

I wanted to write to call your attention to some recent events in our country that are incredibly disturbing. As you may have seen in the news, Asian people are being violently attacked and killed for no apparent reason. Last week, there was a string of attacks on Asian elders in Oakland, CA. These hate crimes have surged since the COVID-19 pandemic (increase of 1900%!) and are continuing.

I wanted to write because these stories are not receiving enough attention from the media. As you may know, there is a history of Asian, Asian-Americans, and Pacific Islanders being subject to the model minority myth, which has unfortunately been used to create a wedge between minoritized groups as well as to encourage AAPI people to keep quiet. For this reason, I felt it was especially important to speak up and share what has been happening in our communities.

I am writing this for our Asian, Asian-American, and Pacific Islander faculty, staff, and students because I want you to know that you are not alone. It is hard not to see these videos being circulated and picture your own family members. I see you, and you are not alone in your fears for your grandparents', parents', and other family members' lives, as well as for your own lives. I am here to talk if anyone would find it helpful.

I also wanted to urge everyone to please educate yourself on what is happening, particularly if this does not affect you directly. As people in helping professions, it is important that we are aware of what minoritized clients may be experiencing. If you see AAPI clients, please ask them about their experiences, because too much of our experience has been unheard. Here are some links that will help you learn more about these violent (and often fatal) hate crimes against our elders:

<https://www.cbsnews.com/news/anti-asian-american-hate-incidents-up-racism/>

<https://www.thecut.com/2021/02/the-us-is-seeing-a-massive-spike-in-anti-asian-hate-crimes.html>

I hope that we can continue this conversation and discuss how it fits in with anti-racism work at large. These events remind me why we need to elevate BIPOC and minoritized individuals' experiences and continue to integrate this work into everything we do.

Thanks for taking the time to read.

Stay safe,

Cindy

Cindy Chang, Psy.M.

Pronouns: she/her/hers

Doctoral Candidate, Clinical Psychology

Graduate School of Applied and Professional Psychology

Rutgers, The State University of New Jersey

732-515-3083