

# Stop AAPI Hate: How to Support Our Patients, Trainees, Faculty, and Staff

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# Disclosures

- None
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- See my DEIA Resources list at <https://www.admsep.org/subpages/resources/deiare-sources.pdf>

# Agenda

- Stop APPI Hate
- Center for the Study of Hate & Extremism
- U.S. House Judiciary Committee
- President Biden
- APA
- Bystander Intervention: <https://www.ihollaback.org/bystander-resources/>

# Stop AAPI Hate

- On March 19, 2020, three San Francisco organizations initiated the Stop AAPI Hate website <https://stopaapihate.org>
  - Chinese for Affirmative Action
  - Asia Pacific Policy & Planning Council
  - San Francisco State University, Department of Asian-American Studies
- The center tracks and responds to incidents of hate, violence, harassment, discrimination, shunning, and child bullying against Asian Americans and Pacific Islanders in the United States.

# Stop AAPI Hate: 5-pronged approach

- Serves as the leading aggregator of anti-Asian hate incidents
- Offers multilingual resources for impacted community members
- Provides technical assistance from rapid response to preventative measures
- Supports community-based safety measures and restorative justice efforts
- Advocates for local, state, and national policies that reinforces human rights and civil rights protections

# Stop AAPI Hate

2020-2021 National Report, Tuesday 3/16/21

- “This report covers the 3,795 incidents received by the Stop AAPI Hate reporting center from March 19, 2020 to February 28, 2021. The number of hate incidents reported to our center represent only a fraction of the number of hate incidents that actually occur, but it does show how vulnerable Asian Americans are to discrimination, and the types of discrimination they face.”

# Types of Discrimination

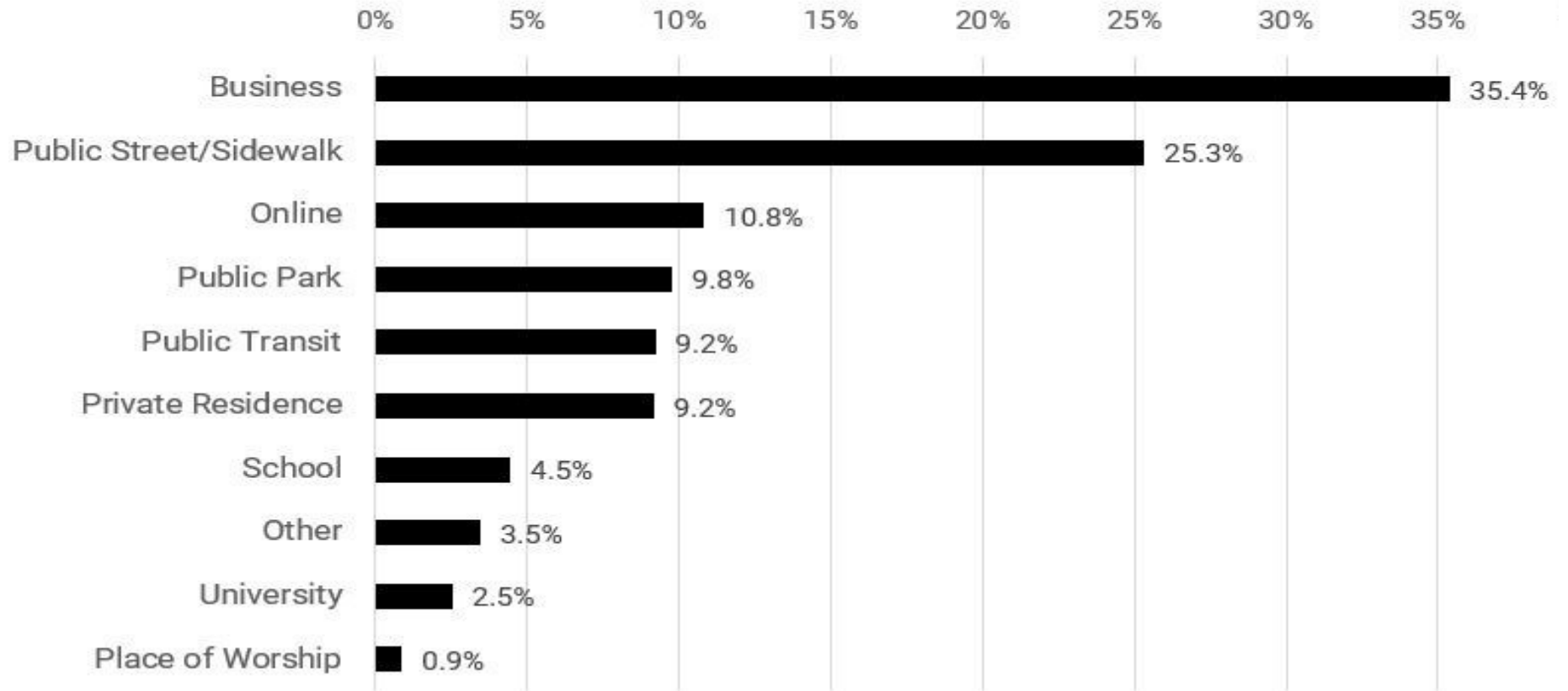
- Verbal harassment (68.1%) and shunning (20.5%) (i.e., the deliberate avoidance of Asian Americans) make up the two largest proportions of the total incidents reported.
- Physical assault (11.1%) comprises the third largest category of the total incidents.
- Civil rights violations — e.g., workplace discrimination, refusal of service, and being barred from transportation — account for 8.5% of the total incidents.
- Online harassment makes up 6.8% of the total incidents.

