

Building Bridges to Better Mental Health & Wellness in the APIA Community

Written Materials

Asian Pacific American Bar Association of Los Angeles
MCLE-Qualified Program
Wednesday, July 19, 2023 12:00 – 1:00 p.m. PT

*This event is certified for 1.0 competence MCLE credit.
APABA is a California State Bar approved MCLE provider.*

Materials

1. [Chasing Life Podcast: Why Sanjay Almost Changed His Name to Steve \(Jun 21, 2022\).](https://www.cnn.com/audio/podcasts/chasing-life/episodes/b8eced5c-6e4d-435c-a4db-aeb50135368d)
<https://www.cnn.com/audio/podcasts/chasing-life/episodes/b8eced5c-6e4d-435c-a4db-aeb50135368d>

Summary/Excerpt: If you're a person of color living in the United States, chances are, you're living with some form of racial trauma. Whether it's because you've been a victim of racism, because you know someone who has, or even if it's just from watching events unfold on the news, these instances can take a heavy mental health toll. On this episode, CNN's chief medical correspondent Dr. Sanjay Gupta gets personal as he talks to racial trauma expert Sherry Wang about the devastating rise in anti-Asian hate during the pandemic.

2. [Sherry C. Wang & Bianca Marie C. Santos, "What support?": A qualitative study on social support for Asian American victims of racism during the COVID-19 pandemic, Front. Public Health \(Oct. 19, 2022\), https://doi.org/10.3389/fpubh.2022.961215](https://doi.org/10.3389/fpubh.2022.961215)

Summary/Excerpt: Since the COVID-19 pandemic, anti-Asian racism has surged, yet little is known about Asian Americans' experiences of social support. Therefore, we designed a qualitative, intrinsic, revelatory case study to examine the nature and quality of social support for Asian Americans during the first 6 months of the pandemic. Our sample consisted of 193 Asian Americans (from over 32 U.S. states) disclosing their experiences of inadequate social support. They described their support network as (1) Being unable to relate, (2) Encouraging their silence, (3) Minimizing anti-Asian racism, (4) Denying anti-Asian racism, and (5) Victim-blaming. Regarding our participants' recommendations for increasing social support for Asian Americans, a total of seven recommendations emerged: (1) Legitimize anti-Asian racism, (2) Teach Asian American history, (3) Destigmatize mental health resources to make them accessible for Asian American families (4) Promote bystander intervention trainings, (5) Build solidarity with and beyond Asian Americans to dismantle racism, (6) Increase media attention on anti-Asian racism, and (7) Elect political leaders who will advocate for Asian Americans. Altogether, our findings underscore the need for systemic forms of advocacy to combat anti-Asian racism, and shed light on the injurious nature of social support for Asian American victims of racism.

3. [Jocelyn Apodaca Schlossberg, Confronting mental health barriers in the Asian American and Pacific Islander community, UCLA Health \(May 9, 2023\).](https://www.uclahealth.org/news/confronting-mental-health-barriers-asian-american-and-2)
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Summary/Excerpt: Anti-Asian rhetoric and incidents have been on the rise in recent years, spurred on by the COVID-19 pandemic. These types of events reinforce trauma and fear within the Asian American and Pacific Islander (AAPI) community and have profound effects on mental and physical health.

Additional Materials & Recommended Reading

- [Sherry C. Wang & Bianca Marie C. Santos, "Go back to China with your \(expletive\) virus": A revelatory case study of anti-Asian racism during COVID-19, Asian Am. J. Psych. 13\(3\), 220–33 \(2022\), https://psycnet.apa.org/record/2022-53077-001](https://psycnet.apa.org/record/2022-53077-001)