

WEBVTT

NOTE duration:"00:56:05"

NOTE recognizability:0.822

NOTE language:en-us

NOTE Confidence: 0.425085456666667

00:00:00.000 --> 00:00:03.030 After you and.

NOTE Confidence: 0.425085456666667

00:00:03.030 --> 00:00:05.430 Huge thanks to you and the work that

NOTE Confidence: 0.425085456666667

00:00:05.430 --> 00:00:07.559 you're doing with Yale chat together.

NOTE Confidence: 0.425085456666667

00:00:07.560 --> 00:00:10.894 You know, I think seeing the innovative

NOTE Confidence: 0.425085456666667

00:00:10.894 --> 00:00:12.706 approaches that are coming out and

NOTE Confidence: 0.425085456666667

00:00:12.706 --> 00:00:15.036 are so desperately needed, you know,

NOTE Confidence: 0.425085456666667

00:00:15.036 --> 00:00:16.974 beyond sort of breaking beyond academia

NOTE Confidence: 0.425085456666667

00:00:16.974 --> 00:00:18.668 and directly into the community,

NOTE Confidence: 0.425085456666667

00:00:18.670 --> 00:00:20.380 it's really sort of an inspiration

NOTE Confidence: 0.425085456666667

00:00:20.380 --> 00:00:22.608 and honor to be introduced by you.

NOTE Confidence: 0.425085456666667

00:00:22.610 --> 00:00:23.474 So thank you.

NOTE Confidence: 0.425085456666667

00:00:23.474 --> 00:00:25.478 I also, there's a lot of

NOTE Confidence: 0.425085456666667

00:00:25.478 --> 00:00:27.263 information to get through today,

NOTE Confidence: 0.425085456666667

00:00:27.270 --> 00:00:29.054 but I do have to start by saying  
NOTE Confidence: 0.425085456666667

00:00:29.054 --> 00:00:30.855 it's such a huge honor to be back  
NOTE Confidence: 0.425085456666667

00:00:30.855 --> 00:00:32.579 here as you heard as Tom Stewart.  
NOTE Confidence: 0.425085456666667

00:00:32.580 --> 00:00:35.247 Told me during my consultation at Yale  
NOTE Confidence: 0.425085456666667

00:00:35.247 --> 00:00:38.084 that I'm dipped in blue and very much  
NOTE Confidence: 0.425085456666667

00:00:38.084 --> 00:00:40.629 a yalie at heart through and through,  
NOTE Confidence: 0.425085456666667

00:00:40.630 --> 00:00:42.678 so the only thing that would have been  
NOTE Confidence: 0.425085456666667

00:00:42.678 --> 00:00:44.320 better than being invited to give these  
NOTE Confidence: 0.425085456666667

00:00:44.320 --> 00:00:46.190 grand rounds would be to do so in person.  
NOTE Confidence: 0.425085456666667

00:00:46.190 --> 00:00:46.469 However,  
NOTE Confidence: 0.425085456666667

00:00:46.469 --> 00:00:49.406 I will be in New Haven this coming May for  
NOTE Confidence: 0.425085456666667

00:00:49.406 --> 00:00:51.548 my 20th college reunion Ghost Element,  
NOTE Confidence: 0.425085456666667

00:00:51.550 --> 00:00:53.195 so hopefully I will have a chance  
NOTE Confidence: 0.425085456666667

00:00:53.195 --> 00:00:55.108 to see some of you in person then.  
NOTE Confidence: 0.425085456666667

00:00:55.110 --> 00:00:57.847 And I also really want to really  
NOTE Confidence: 0.425085456666667

00:00:57.847 --> 00:00:59.869 take some time to thank and

NOTE Confidence: 0.425085456666667  
00:00:59.869 --> 00:01:01.986 acknowledge some of the incredible  
NOTE Confidence: 0.425085456666667  
00:01:01.986 --> 00:01:04.066 individuals within this department,  
NOTE Confidence: 0.425085456666667  
00:01:04.070 --> 00:01:05.606 which I hold near and dear,  
NOTE Confidence: 0.425085456666667  
00:01:05.610 --> 00:01:08.178 who really shaped my own pathway  
NOTE Confidence: 0.425085456666667  
00:01:08.178 --> 00:01:11.134 and journey into psychiatry and more  
NOTE Confidence: 0.425085456666667  
00:01:11.134 --> 00:01:12.889 specifically academic psychiatry  
NOTE Confidence: 0.425085456666667  
00:01:12.890 --> 00:01:14.408 as a medical student who graduated  
NOTE Confidence: 0.425085456666667  
00:01:14.408 --> 00:01:15.518 from here in 2009.  
NOTE Confidence: 0.425085456666667  
00:01:15.518 --> 00:01:16.910 So first, of course,  
NOTE Confidence: 0.425085456666667  
00:01:16.910 --> 00:01:18.440 tremendous thanks to Bob Rabah,  
NOTE Confidence: 0.425085456666667  
00:01:18.440 --> 00:01:20.546 who has been a trusted mentor.  
NOTE Confidence: 0.425085456666667  
00:01:20.550 --> 00:01:22.325 You've been advisor and now  
NOTE Confidence: 0.425085456666667  
00:01:22.325 --> 00:01:23.745 a friend and colleague.  
NOTE Confidence: 0.425085456666667  
00:01:23.750 --> 00:01:25.250 We had a very memorable dinner.  
NOTE Confidence: 0.425085456666667  
00:01:25.250 --> 00:01:28.040 That the AP and New Orleans this past May,  
NOTE Confidence: 0.425085456666667

00:01:28.040 --> 00:01:29.776 which I think was sort of the  
NOTE Confidence: 0.425085456666667

00:01:29.776 --> 00:01:31.330 origin of the today's talk.  
NOTE Confidence: 0.425085456666667

00:01:31.330 --> 00:01:32.164 Also, thinking back,  
NOTE Confidence: 0.425085456666667

00:01:32.164 --> 00:01:34.110 it was nice to remember some names.  
NOTE Confidence: 0.425085456666667

00:01:34.110 --> 00:01:36.014 Bob Millstein, Jud Brewer,  
NOTE Confidence: 0.425085456666667

00:01:36.014 --> 00:01:36.966 Paul Desan,  
NOTE Confidence: 0.425085456666667

00:01:36.970 --> 00:01:39.194 Tom Stewart who were all part of my  
NOTE Confidence: 0.425085456666667

00:01:39.194 --> 00:01:41.318 formative 30 year psychiatry clerkship.  
NOTE Confidence: 0.425085456666667

00:01:41.320 --> 00:01:43.720 I actually published some students.  
NOTE Confidence: 0.425085456666667

00:01:43.720 --> 00:01:45.953 Now I put psychiatry as my first  
NOTE Confidence: 0.425085456666667

00:01:45.953 --> 00:01:48.038 rotation because I thought I didn't.  
NOTE Confidence: 0.425085456666667

00:01:48.040 --> 00:01:49.060 It wasn't on my radar.  
NOTE Confidence: 0.425085456666667

00:01:49.060 --> 00:01:50.564 I thought it would be a good warm  
NOTE Confidence: 0.425085456666667

00:01:50.564 --> 00:01:52.498 up for clinical medicine and I never  
NOTE Confidence: 0.425085456666667

00:01:52.498 --> 00:01:54.003 suspected that I would immediately  
NOTE Confidence: 0.425085456666667