# National Trends

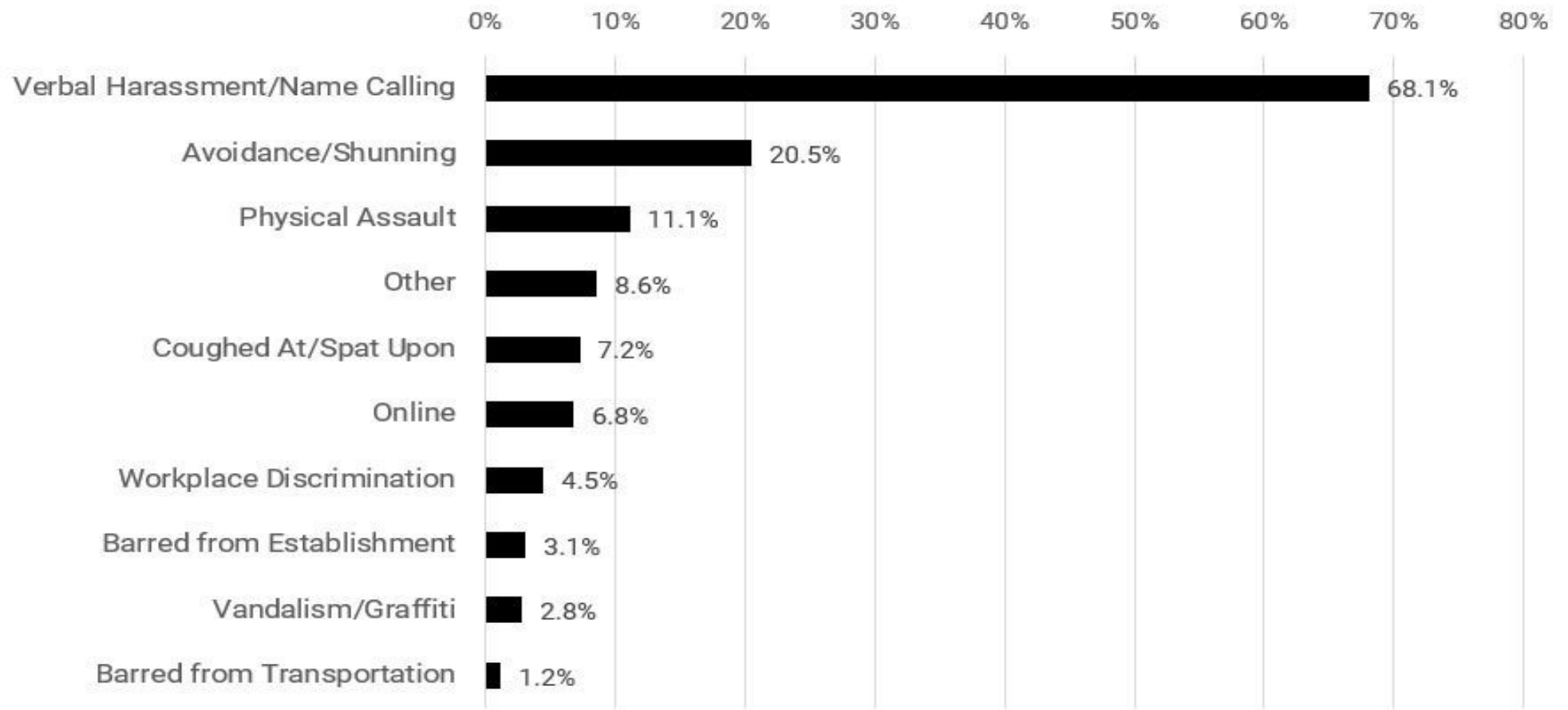
- Women report hate incidents 2.3 times more than men.
- Youths (0 to 17 years old) report 12.6% of incidents and seniors (60 years old and older) report 6.2% of the total incidents.
- Chinese are the largest ethnic group (42.2%) that report experiencing hate, followed by Koreans (14.8%), Vietnamese (8.5%), and Filipinos (7.9%).
- Incident reports come from all 50 states and the District of Columbia.
- Businesses are the primary site of discrimination (35.4%), followed by public streets (25.3%), and public parks (9.8%). Online incidents account for 10.8% of the total incidents.



