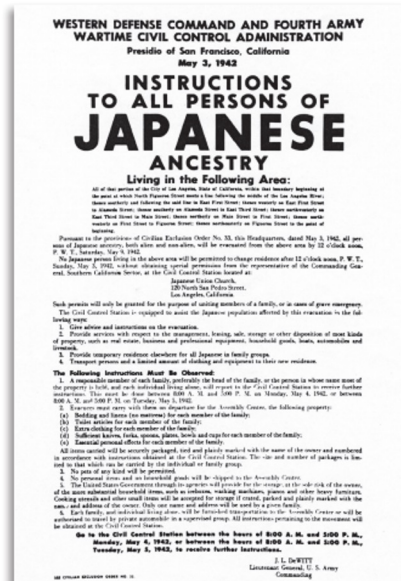
Restrictive Covenants and Redlining

English Only Initiatives

Accent & Language Discrimination

Glass Ceiling Career Barriers

Higher Education Quotas



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Cultural Racism




- Model Minority Myth
- Perpetual Foreigner
- Good in math and sciences
- Exotic, mysterious, inscrutable, villainous
- Women as hypersexual, exotic, submissive, obedient
- Men as asexual, nerdy, weak, unattractive, martial artists
- Invisible







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Your Experience?





- You are treated with less courtesy than other people
- Being insulted, called a name, or harassed
- You are treated with less respect than other people
- Being laughed at, made fun of, or taunted
- You receive poorer service than other people at restaurants or stores

 SAN FRANCISCO STATE UNIVERSITY

 The MGH Center for Cross-Cultural Student Emotional Wellness


 WILLIAM JAMES COLLEGE

 Center for Multicultural & Global Mental Health ASIAN MENTAL HEALTH


 HARVARD PACE


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Asian Americans and Racism¹





• Prior to 1990:	1
• Asamen and Berry (1987)	
• Between 1990 and 1999:	6
• Between 2000 and 2009:	55
• Between 2010 and 2019:	162
• Between 2020 and 2021:	~74














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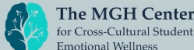
Mental Health Outcomes





- **Any DSM V Disorder** (Carter, et al., 2019; Gee, Spencer, Chen, Yip & Takeuchi, 2007)
- **Psychological Distress** (Garcia, David, & Mapaye, 2019; Huynh, Devos, & Goldberg, 2014; Alvarez & Juang, 2010)
- **Depression** (Cassidy, et al., 2004; Chau, Bowie, Juon, 2018; Chen, Szalacha, & Menon, 2014; Greene, et al., 2006)
- **Self esteem** (Greene, Way, & Pahl, 2006; Fisher, Wallace, & Fenton, 2000; Alvarez & Juang, 2010)
- **Anxiety** (Cassidy, O'Connor, Howe & Warden, 2004; Chen, Szalacha, & Menon, 2014)
- **Loneliness or Social Connectedness** (Lee, 2005; Juang & Alvarez, 2010)
- **Race-related stress** (Liang, Alvarez, Juang, & Liang, 2007; Liang & Fassinger, 2008)
- **Somatization** (Juang & Alvarez, 2010)
- **PTSD** (Loo & Colleagues 2001)














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Physical Health Outcomes

"Let's Talk!"

- **Physical Illness** (Carter, et al., 2019; Gee & Colleagues, 2006)
- **Chronic Health Conditions** (Yoo, Gee, & Takeuchi, 2009)
- **Cardiovascular Conditions** (Gee, Spencer, Chen & Takeuchi, 2007; Ing et al., 2020; Moody, et al., 2019)
- **Respiratory Conditions** (Gee, Spencer, Chen & Takeuchi, 2007)
- **Body Mass Index & Obesity** (Gee, Ro, Gavin & Takeuchi, 2008)
- **Body Image & Eating Disturbance** (Iyer & Haslam, 2003)
- **Cholesterol and Diabetes** (Piette, Bibbins-Domingo, & Schillinger, 2006)
- **Physical Functioning** (Harris, et al. 2006)
- **Physical Activities** (Gee & Ponce, 2010)



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Health Behaviors Outcomes

"Let's Talk!"

- **Suicidal Attempts and Ideation** (Cheng et al., 2010; Li, Gee, & Dong, 2019)
- **Help-Seeking** (Kim, Kendall, & Chang, 2016)
- **Alcohol Consumption** (Gee, Delva & Takeuchi, 2006; Glass et al., 2020; Le & Iwamoto, 2019; Yen, Ragland, Greiner, & Fisher, 1999)
- **Smoking** (Chae et al., 2008)
- **Drug Use** (Gee, Delva, & Takeuchi, 2006)
- **HIV Risk Behavior** (Yoshikawa, Wilson, Chae, & Cheng, 2004)
- **Mental Health and Health Care Utilization** (Burgess, et al., 2008; Hong et al., 2018)
- **Discrimination from Providers** (Lee, Ayers, & Kronenfeld 2009)



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Main Lessons

"Let's Talk!"

- **Pathogenic:** Discrimination has a significant and adverse impact on mental health, health and health behaviors
- **Environment-Health Linkage:** Affirms the importance of the linkage between the sociopolitical, environmental context and one's health
- **Beyond Microaggressions:** Racism \neq microaggressions
- **Systemic:** Challenge us to examine the role of institutions & communities (policies, practices, allocation of resources, etc.)
- **Role of Advocacy:** Challenges us to shift our attention to the sociopolitical context



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How do you cope?

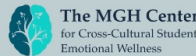
"Let's Talk!"



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What are educators and institutions doing to make racial healing and coping safe, normative, accessible, and health promoting?

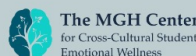


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Educator Accountability



- Self Assessment
- Racial Identity
- Microaggression's Impact
- Power of Teachers
- Student Trust
- Your Classroom



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Institutional Accountability

"Let's Talk!"

- Organizational Fluency & Competency
- Margins or Mainstream?
- Policies and Practices
- Leadership
- Diversity & Agency
- Training & Learning
- Curricular Integration
- Education Not Litigation



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Ashlyn So (13 years old, San Mateo, CA)

"Let's Talk!"

"I'm a middle schooler and I started this rally to support and stand up for Asian. I've always been passionate about helping others and standing up against racism and discrimination. So, when I first saw an Asian elder get pushed on the news, I was beyond petrified and shocked. How could this happen in our society? This was America. Why was this happening?"



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When's the best time to plant a tree?

20 years ago

When's the next best time?

NOW

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Questions and Comments?

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"Let's Talk!"



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