00:01:54.057 --> 00:01:55.639 fall in love both with the patients

NOTE Confidence: 0.425085456666667  
00:01:55.639 --> 00:01:57.676 but also the staff on WS2.  
NOTE Confidence: 0.425085456666667  
00:01:57.676 --> 00:01:59.124 It really, you know,  
NOTE Confidence: 0.425085456666667  
00:01:59.124 --> 00:02:00.756 shaped my entire life and career.  
NOTE Confidence: 0.425085456666667  
00:02:00.760 --> 00:02:01.079 Catherine.  
NOTE Confidence: 0.425085456666667  
00:02:01.079 --> 00:02:02.993 Files an incredible mentor and visor  
NOTE Confidence: 0.425085456666667  
00:02:02.993 --> 00:02:04.974 through the Yale Medical Student and  
NOTE Confidence: 0.425085456666667  
00:02:04.974 --> 00:02:06.594 Psychiatric Association and all the  
NOTE Confidence: 0.425085456666667  
00:02:06.594 --> 00:02:08.589 support I received from Paul Kerwin,  
NOTE Confidence: 0.425085456666667  
00:02:08.590 --> 00:02:09.818 Dell Sledge and others.  
NOTE Confidence: 0.425085456666667  
00:02:09.818 --> 00:02:11.046 I think Doctor Crystal,  
NOTE Confidence: 0.425085456666667  
00:02:11.050 --> 00:02:12.805 you were coming in just as I was leaving,  
NOTE Confidence: 0.425085456666667  
00:02:12.810 --> 00:02:14.790 but I definitely remember that  
NOTE Confidence: 0.425085456666667  
00:02:14.790 --> 00:02:17.290 formative moments as well as outside  
NOTE Confidence: 0.425085456666667  
00:02:17.290 --> 00:02:19.530 of psychiatry being of students.  
NOTE Confidence: 0.425085456666667  
00:02:19.530 --> 00:02:20.164 Nancy Angoff,  
NOTE Confidence: 0.425085456666667

00:02:20.164 --> 00:02:22.066 who I understand has since retired,  
NOTE Confidence: 0.425085456666667

00:02:22.070 --> 00:02:23.530 but a lot of really,  
NOTE Confidence: 0.425085456666667

00:02:23.530 --> 00:02:25.826 really important special people in my life.  
NOTE Confidence: 0.425085456666667

00:02:25.830 --> 00:02:28.668 So with that, let's dive in.  
NOTE Confidence: 0.425085456666667

00:02:28.670 --> 00:02:30.040 I don't have any financial  
NOTE Confidence: 0.425085456666667

00:02:30.040 --> 00:02:31.410 disclosures or conflicts of interest.  
NOTE Confidence: 0.425085456666667

00:02:31.410 --> 00:02:32.978 We do run this organization have mentioned,  
NOTE Confidence: 0.425085456666667

00:02:32.980 --> 00:02:34.740 but it's an unpaid position.  
NOTE Confidence: 0.425085456666667

00:02:34.740 --> 00:02:37.404 I don't have any other conflicts  
NOTE Confidence: 0.425085456666667

00:02:37.404 --> 00:02:39.780 with the content of today.  
NOTE Confidence: 0.425085456666667

00:02:39.780 --> 00:02:40.165 However,  
NOTE Confidence: 0.425085456666667

00:02:40.165 --> 00:02:42.475 as with any good psychiatric presentation,  
NOTE Confidence: 0.425085456666667

00:02:42.480 --> 00:02:45.000 I have many personal disclosures to make,  
NOTE Confidence: 0.87950427

00:02:45.000 --> 00:02:46.638 and I think this type of  
NOTE Confidence: 0.87950427

00:02:46.638 --> 00:02:48.380 work is so deeply personal.  
NOTE Confidence: 0.87950427

00:02:48.380 --> 00:02:50.739 I myself identify as the child of

NOTE Confidence: 0.87950427

00:02:50.739 --> 00:02:52.310 Taiwanese parents, who themselves

NOTE Confidence: 0.87950427

00:02:52.310 --> 00:02:54.535 would identify as tiger parents.

NOTE Confidence: 0.87950427

00:02:54.540 --> 00:02:55.932 Pretty proudly actually.

NOTE Confidence: 0.87950427

00:02:55.932 --> 00:02:58.716 And so I'm a second generation

NOTE Confidence: 0.87950427

00:02:58.716 --> 00:03:02.108 person born in the US to immigrants.

NOTE Confidence: 0.87950427

00:03:02.110 --> 00:03:04.110 And so when I talk about this stuff,

NOTE Confidence: 0.87950427

00:03:04.110 --> 00:03:05.950 it just feels very natural to me because

NOTE Confidence: 0.87950427

00:03:05.950 --> 00:03:08.061 I feel like I experienced many of

NOTE Confidence: 0.87950427

00:03:08.061 --> 00:03:09.656 these cross cultural challenges myself

NOTE Confidence: 0.87950427

00:03:09.705 --> 00:03:11.385 growing up and just some some photos

NOTE Confidence: 0.87950427

00:03:11.385 --> 00:03:14.140 I found when on a trip home recently.

NOTE Confidence: 0.87950427

00:03:14.140 --> 00:03:17.128 So, you know, it'll probably come

NOTE Confidence: 0.87950427

00:03:17.128 --> 00:03:19.366 out during the presentations. Now,

NOTE Confidence: 0.87950427

00:03:19.366 --> 00:03:21.580 I also have to make a lot of disclaimers.

NOTE Confidence: 0.87950427

00:03:21.580 --> 00:03:23.140 The minute you start talking about

NOTE Confidence: 0.87950427

00:03:23.140 --> 00:03:24.500 any racial or cultural group,  
NOTE Confidence: 0.87950427

00:03:24.500 --> 00:03:26.764 there is going to be a lot of  
NOTE Confidence: 0.87950427

00:03:26.764 --> 00:03:28.720 concerns raised that are appropriate.  
NOTE Confidence: 0.87950427

00:03:28.720 --> 00:03:30.704 What does it mean to be from Asia?  
NOTE Confidence: 0.87950427

00:03:30.710 --> 00:03:32.020 Asia is an enormous place.  
NOTE Confidence: 0.87950427

00:03:32.020 --> 00:03:33.788 What does even mean to be from China  
NOTE Confidence: 0.87950427

00:03:33.788 --> 00:03:35.438 or from the US for that matter?  
NOTE Confidence: 0.87950427

00:03:35.440 --> 00:03:36.457 So, you know,  
NOTE Confidence: 0.87950427

00:03:36.457 --> 00:03:38.152 obviously when we're talking about  
NOTE Confidence: 0.87950427

00:03:38.152 --> 00:03:40.134 these large sociocultural groups or  
NOTE Confidence: 0.87950427

00:03:40.134 --> 00:03:42.214 racial groups or geographic groups,  
NOTE Confidence: 0.87950427

00:03:42.220 --> 00:03:44.890 it it leads a lot of.  
NOTE Confidence: 0.87950427

00:03:44.890 --> 00:03:45.632 And nuance.  
NOTE Confidence: 0.87950427

00:03:45.632 --> 00:03:48.600 And we also certainly know that culture is  
NOTE Confidence: 0.87950427

00:03:48.672 --> 00:03:51.552 not the same as country of origin or race.  
NOTE Confidence: 0.87950427

00:03:51.560 --> 00:03:53.402 And unfortunately, in medicine we try



NOTE Confidence: 0.87950427

00:03:53.402 --> 00:03:55.110 to operationalize things in its ways.