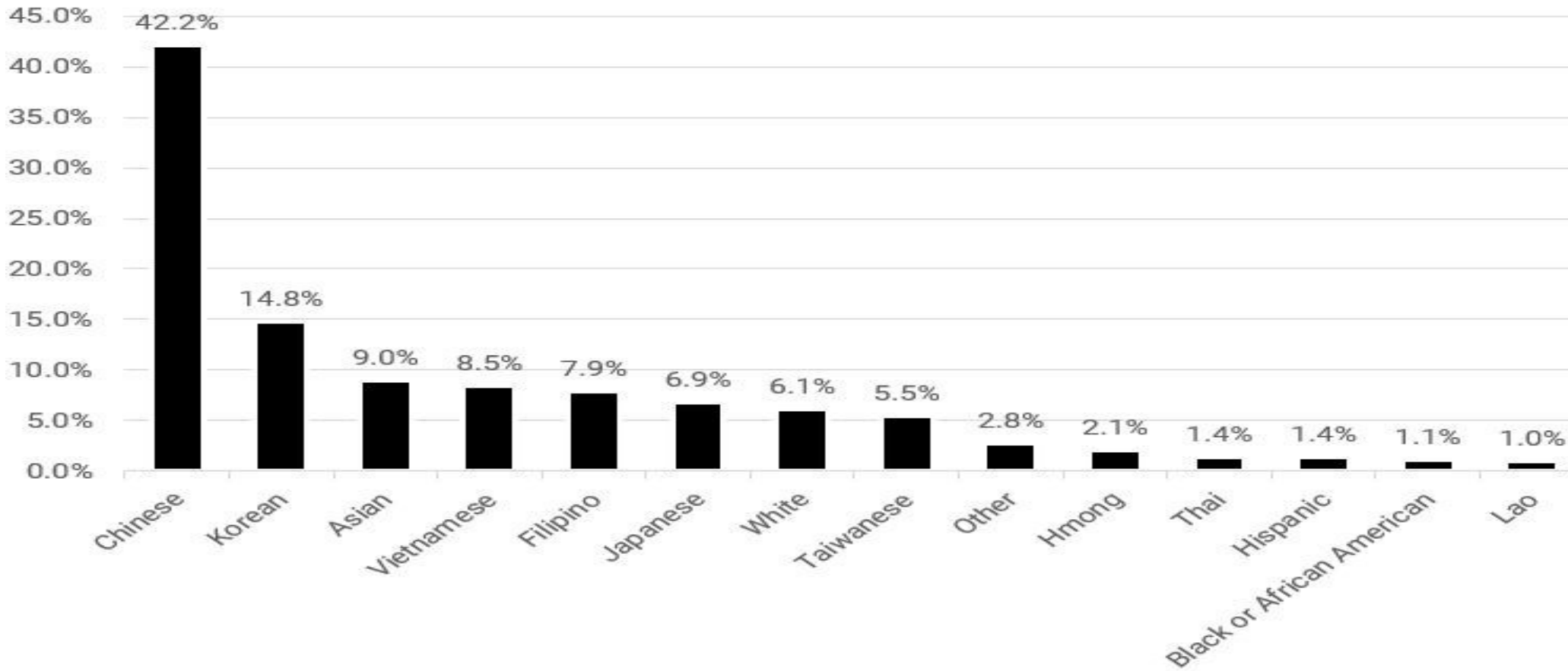
## Site of Discrimination N= 3,795



## Types of Discrimination N= 3,795



## Ethnicity of Respondents N=3,795

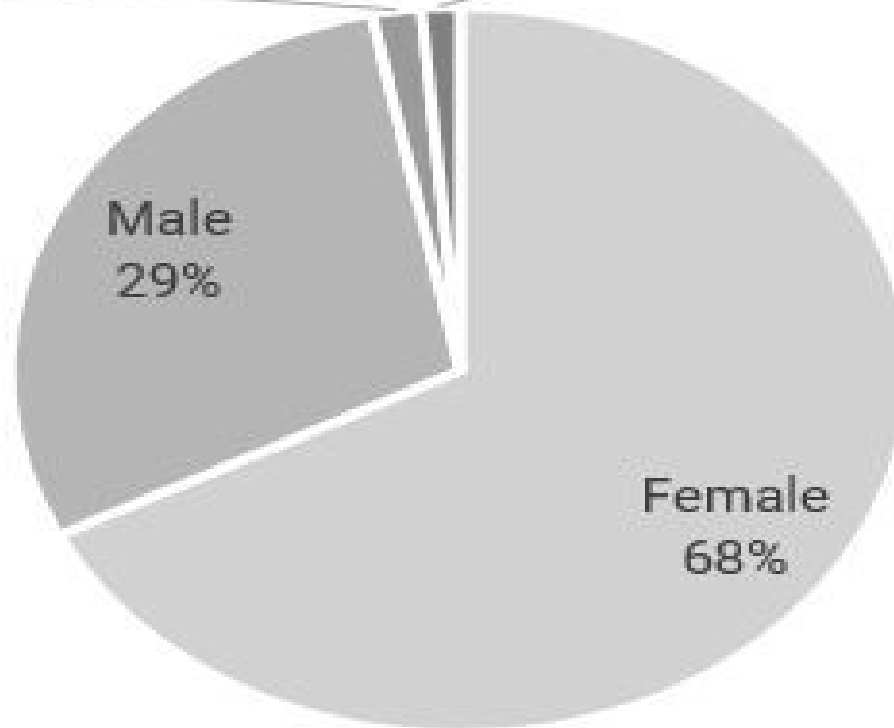


# Gender of Respondents

N= 3,338

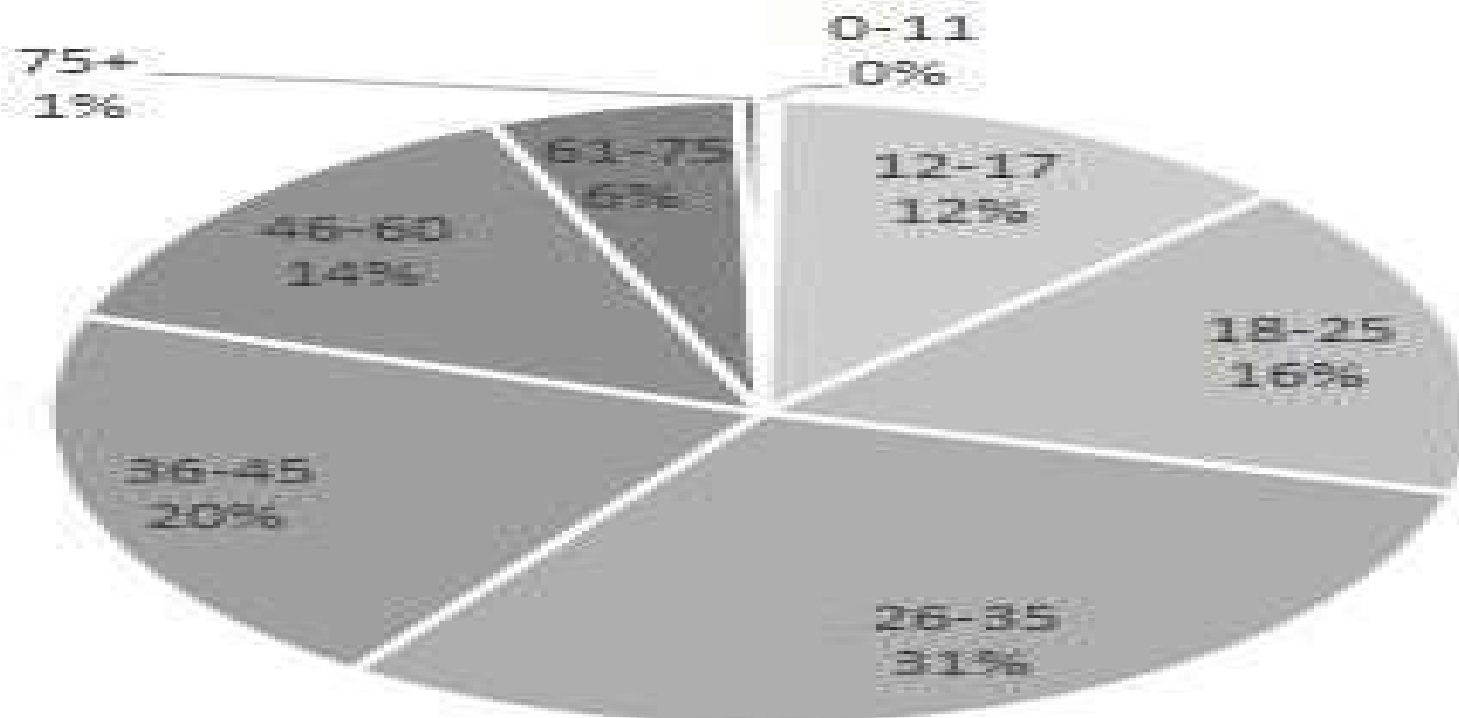
Trans &  
Gender  
Nonbinary  
2%

Prefer Not  
To Specify  
1%



# Age of Respondents

N= 2,716

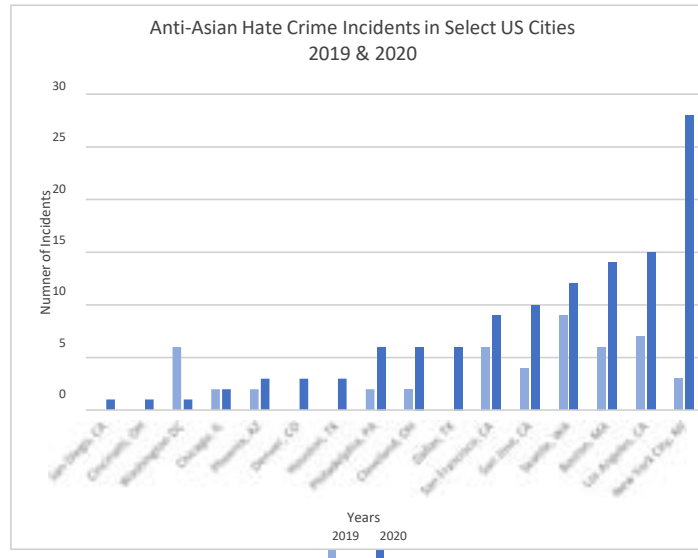


Top States	#	%
CA	1,691	44.56
NY	517	13.62
WA	158	4.16
TX	103	2.71
PA	97	2.56
MA	96	2.53
IL	92	2.42
FL	59	1.55
NJ	59	1.55
MD	51	1.34
VA	49	1.29
GA	48	1.26
CO	44	1.16
AZ	43	1.13
MN	42	1.11
OR	41	1.08
DC	40	1.05
OH	40	1.05

Center for the Study of Hate & Extremism  
California State University, San Bernardino

- **FACT SHEET: Anti-Asian Prejudice March 2021.**  
**3/21/21**
- **<https://www.csusb.edu/hate-and-extremism-center>**

