

MPA Statement Condemning Racism and Violence against Asian American and Pacific Islander Individuals

The Michigan Psychological Association (MPA) unequivocally condemns violence directed toward Asian American and Pacific Islander (AAPI) individuals. Racially motivated attacks against the Asian community have surged since March 2020. According to a report by [Stop AAPI Hate](#) (a coalition aimed at addressing anti-Asian discrimination during the COVID-19 pandemic), in the past year (March 2020-February 2021), an estimated 3,800 reports of anti-Asian attacks – both physical and verbal attacks - were reported. They also [found](#) that women and elders were attacked more frequently than men. MPA finds the increasing hate and violence directed toward the Asian community to be alarming.

On March 17, 2021, eight people (**Xiaojie Tan, Delaina Yaun, Paul Andre Michels, Daoyou Feng, Yong Ae Yue, Hyun Jung Grant, Soon Chung Park, and Suncha Kim**) were killed in an attack on three Atlanta spas. Six of the victims were women from the Asian community. Many individuals in AAPI communities are traumatized by these attacks, feel alienated, and feel unsafe given the anti-Asian sentiment that pervades the country. As with other disenfranchised ethnic groups in the United States, these individuals are at greater [risk](#) for stigma and oppression and often do not have their experiences or voices heard, leading to significant mental health consequences (e.g., depression, anxiety, and PTSD).

MPA is committed to allying with other community organizations to provide a space for healing, promote trauma-informed and culturally-sensitive services, and build safety within and across our communities. MPA pledges to support our members and the public in learning how to identify and dismantle anti-Asian racism within our communities. As an organization of psychologists, we recognize the continuous and cumulative trauma and grief experienced by AAPI communities and the impact of racism on mental and physical health.

We call upon our membership and communities to educate ourselves on anti-Asian racism in the United States. As mental health professionals, and in line with the Mission and Vision of MPA, we stand in solidarity with our AAPI members in the fight to end racism. MPA joins with AAPI communities in condemning the heightened anti-Asian violence and xenophobia in the United States.

Resources Provided by the Asian American Psychological Association

Stop AAPI Hate Reporting: <https://stopaapihate.org>

AAPA COVID-19 Racism-related Statement: <https://aapaonline.org/wp-content/uploads/2020/04/AAPA-COVID19-statement.pdf>

Asian Americans Advancing Justice Tracking Hate Stories: [https://www.standagainstthatred.org/](https://www.standagainsthatred.org/)

National Asian Pacific American Bar Association (NAPABA) Hate Crimes Task Force and Pro Bono Legal Resources: <https://www.napaba.org/page/HateCrimeResources>

Infographics and accompanying videos for helping AAPI families talk to children and adolescents exposed to anti-Asian bullying and harassment (developed for COVID-19 but also relevant now):

<https://division45.org/division-45-task-force-on-covid-19-anti-asian-discrimination-and-xenophobia/>

Asian American Mental Health Collective directory of APISAA therapists:
<https://www.asianmhc.org/apisaa>

AAPA Division on Practice list of COVID-related mental health resources:

<https://docs.google.com/document/d/1GrseILJlOFiNOzeQT3X3aizokL-M4NvXp7vCP4W-jm8/edit?ts=5e88c7b1>

Free bystander intervention training to stop anti-Asian/American and xenophobic harassment:
<https://www.ihollaback.org/bystanderintervention/>