NOTE Confidence: 0.87950427

00:03:55.110 --> 00:03:57.275 But clearly there's many layers

NOTE Confidence: 0.87950427

00:03:57.275 --> 00:03:59.007 to our personal identity.

NOTE Confidence: 0.87950427

00:03:59.010 --> 00:04:00.290 That being said, you know,

NOTE Confidence: 0.87950427

00:04:00.290 --> 00:04:04.910 I I take all that sort of.

NOTE Confidence: 0.87950427

00:04:04.910 --> 00:04:06.947 Nuance and ambiguity and we have to

NOTE Confidence: 0.87950427

00:04:06.947 --> 00:04:08.655 still do something and still have

NOTE Confidence: 0.87950427

00:04:08.655 --> 00:04:10.468 to try to understand what are the

NOTE Confidence: 0.87950427

00:04:10.523 --> 00:04:12.784 commonalities and how do we approach them.

NOTE Confidence: 0.87950427

00:04:12.790 --> 00:04:14.729 So today I want to talk about

NOTE Confidence: 0.87950427

00:04:14.729 --> 00:04:15.560 three main things.

NOTE Confidence: 0.87950427

00:04:15.560 --> 00:04:15.803 First,

NOTE Confidence: 0.87950427

00:04:15.803 --> 00:04:17.504 give you a broad overview of sort

NOTE Confidence: 0.87950427

00:04:17.504 --> 00:04:19.466 of the state of Asian American

NOTE Confidence: 0.87950427

00:04:19.466 --> 00:04:20.890 and Asian International Student

NOTE Confidence: 0.87950427

00:04:20.890 --> 00:04:22.519 mental health in this country.  
NOTE Confidence: 0.87950427

00:04:22.519 --> 00:04:24.034 Then talk about the impacts  
NOTE Confidence: 0.87950427

00:04:24.034 --> 00:04:25.129 of COVID-19 on that.  
NOTE Confidence: 0.87950427

00:04:25.130 --> 00:04:25.846 And finally,  
NOTE Confidence: 0.87950427

00:04:25.846 --> 00:04:27.994 share information about my own center  
NOTE Confidence: 0.87950427

00:04:27.994 --> 00:04:31.131 as one example of an innovative approach  
NOTE Confidence: 0.87950427

00:04:31.131 --> 00:04:33.486 for engaging this underserved population.  
NOTE Confidence: 0.87950427

00:04:33.490 --> 00:04:34.860 As again, as you heard,  
NOTE Confidence: 0.87950427

00:04:34.860 --> 00:04:36.505 there are other examples including  
NOTE Confidence: 0.87950427

00:04:36.505 --> 00:04:38.150 Doctor Yunus chat together or  
NOTE Confidence: 0.87950427

00:04:38.150 --> 00:04:39.466 Stanford's cheap power initiative,  
NOTE Confidence: 0.87950427

00:04:39.466 --> 00:04:41.111 which are really trying to  
NOTE Confidence: 0.87950427

00:04:41.111 --> 00:04:42.622 address these same issues, OK.  
NOTE Confidence: 0.87950427

00:04:42.622 --> 00:04:44.254 So let's start with the case,  
NOTE Confidence: 0.87950427

00:04:44.260 --> 00:04:45.145 since we're all,  
NOTE Confidence: 0.87950427

00:04:45.145 --> 00:04:46.915 many of us are clinicians here.

NOTE Confidence: 0.87950427

00:04:46.920 --> 00:04:48.656 This was the case for my own practice.

NOTE Confidence: 0.87950427

00:04:48.660 --> 00:04:50.965 I would refer to Teresa, who was an

NOTE Confidence: 0.87950427

00:04:50.965 --> 00:04:53.095 18 year old Chinese American woman.

NOTE Confidence: 0.87950427

00:04:53.100 --> 00:04:55.080 She was a very accomplished person.

NOTE Confidence: 0.87950427

00:04:55.080 --> 00:04:55.728 She was.

NOTE Confidence: 0.87950427

00:04:55.728 --> 00:04:56.700 She graduated valedictorian

NOTE Confidence: 0.87950427

00:04:56.700 --> 00:04:57.996 of her high school.

NOTE Confidence: 0.87950427

00:04:58.000 --> 00:04:59.512 She, you know,

NOTE Confidence: 0.87950427

00:04:59.512 --> 00:05:01.528 was leader in many

NOTE Confidence: 0.87950427

00:05:01.528 --> 00:05:02.536 extracurricular activities.

NOTE Confidence: 0.87950427

00:05:02.540 --> 00:05:04.388 But she had a very rigid and

NOTE Confidence: 0.87950427

00:05:04.388 --> 00:05:05.180 perfectionistic thinking style,

NOTE Confidence: 0.87950427

00:05:05.180 --> 00:05:06.690 which made her very anxious.

NOTE Confidence: 0.87950427

00:05:06.690 --> 00:05:08.260 And when I met her,

NOTE Confidence: 0.87950427

00:05:08.260 --> 00:05:10.780 she was actually just about to start college.

NOTE Confidence: 0.87950427

00:05:10.780 --> 00:05:13.216 But talking to her, she says that.  
NOTE Confidence: 0.87950427

00:05:13.220 --> 00:05:15.866 There are symptoms actually began earlier,  
NOTE Confidence: 0.87950427

00:05:15.870 --> 00:05:17.568 as is often the case during  
NOTE Confidence: 0.87950427

00:05:17.568 --> 00:05:19.150 her adolescence in high school.  
NOTE Confidence: 0.87950427

00:05:19.150 --> 00:05:19.464 However,  
NOTE Confidence: 0.87950427

00:05:19.464 --> 00:05:21.976 none of her or her family actually really  
NOTE Confidence: 0.87950427

00:05:21.976 --> 00:05:23.678 believed in mental illness at all.  
NOTE Confidence: 0.87950427

00:05:23.680 --> 00:05:25.225 Her parents were both scientists  
NOTE Confidence: 0.87950427

00:05:25.225 --> 00:05:27.101 and they said we don't really  
NOTE Confidence: 0.87950427

00:05:27.101 --> 00:05:28.739 think this is a real thing,  
NOTE Confidence: 0.87950427

00:05:28.740 --> 00:05:30.147 so they sort of powered through it.  
NOTE Confidence: 0.876416657

00:05:30.150 --> 00:05:31.386 And interestingly, you know,  
NOTE Confidence: 0.876416657

00:05:31.386 --> 00:05:33.240 despite her struggles with many students,  
NOTE Confidence: 0.876416657

00:05:33.240 --> 00:05:35.080 we would start to see a fall off  
NOTE Confidence: 0.876416657

00:05:35.080 --> 00:05:36.310 academically as the first sign.  
NOTE Confidence: 0.876416657

00:05:36.310 --> 00:05:39.208 But with her, she continued to have

NOTE Confidence: 0.876416657

00:05:39.208 --> 00:05:41.833 a stellar academic track record and

NOTE Confidence: 0.876416657

00:05:41.833 --> 00:05:43.748 then the summer before beginning.

NOTE Confidence: 0.876416657

00:05:43.750 --> 00:05:44.728 An elite university.

NOTE Confidence: 0.876416657

00:05:44.728 --> 00:05:46.684 Her anxiety became so paralyzing that

NOTE Confidence: 0.876416657

00:05:46.684 --> 00:05:48.639 she couldn't complete basic tasks.