In a study to be released later this month entitled *Report to the Nation: Anti-Asian Prejudice & Hate Crime*, data further indicated that this rise occurred amidst an overall decline in hate crime likely caused by a lack of interaction at frequent gathering places like transit, commercial businesses, schools, events, and houses of worship. In 18 of major U.S. cities, including the 16 largest ones, hate crimes overall declined by 6 percent. This is the first study of police data for 2020 across the U.S. Other charts from different datasets from the forthcoming report are presented herein. The FBI releases its 2020 national hate crime figures in November.



Source: CSHE



# U.S. House Judiciary Committee

Subcommittee on the Constitution, Civil Rights, and Civil Liberties

- Hearing on Discrimination and Violence Against Asian Americans, 3/18/21, the first such hearing in 34 years
- <https://judiciary.house.gov/calendar/eventsingle.aspx?EventID=4449>
- 6 members of Congress
- Asian American Advancing Justice – AAJC
- Stop AAPI Hate

# U.S. House Judiciary Committee

Subcommittee on the Constitution, Civil Rights, and Civil Liberties

- Erika Lee, PhD.  
Regents Professor of History and Asian American Studies, University of Minnesota
- Charles Lehman  
Fellow, Manhattan Institute Contributing Editor, City Journal
- Wencong Fa, Esq. Attorney  
Pacific Legal Foundation
- Daniel Dae Kim Actor and Producer
- Shirin Sinnar, Esq.  
Professor of Law, Stanford Law School
- Hiroshi Motomura, Esq.  
Susan Westerberg Prager Distinguished Professor of Law, UCLA School of Law

# President Biden

- Memorandum Condemning and Combating Racism, Xenophobia, and Intolerance Against Asian Americans and Pacific Islanders in the United States, 1/26/21

<https://www.whitehouse.gov/briefing-room/presidential-actions/2021/01/26/memorandum-condemning-and-combating-racism-xenophobia-and-intolerance-against-asian-americans-and-pacific-islanders-in-the-united-states/>

- FACT SHEET: President Biden Announces Additional Actions to Respond to Anti-Asian Violence, Xenophobia and Bias, 3/30/21

<https://www.whitehouse.gov/briefing-room/statements-releases/2021/03/30/fact-sheet-president-biden-announces-additional-actions-to-respond-to-anti-asian-violence-xenophobia-and-bias/>

# President Biden

- Reinstating and reinvigorating the White House Initiative on Asian Americans and Pacific Islanders, with initial focus on anti-Asian bias and violence.
- Funding for AAPI survivors of domestic violence and sexual assault.
- Establishing a COVID-19 Equity Task Force committee on addressing and ending xenophobia against Asian Americans.
- Establishment of a Department of Justice cross-agency initiative to address anti-Asian violence.
- Launching a [new virtual bookshelf](#) of federally-funded projects that explore and celebrate Asian Americans' contributions to the United States.
- Funding critical research to prevent and address bias and xenophobia against Asian American communities

# APA Leadership Statement on Anti-Asian American Racism and Mental Health, 3/22/21

- [https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2021/03/apa-leadership-statement-on-anti-asian-american-racism-and-mental-health?utm\\_source=Internal-Link&utm\\_medium=Banner-Row&utm\\_campaign=Stop AAPI Hate](https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2021/03/apa-leadership-statement-on-anti-asian-american-racism-and-mental-health?utm_source=Internal-Link&utm_medium=Banner-Row&utm_campaign=Stop_AAPI_Hate)
- [Special Report: Asian American Hate Incidents—A Co-occurring Epidemic During COVID-19](#), Psychiatric News, 6/1/20
  - <https://psychnews.psychiatryonline.org/doi/10.1176/appi.pn.2020.6a45>
- Alleviating the Mental Health Burden of Structural Discrimination and Hate Crimes: The Role of Psychiatrists, AJP, 10/18, Pages 929-933
  - <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2018.17080891>

## APA's Division of Diversity & Health Equity's Resources on Asian American Patients

- Mental Health Facts for Asian Americans/Pacific Islanders
- Stress & Trauma Toolkit for Treating Asian Americans in a Changing Political and Social Environment
- Best Practice Highlights: Working with Asian American Patients
- <https://www.psychiatry.org/psychiatrists/cultural-competency/education>

- Bystander Intervention

- vs.

- People Don't Act

- "I don't know what to do."

- "I'm afraid I'll make things worse."

- "Nobody else is doing anything."

- "I'm not sure that if that's harassment or not, I don't have enough context."

- "I'm scared it will turn on me because of how I identify."

- "The risks of intervening are too high."

- When intervening, always prioritize your own safety. If you don't feel comfortable safely intervening, see if you can get someone else to help.
- 5 Ds



- Distract

- Take an indirect approach to de-escalate the situation.
- “Can you tell me where the closest grocery store is?”
- In public spaces, start a conversation with the person being harassed or find another way to draw attention away from them.

- Delegate

- Get help from someone else.
- “That woman over there is being verbally attacked, would you feel comfortable saying something?”
- In public spaces, asking the person sitting next to you worse find someone in a position of authority – like a bus driver, storefront business owner, or cashier – and asked them for

- Document

- It is helpful to have documentation of the harassment.
- Try filming undercover by pretending you are checking your email.
- Give it to the person who experienced harassment and let them decide what to do with it.

- Delay

- After the incident is over, check in with the person who experienced the disrespectful behavior.
- You can say:
  - “Can I sit with you?”
  - “Can I accompany you somewhere?”
  - “What do you need?”

- Direct
- Speak up about the disrespectful behavior when it is happening.
- “I understand you are scared, but he deserves to be treated with respect.”
- You can directly name the behavior, such as “that’s racist.”
- You can name what you observe, such as “she looks uncomfortable, why don’t you leave her alone.”
- You can leave a question in hopes that the person will self-correct. “What do you mean when you say Chinese virus?”

# Asian Women's Action for Resilience and Empowerment (AWARE)

- Culturally grounded intervention designed for use on college campuses to address an unmet mental health need: high rates of mental health challenges, including anxiety, depression, self-harm, and suicidal thoughts and behaviors with a low utilization of mental health services.
- 8 weeks of face-to-face group therapy sessions led by Asian American therapists.
- Hahm, C. Psychiatric Services, November 01, 2020, Pages 1199-1202

# AWARE: mental health risk factors among Asian American women

- Individual: Perfectionism; low self-esteem; unhealthy coping mechanisms
- Family: Disempowering parenting; competing identities between good daughter and successful individual; intrusiveness
- Community: Feelings of isolation; experiences of discrimination; managing microaggressions
- System: Norms regarding self-sufficiency; low help seeking

# AWARE: intervention strategies for addressing

- Cognitive restructuring of maladaptive, perfectionistic assumptions; mindfulness; problem-solving for healthier coping mechanisms
- Psychoeducation about family structures; normalization/ validation of negative experiences; problem-solving for setting appropriate boundaries
- Group-based approach to enhance social support; discussion/acknowledgment of bicultural identity; problem-solving for managing others' assumptions and microaggressions
- Use of female Asian American therapists; provision of culturally grounded approach; focus on therapeutic alliance