NOTE Confidence: 0.876416657

00:05:48.640 --> 00:05:51.104 And when I met her, I believe, remember,

NOTE Confidence: 0.876416657

00:05:51.104 --> 00:05:53.120 she was basically spending all day long,

NOTE Confidence: 0.876416657

00:05:53.120 --> 00:05:55.214 like opening and closing new e-mail

NOTE Confidence: 0.876416657

00:05:55.214 --> 00:05:57.759 accounts because one of the ways that she

NOTE Confidence: 0.876416657

00:05:57.759 --> 00:06:00.399 coped with anxiety was to go shopping online.

NOTE Confidence: 0.876416657

00:06:00.400 --> 00:06:02.744 But then she couldn't sort of face the

NOTE Confidence: 0.876416657

00:06:02.744 --> 00:06:05.233 anxiety of having to pay some of the bills

NOTE Confidence: 0.876416657

00:06:05.233 --> 00:06:07.879 or deal with some of the logistics of that.

NOTE Confidence: 0.876416657

00:06:07.880 --> 00:06:08.930 And so she would actually like,

NOTE Confidence: 0.876416657

00:06:08.930 --> 00:06:10.778 close the account and start a new one.

NOTE Confidence: 0.876416657

00:06:10.780 --> 00:06:12.474 And she was also spending a lot  
NOTE Confidence: 0.876416657

00:06:12.474 --> 00:06:14.080 of time just sort of online.  
NOTE Confidence: 0.876416657

00:06:14.080 --> 00:06:15.112 Look in the web,  
NOTE Confidence: 0.876416657

00:06:15.112 --> 00:06:16.144 things you might expect.  
NOTE Confidence: 0.876416657

00:06:16.150 --> 00:06:18.488 And then our suicidal thoughts and her  
NOTE Confidence: 0.876416657

00:06:18.488 --> 00:06:20.570 parents finally brought her to see someone.  
NOTE Confidence: 0.876416657

00:06:20.570 --> 00:06:22.670 Now, that being said, you know,  
NOTE Confidence: 0.876416657

00:06:22.670 --> 00:06:24.254 you would hope that this would be the  
NOTE Confidence: 0.876416657

00:06:24.254 --> 00:06:25.650 beginning of a fruitful relationship,  
NOTE Confidence: 0.876416657

00:06:25.650 --> 00:06:28.429 but actually we spent most of our  
NOTE Confidence: 0.876416657

00:06:28.429 --> 00:06:31.058 sessions kind of hustling about what  
NOTE Confidence: 0.876416657

00:06:31.058 --> 00:06:34.222 is mental health and what might help.  
NOTE Confidence: 0.876416657

00:06:34.230 --> 00:06:36.344 And I take a very motivational approach.  
NOTE Confidence: 0.876416657

00:06:36.350 --> 00:06:37.868 But I also was very concerned  
NOTE Confidence: 0.876416657

00:06:37.868 --> 00:06:39.570 about her level of dysfunction,  
NOTE Confidence: 0.876416657

00:06:39.570 --> 00:06:40.629 talked about medications,

NOTE Confidence: 0.876416657

00:06:40.629 --> 00:06:41.688 talked about psychotherapy,

NOTE Confidence: 0.876416657

00:06:41.690 --> 00:06:44.650 and each thing was sort of a struggle.

NOTE Confidence: 0.876416657

00:06:44.650 --> 00:06:45.106 Eventually, actually,

NOTE Confidence: 0.876416657

00:06:45.106 --> 00:06:46.702 you know, I when I met her,

NOTE Confidence: 0.876416657

00:06:46.710 --> 00:06:48.061 I was so alarmed that I actually

NOTE Confidence: 0.876416657

00:06:48.061 --> 00:06:49.230 pushed for higher level of care,

NOTE Confidence: 0.876416657

00:06:49.230 --> 00:06:50.349 which they declined.

NOTE Confidence: 0.876416657

00:06:50.349 --> 00:06:52.587 She ended up going to school,

NOTE Confidence: 0.876416657

00:06:52.590 --> 00:06:54.424 but about a couple months into her

NOTE Confidence: 0.876416657

00:06:54.424 --> 00:06:56.093 first semester had an asthma attack

NOTE Confidence: 0.876416657

00:06:56.093 --> 00:06:58.032 that brought her to the medical Student

NOTE Confidence: 0.876416657

00:06:58.083 --> 00:07:00.009 Health service and from there disclosed

NOTE Confidence: 0.876416657

00:07:00.009 --> 00:07:01.626 suicidal thoughts and was hospitalized.

NOTE Confidence: 0.876416657

00:07:01.626 --> 00:07:04.234 So it really was a classic case of

NOTE Confidence: 0.876416657

00:07:04.234 --> 00:07:06.776 really deferred care, tons of stigma,

NOTE Confidence: 0.876416657

00:07:06.776 --> 00:07:08.986 lack of education about mental  
NOTE Confidence: 0.876416657

00:07:08.986 --> 00:07:11.820 health and sort of treatment delay.  
NOTE Confidence: 0.876416657

00:07:11.820 --> 00:07:12.900 So with that backdrop,  
NOTE Confidence: 0.876416657

00:07:12.900 --> 00:07:13.980 I can say that,  
NOTE Confidence: 0.876416657

00:07:13.980 --> 00:07:14.428 you know,  
NOTE Confidence: 0.876416657

00:07:14.428 --> 00:07:16.220 part of the reason we should all be  
NOTE Confidence: 0.876416657

00:07:16.269 --> 00:07:18.460 thinking about this is that while the  
NOTE Confidence: 0.876416657

00:07:18.460 --> 00:07:19.873 Asian American population is only  
NOTE Confidence: 0.876416657

00:07:19.873 --> 00:07:21.648 just under 6% of the population now,  
NOTE Confidence: 0.876416657

00:07:21.648 --> 00:07:23.850 it's actually one of the fastest growing,  
NOTE Confidence: 0.876416657

00:07:23.850 --> 00:07:25.874 the fastest growing racial group in the US,  
NOTE Confidence: 0.876416657

00:07:25.880 --> 00:07:27.230 recently surpassing Hispanics  
NOTE Confidence: 0.876416657

00:07:27.230 --> 00:07:29.480 and the fastest growing group.  
NOTE Confidence: 0.876416657

00:07:29.480 --> 00:07:35.658 And by just, I think it's by 2050 or so,  
NOTE Confidence: 0.876416657

00:07:35.660 --> 00:07:35.935 2055,  
NOTE Confidence: 0.876416657

00:07:35.935 --> 00:07:38.135 they're expected to be close to 10 percent,



NOTE Confidence: 0.876416657

00:07:38.140 --> 00:07:41.320 8 / 8% of the populations and most of that.

NOTE Confidence: 0.876416657

00:07:41.320 --> 00:07:43.390 Growth is fueled by immigration

NOTE Confidence: 0.876416657

00:07:43.390 --> 00:07:45.046 more so than childbirth,

NOTE Confidence: 0.876416657

00:07:45.050 --> 00:07:47.058 and so it speaks to the ongoing relevance

NOTE Confidence: 0.876416657

00:07:47.058 --> 00:07:48.184 of understanding traditional cultural

NOTE Confidence: 0.876416657

00:07:48.184 --> 00:07:49.900 values that folks are bringing with

NOTE Confidence: 0.876416657

00:07:49.900 --> 00:07:51.646 them when they come to this country.

NOTE Confidence: 0.876416657

00:07:51.650 --> 00:07:51.910 Now,

NOTE Confidence: 0.876416657

00:07:51.910 --> 00:07:53.210 I've titled my talk breaking

NOTE Confidence: 0.876416657

00:07:53.210 --> 00:07:54.730 silences in the model minority,

NOTE Confidence: 0.876416657

00:07:54.730 --> 00:07:56.698 and the model minority term is

NOTE Confidence: 0.876416657

00:07:56.698 --> 00:07:57.682 itself somewhat controversial,

NOTE Confidence: 0.876416657

00:07:57.690 --> 00:07:59.262 but I'm using it because many

NOTE Confidence: 0.876416657

00:07:59.262 --> 00:08:00.970 people think of Asians in that way,

NOTE Confidence: 0.876416657

00:08:00.970 --> 00:08:02.354 and according to Wikipedia,

NOTE Confidence: 0.876416657

00:08:02.354 --> 00:08:04.430 a model minority is any demographic  
NOTE Confidence: 0.876416657

00:08:04.490 --> 00:08:06.140 group whose members are perceived  
NOTE Confidence: 0.876416657

00:08:06.140 --> 00:08:07.790 to achieve a higher degree  
NOTE Confidence: 0.885423198636364

00:08:07.845 --> 00:08:09.863 of success, whether financially or  
NOTE Confidence: 0.885423198636364

00:08:09.863 --> 00:08:11.747 educationally, than the population.  
NOTE Confidence: 0.885423198636364

00:08:11.750 --> 00:08:13.260 Average and there's been other  
NOTE Confidence: 0.885423198636364

00:08:13.260 --> 00:08:15.177 groups obviously that have fit the  
NOTE Confidence: 0.885423198636364

00:08:15.177 --> 00:08:17.669 stereotype and I've listed some of the  
NOTE Confidence: 0.885423198636364

00:08:17.669 --> 00:08:19.001 stereotypical characteristics of this  
NOTE Confidence: 0.885423198636364

00:08:19.001 --> 00:08:20.411 group including importantly the last  
NOTE Confidence: 0.885423198636364

00:08:20.411 --> 00:08:22.760 one which is sort of not speaking up.  
NOTE Confidence: 0.885423198636364

00:08:22.760 --> 00:08:24.391 Got that much kind of keeping your  
NOTE Confidence: 0.885423198636364

00:08:24.391 --> 00:08:26.014 head down and and trying to get  
NOTE Confidence: 0.885423198636364

00:08:26.014 --> 00:08:27.669 ahead and and again many of these  
NOTE Confidence: 0.885423198636364

00:08:27.669 --> 00:08:29.415 qualities are actually a good thing.  
NOTE Confidence: 0.885423198636364

00:08:29.420 --> 00:08:31.676 You know I don't want to say that

NOTE Confidence: 0.885423198636364

00:08:31.680 --> 00:08:34.456 you know these these are things to be

NOTE Confidence: 0.885423198636364

00:08:34.456 --> 00:08:37.309 ashamed of but I think this is sort of

NOTE Confidence: 0.885423198636364

00:08:37.309 --> 00:08:39.893 a broad brush stereotype and as the

NOTE Confidence: 0.885423198636364

00:08:39.893 --> 00:08:42.323 writers Monday DJ has reminded us.

NOTE Confidence: 0.885423198636364

00:08:42.330 --> 00:08:44.535 The danger of a single story and

NOTE Confidence: 0.885423198636364

00:08:44.535 --> 00:08:45.165 the stereotypes.

NOTE Confidence: 0.885423198636364

00:08:45.170 --> 00:08:47.080 It's not that necessarily we're

NOTE Confidence: 0.885423198636364

00:08:47.080 --> 00:08:48.608 seeing stereotypes are untrue,

NOTE Confidence: 0.885423198636364

00:08:48.610 --> 00:08:50.390 but that they are incomplete.

NOTE Confidence: 0.885423198636364

00:08:50.390 --> 00:08:52.189 And if you haven't seen her things,

NOTE Confidence: 0.885423198636364

00:08:52.190 --> 00:08:53.870 fantastic Ted talk I'd recommended

NOTE Confidence: 0.885423198636364

00:08:53.870 --> 00:08:56.379 about the dangers of a single story.

NOTE Confidence: 0.885423198636364

00:08:56.380 --> 00:08:57.916 And so that's indeed the case,

NOTE Confidence: 0.885423198636364

00:08:57.920 --> 00:09:00.576 I think with any stereotype of a group

NOTE Confidence: 0.885423198636364

00:09:00.580 --> 00:09:02.758 when we think about the problems

NOTE Confidence: 0.885423198636364

00:09:02.758 --> 00:09:04.670 of the model minority stereotype  
NOTE Confidence: 0.885423198636364

00:09:04.670 --> 00:09:06.980 on a large big picture scale.  
NOTE Confidence: 0.885423198636364

00:09:06.980 --> 00:09:08.078 First of all, as I said,  
NOTE Confidence: 0.885423198636364

00:09:08.080 --> 00:09:09.460 Asia is a huge place.  
NOTE Confidence: 0.885423198636364

00:09:09.460 --> 00:09:11.308 And so if you think that all  
NOTE Confidence: 0.885423198636364

00:09:11.308 --> 00:09:12.100 Asians are successful,  
NOTE Confidence: 0.885423198636364

00:09:12.100 --> 00:09:13.792 it really obscures problems.  
NOTE Confidence: 0.885423198636364

00:09:13.792 --> 00:09:14.638 For instance,  
NOTE Confidence: 0.885423198636364

00:09:14.640 --> 00:09:17.130 high rates of uninsurance among Korean  
NOTE Confidence: 0.885423198636364

00:09:17.130 --> 00:09:19.048 immigrants and in in California  
NOTE Confidence: 0.885423198636364

00:09:19.048 --> 00:09:21.386 are very high rates of sort of  
NOTE Confidence: 0.885423198636364

00:09:21.386 --> 00:09:23.495 metabolic illnesses and low rates  
NOTE Confidence: 0.885423198636364

00:09:23.495 --> 00:09:25.630 of treatment and medical treatment  
NOTE Confidence: 0.885423198636364

00:09:25.630 --> 00:09:27.299 engagement in Southeast Asian.  
NOTE Confidence: 0.885423198636364

00:09:27.300 --> 00:09:27.968 Populations, etcetera.  
NOTE Confidence: 0.885423198636364

00:09:27.968 --> 00:09:30.306 So we're really not all one group.

NOTE Confidence: 0.885423198636364  
00:09:30.310 --> 00:09:31.990 But this stereotype misleads  
NOTE Confidence: 0.885423198636364  
00:09:31.990 --> 00:09:33.670 policymakers essentially to overlook  
NOTE Confidence: 0.885423198636364  
00:09:33.670 --> 00:09:35.898 the issues that are relevant that  
NOTE Confidence: 0.885423198636364  
00:09:35.898 --> 00:09:37.890 we're still struggling from and also,  
NOTE Confidence: 0.885423198636364  
00:09:37.890 --> 00:09:40.182 very importantly sets up a divisive  
NOTE Confidence: 0.885423198636364  
00:09:40.182 --> 00:09:41.710 contrast with other so-called  
NOTE Confidence: 0.885423198636364  
00:09:41.774 --> 00:09:43.010 not model minorities.  
NOTE Confidence: 0.885423198636364  
00:09:43.010 --> 00:09:44.864 What does it mean to be a model minority?  
NOTE Confidence: 0.885423198636364  
00:09:44.870 --> 00:09:47.066 There has to be someone who's not doing well.  
NOTE Confidence: 0.885423198636364  
00:09:47.070 --> 00:09:49.520 And I'll talk more about that for  
NOTE Confidence: 0.885423198636364  
00:09:49.520 --> 00:09:51.302 that particular form of racial  
NOTE Confidence: 0.885423198636364  
00:09:51.302 --> 00:09:52.967 wedging later in the talk.  
NOTE Confidence: 0.885423198636364  
00:09:52.970 --> 00:09:54.390 And for students in particular,  
NOTE Confidence: 0.885423198636364  
00:09:54.390 --> 00:09:55.470 we hear over and over again,  
NOTE Confidence: 0.885423198636364  
00:09:55.470 --> 00:09:57.030 you know, you think, oh, this is a,  
NOTE Confidence: 0.885423198636364

00:09:57.030 --> 00:09:57.530 a seemingly.  
NOTE Confidence: 0.885423198636364

00:09:57.530 --> 00:09:58.274 Positive stereotype,  
NOTE Confidence: 0.885423198636364

00:09:58.274 --> 00:10:00.506 but it actually originally shapes these  
NOTE Confidence: 0.885423198636364

00:10:00.506 --> 00:10:02.469 students identities and expected performance.  
NOTE Confidence: 0.885423198636364

00:10:02.470 --> 00:10:03.782 So they sort of feel like if I'm  
NOTE Confidence: 0.885423198636364

00:10:03.782 --> 00:10:04.480 not good at math,  
NOTE Confidence: 0.885423198636364

00:10:04.480 --> 00:10:06.130 I'm not getting great good grades,  
NOTE Confidence: 0.885423198636364

00:10:06.130 --> 00:10:07.760 there's something wrong with me,  
NOTE Confidence: 0.885423198636364

00:10:07.760 --> 00:10:10.434 and that message is fed forward repeatedly,  
NOTE Confidence: 0.885423198636364

00:10:10.440 --> 00:10:11.965 even if that's not something  
NOTE Confidence: 0.885423198636364

00:10:11.965 --> 00:10:14.960 they're interested in also.  
NOTE Confidence: 0.885423198636364

00:10:14.960 --> 00:10:16.640 Makes it even harder to seek help  
NOTE Confidence: 0.885423198636364

00:10:16.640 --> 00:10:18.439 than it already might be at baseline.  
NOTE Confidence: 0.885423198636364

00:10:18.440 --> 00:10:18.780 You know,  
NOTE Confidence: 0.885423198636364

00:10:18.780 --> 00:10:19.970 if you're supposed to be doing well,  
NOTE Confidence: 0.885423198636364

00:10:19.970 --> 00:10:22.161 then how can you be the one

NOTE Confidence: 0.885423198636364

00:10:22.161 --> 00:10:23.770 person who's asking for help?

NOTE Confidence: 0.885423198636364

00:10:23.770 --> 00:10:25.849 And then, of course, increase the anxiety.

NOTE Confidence: 0.885423198636364

00:10:25.850 --> 00:10:28.002 And we also know from sort of the

NOTE Confidence: 0.885423198636364

00:10:28.002 --> 00:10:29.923 national media that this sort of myth

NOTE Confidence: 0.885423198636364

00:10:29.923 --> 00:10:31.636 of the model minority is starting

NOTE Confidence: 0.885423198636364

00:10:31.636 --> 00:10:33.995 to be punctured and there's more and

NOTE Confidence: 0.885423198636364

00:10:33.995 --> 00:10:35.873 more awareness in mainstream media

NOTE Confidence: 0.885423198636364

00:10:35.873 --> 00:10:37.878 about the pressures on especially

NOTE Confidence: 0.885423198636364

00:10:37.878 --> 00:10:39.509 Asian American young people.

NOTE Confidence: 0.885423198636364

00:10:39.510 --> 00:10:40.987 So when we look at the disparities,

NOTE Confidence: 0.885423198636364

00:10:40.990 --> 00:10:43.146 one of the biggest ones are in

NOTE Confidence: 0.885423198636364

00:10:43.146 --> 00:10:43.762 treatment engagements.

NOTE Confidence: 0.885423198636364

00:10:43.770 --> 00:10:45.390 In almost every study ever done,

NOTE Confidence: 0.885423198636364

00:10:45.390 --> 00:10:46.565 Asian Americans are about two

NOTE Confidence: 0.885423198636364

00:10:46.565 --> 00:10:47.740 to three times less likely

NOTE Confidence: 0.881173018571429

00:10:47.783 --> 00:10:48.873 to seek mental health treatment  
NOTE Confidence: 0.881173018571429

00:10:48.873 --> 00:10:50.470 than the rest of the population.  
NOTE Confidence: 0.881173018571429

00:10:50.470 --> 00:10:52.010 And even when they do receive treatment,  
NOTE Confidence: 0.881173018571429

00:10:52.010 --> 00:10:54.080 they're more likely to rate the  
NOTE Confidence: 0.881173018571429

00:10:54.080 --> 00:10:56.150 service has received as unhelpful.  
NOTE Confidence: 0.881173018571429

00:10:56.150 --> 00:10:57.446 This is some research that came  
NOTE Confidence: 0.881173018571429

00:10:57.446 --> 00:10:59.250 out of our own group up in Boston.  
NOTE Confidence: 0.881173018571429

00:10:59.250 --> 00:11:01.325 We were analyzing the American  
NOTE Confidence: 0.881173018571429

00:11:01.325 --> 00:11:02.454 College Health Association's  
NOTE Confidence: 0.881173018571429

00:11:02.454 --> 00:11:03.630 National College Health assessment.  
NOTE Confidence: 0.881173018571429

00:11:03.630 --> 00:11:05.886 It's an annual survey given to  
NOTE Confidence: 0.881173018571429

00:11:05.886 --> 00:11:07.390 universities around the country.  
NOTE Confidence: 0.881173018571429

00:11:07.390 --> 00:11:09.490 And so this particular survey  
NOTE Confidence: 0.881173018571429

00:11:09.490 --> 00:11:11.644 had 67,000 responses from  
NOTE Confidence: 0.881173018571429

00:11:11.644 --> 00:11:13.374 undergraduates at 108 colleges.  
NOTE Confidence: 0.881173018571429

00:11:13.374 --> 00:11:15.383 And what you're looking at here in



NOTE Confidence: 0.881173018571429

00:11:15.383 --> 00:11:17.575 this big table are odds ratios of

NOTE Confidence: 0.881173018571429

00:11:17.575 --> 00:11:19.282 various self reported mental health

NOTE Confidence: 0.881173018571429

00:11:19.282 --> 00:11:20.930 related symptoms and diagnosis.

NOTE Confidence: 0.881173018571429

00:11:20.930 --> 00:11:22.856 I'll just draw your attention to

NOTE Confidence: 0.881173018571429

00:11:22.856 --> 00:11:24.444 the Asian Pacific Islander column

NOTE Confidence: 0.881173018571429

00:11:24.444 --> 00:11:26.159 and if you look at the rates.

NOTE Confidence: 0.881173018571429

00:11:26.160 --> 00:11:27.408 This is, you know, them saying,

NOTE Confidence: 0.881173018571429

00:11:27.410 --> 00:11:28.946 I have been diagnosed with any

NOTE Confidence: 0.881173018571429

00:11:28.946 --> 00:11:29.985 of these illnesses, depression,

NOTE Confidence: 0.881173018571429

00:11:29.985 --> 00:11:30.780 anxiety, et cetera.

NOTE Confidence: 0.881173018571429

00:11:30.780 --> 00:11:32.370 And you can see their rates

NOTE Confidence: 0.881173018571429

00:11:32.420 --> 00:11:33.590 of diagnosis are very low.

NOTE Confidence: 0.881173018571429

00:11:33.590 --> 00:11:36.040 It's about they're about half or even

NOTE Confidence: 0.881173018571429

00:11:36.040 --> 00:11:38.665 some often less than half as likely

NOTE Confidence: 0.881173018571429

00:11:38.665 --> 00:11:40.921 to receive a mental health diagnosis.

NOTE Confidence: 0.881173018571429

00:11:40.930 --> 00:11:42.414 And yet if you look at their  
NOTE Confidence: 0.881173018571429

00:11:42.414 --> 00:11:43.450 rates of attempting suicide,  
NOTE Confidence: 0.881173018571429

00:11:43.450 --> 00:11:44.746 it's nearly 40% elevated  
NOTE Confidence: 0.881173018571429

00:11:44.746 --> 00:11:46.366 compared to the reference group,  
NOTE Confidence: 0.881173018571429

00:11:46.370 --> 00:11:47.534 which is white students.  
NOTE Confidence: 0.881173018571429

00:11:47.534 --> 00:11:50.030 And so obviously for me as a clinician,  
NOTE Confidence: 0.881173018571429

00:11:50.030 --> 00:11:51.734 this is very alarming and it  
NOTE Confidence: 0.881173018571429

00:11:51.734 --> 00:11:52.870 matches my clinical experience,  
NOTE Confidence: 0.881173018571429

00:11:52.870 --> 00:11:54.074 which is that this is a group  
NOTE Confidence: 0.881173018571429

00:11:54.074 --> 00:11:55.189 that's just skating under the radar.  
NOTE Confidence: 0.881173018571429

00:11:55.190 --> 00:11:56.554 They're not getting diagnosed.  
NOTE Confidence: 0.881173018571429

00:11:56.554 --> 00:11:58.920 And yet they're at incredibly high risk.  
NOTE Confidence: 0.881173018571429

00:11:58.920 --> 00:12:00.608 And yet no one is seeing it or  
NOTE Confidence: 0.881173018571429

00:12:00.608 --> 00:12:01.773 talking about it except those  
NOTE Confidence: 0.881173018571429

00:12:01.773 --> 00:12:03.383 of us who did the clinical work.  
NOTE Confidence: 0.881173018571429

00:12:03.390 --> 00:12:04.800 When you think about research as

NOTE Confidence: 0.881173018571429  
00:12:04.800 --> 00:12:06.395 well there there's been a lot of  
NOTE Confidence: 0.881173018571429  
00:12:06.395 --> 00:12:07.415 attention that's come to this.  
NOTE Confidence: 0.881173018571429  
00:12:07.420 --> 00:12:08.506 Over the past couple of years,  
NOTE Confidence: 0.881173018571429  
00:12:08.510 --> 00:12:10.678 in the wake of the pandemic and anti  
NOTE Confidence: 0.881173018571429  
00:12:10.678 --> 00:12:12.549 Asian racism that we've experienced,  
NOTE Confidence: 0.881173018571429  
00:12:12.550 --> 00:12:14.846 agents have been described as the most  
NOTE Confidence: 0.881173018571429  
00:12:14.846 --> 00:12:16.681 understudied racial or ethnic group  
NOTE Confidence: 0.881173018571429  
00:12:16.681 --> 00:12:19.069 in the peer reviewed literature with  
NOTE Confidence: 0.881173018571429  
00:12:19.069 --> 00:12:20.509 significant underfunding by the NIH.  
NOTE Confidence: 0.881173018571429  
00:12:20.510 --> 00:12:21.774 Compared to other groups,  
NOTE Confidence: 0.881173018571429  
00:12:21.774 --> 00:12:24.170 often when you look at research studies,  
NOTE Confidence: 0.881173018571429  
00:12:24.170 --> 00:12:26.510 Asians are not included at all as a category.  
NOTE Confidence: 0.881173018571429  
00:12:26.510 --> 00:12:29.110 They're sort of excluded from  
NOTE Confidence: 0.881173018571429  
00:12:29.110 --> 00:12:31.190 the research to segregation.  
NOTE Confidence: 0.881173018571429  
00:12:31.190 --> 00:12:32.648 And even when agents are included,  
NOTE Confidence: 0.881173018571429

00:12:32.650 --> 00:12:33.990 it's certainly not disaggregated  
NOTE Confidence: 0.881173018571429

00:12:33.990 --> 00:12:36.000 further since we're such a small  
NOTE Confidence: 0.881173018571429

00:12:36.056 --> 00:12:37.446 pot part of the population.  
NOTE Confidence: 0.881173018571429

00:12:37.450 --> 00:12:39.160 So there's been a lot of push to sort  
NOTE Confidence: 0.881173018571429

00:12:39.160 --> 00:12:40.820 of say rather than just saying all  
NOTE Confidence: 0.881173018571429

00:12:40.820 --> 00:12:42.630 Asians or not even including Asians,  
NOTE Confidence: 0.881173018571429

00:12:42.630 --> 00:12:45.540 we really need to start disaggregating.  
NOTE Confidence: 0.881173018571429

00:12:45.540 --> 00:12:45.790 Now,  
NOTE Confidence: 0.881173018571429

00:12:45.790 --> 00:12:47.290 when you think about why are  
NOTE Confidence: 0.881173018571429

00:12:47.290 --> 00:12:48.725 people not coming to treatment  
NOTE Confidence: 0.881173018571429

00:12:48.725 --> 00:12:49.997 or getting into treatment,  
NOTE Confidence: 0.881173018571429

00:12:50.000 --> 00:12:51.876 you can sort of divide it into  
NOTE Confidence: 0.881173018571429

00:12:51.876 --> 00:12:53.180 structural and cultural barriers.  
NOTE Confidence: 0.881173018571429

00:12:53.180 --> 00:12:54.741 And I'm starting with structural because I  
NOTE Confidence: 0.881173018571429

00:12:54.741 --> 00:12:56.548 think we often lead to their cultural ones,  
NOTE Confidence: 0.881173018571429

00:12:56.550 --> 00:12:57.980 and I do that myself.

NOTE Confidence: 0.881173018571429  
00:12:57.980 --> 00:12:59.216 And those are important.  
NOTE Confidence: 0.881173018571429  
00:12:59.216 --> 00:13:01.419 But we shouldn't forget that the structural  
NOTE Confidence: 0.881173018571429  
00:13:01.419 --> 00:13:03.779 barriers are very large for all of us.  
NOTE Confidence: 0.881173018571429  
00:13:03.780 --> 00:13:06.180 How hard is it to get a therapist?  
NOTE Confidence: 0.881173018571429  
00:13:06.180 --> 00:13:06.808 You know,  
NOTE Confidence: 0.881173018571429  
00:13:06.808 --> 00:13:08.378 this is obviously national discourse  
NOTE Confidence: 0.881173018571429  
00:13:08.378 --> 00:13:10.119 right now in terms of cost,  
NOTE Confidence: 0.881173018571429  
00:13:10.120 --> 00:13:10.494 transportation,  
NOTE Confidence: 0.881173018571429  
00:13:10.494 --> 00:13:10.868 access,  
NOTE Confidence: 0.881173018571429  
00:13:10.868 --> 00:13:13.860 as well as the language mismatch as well.  
NOTE Confidence: 0.881173018571429  
00:13:13.860 --> 00:13:15.126 There's a fair amount of  
NOTE Confidence: 0.881173018571429  
00:13:15.126 --> 00:13:15.970 literature to suggest that  
NOTE Confidence: 0.837767418666667  
00:13:16.014 --> 00:13:17.569 mental health interventions are poorly.  
NOTE Confidence: 0.837767418666667  
00:13:17.570 --> 00:13:19.730 Accepted for their birth patients and  
NOTE Confidence: 0.837767418666667  
00:13:19.730 --> 00:13:21.170 that culturally adapted interventions  
NOTE Confidence: 0.837767418666667

00:13:21.219 --> 00:13:22.659 tend to be far more effective.  
NOTE Confidence: 0.837767418666667

00:13:22.660 --> 00:13:23.716 There is a literature on that.  
NOTE Confidence: 0.837767418666667

00:13:23.720 --> 00:13:24.962 So sipoc patients.  
NOTE Confidence: 0.837767418666667

00:13:24.962 --> 00:13:27.860 There is also evidence of bias within  
NOTE Confidence: 0.837767418666667

00:13:27.942 --> 00:13:30.581 our diagnostic systems and sort of how  
NOTE Confidence: 0.837767418666667

00:13:30.581 --> 00:13:33.720 we label and treat various experiences.  
NOTE Confidence: 0.837767418666667

00:13:33.720 --> 00:13:35.058 And when we're limited by time,  
NOTE Confidence: 0.837767418666667

00:13:35.060 --> 00:13:37.044 it can be hard to delve in and  
NOTE Confidence: 0.837767418666667

00:13:37.044 --> 00:13:38.524 actually get to an appropriate  
NOTE Confidence: 0.837767418666667

00:13:38.524 --> 00:13:40.666 diagnosis as well as of course this  
NOTE Confidence: 0.837767418666667

00:13:40.732 --> 00:13:43.120 sort of model minority thing that's  
NOTE Confidence: 0.837767418666667

00:13:43.120 --> 00:13:45.416 further applied externally to minimize  
NOTE Confidence: 0.837767418666667

00:13:45.416 --> 00:13:47.608 one's own concerns culturally.  
NOTE Confidence: 0.837767418666667

00:13:47.610 --> 00:13:50.046 Again, these are very important as well,  
NOTE Confidence: 0.837767418666667

00:13:50.050 --> 00:13:51.758 often a belief that these types of  
NOTE Confidence: 0.837767418666667

00:13:51.758 --> 00:13:53.389 things are not illnesses at all,

NOTE Confidence: 0.837767418666667  
00:13:53.390 --> 00:13:55.845 but actually weaknesses of personalities  
NOTE Confidence: 0.837767418666667  
00:13:55.845 --> 00:13:59.508 that can be corrected by more hard work.  
NOTE Confidence: 0.837767418666667  
00:13:59.510 --> 00:14:00.840 Some people have suggested that  
NOTE Confidence: 0.837767418666667  
00:14:00.840 --> 00:14:03.174 in the West we have sort of a  
NOTE Confidence: 0.837767418666667  
00:14:03.174 --> 00:14:04.430 cultural tradition of catharsis,  
NOTE Confidence: 0.837767418666667  
00:14:04.430 --> 00:14:05.680 meaning that you should just  
NOTE Confidence: 0.837767418666667  
00:14:05.680 --> 00:14:07.458 get it out there and, you know,  
NOTE Confidence: 0.837767418666667  
00:14:07.458 --> 00:14:09.042 feel your feelings and experience in  
NOTE Confidence: 0.837767418666667  
00:14:09.042 --> 00:14:11.066 them and then you'll feel better after.  
NOTE Confidence: 0.837767418666667  
00:14:11.070 --> 00:14:13.596 Whereas in many Asian cultural context  
NOTE Confidence: 0.837767418666667  
00:14:13.596 --> 00:14:16.414 it's actually seen as a burden to display  
NOTE Confidence: 0.837767418666667  
00:14:16.414 --> 00:14:18.686 your emotions and you wouldn't want to be.  
NOTE Confidence: 0.837767418666667  
00:14:18.690 --> 00:14:20.020 Putting that on someone else,  
NOTE Confidence: 0.837767418666667  
00:14:20.020 --> 00:14:23.008 so more of an inhibition culture.  
NOTE Confidence: 0.837767418666667  
00:14:23.010 --> 00:14:25.506 Also, if anyone spent time in  
NOTE Confidence: 0.837767418666667

00:14:25.506 --> 00:14:27.170 Asian psychiatric content context,  
NOTE Confidence: 0.837767418666667

00:14:27.170 --> 00:14:29.270 you know that traditionally  
NOTE Confidence: 0.837767418666667

00:14:29.270 --> 00:14:31.370 psychiatry has low status.  
NOTE Confidence: 0.837767418666667

00:14:31.370 --> 00:14:33.020 It's sometimes not even seen  
NOTE Confidence: 0.837767418666667

00:14:33.020 --> 00:14:34.670 as a fully medical specialty,  
NOTE Confidence: 0.837767418666667

00:14:34.670 --> 00:14:36.910 but more of a social services specialty.  
NOTE Confidence: 0.837767418666667

00:14:36.910 --> 00:14:39.790 And often that stigma is encoded  
NOTE Confidence: 0.837767418666667

00:14:39.790 --> 00:14:42.873 structurally in terms of where people  
NOTE Confidence: 0.837767418666667

00:14:42.873 --> 00:14:45.711 get their treatment in these very,  
NOTE Confidence: 0.837767418666667

00:14:45.711 --> 00:14:48.560 very large facilities that are sort of  
NOTE Confidence: 0.837767418666667

00:14:48.637 --> 00:14:51.934 stigmatized and kept out of the mainstream.  
NOTE Confidence: 0.837767418666667

00:14:51.940 --> 00:14:52.288 Also,  
NOTE Confidence: 0.837767418666667

00:14:52.288 --> 00:14:53.680 specifically for Asian families,  
NOTE Confidence: 0.837767418666667

00:14:53.680 --> 00:14:55.570 one thing I see a lot is just a  
NOTE Confidence: 0.837767418666667

00:14:55.570 --> 00:14:57.379 total breakdown in communication.  
NOTE Confidence: 0.837767418666667

00:14:57.380 --> 00:14:59.529 And this is a very tragic because



NOTE Confidence: 0.837767418666667  
00:14:59.529 --> 00:15:00.900 parents are obviously should,  
NOTE Confidence: 0.837767418666667  
00:15:00.900 --> 00:15:02.104 can and should be a huge source  
NOTE Confidence: 0.837767418666667  
00:15:02.104 --> 00:15:03.079 of support to their kids.  
NOTE Confidence: 0.837767418666667  
00:15:03.080 --> 00:15:06.454 But both for language and cultural reasons,  
NOTE Confidence: 0.837767418666667  
00:15:06.460 --> 00:15:08.130 between sort of Americanized kids  
NOTE Confidence: 0.837767418666667  
00:15:08.130 --> 00:15:10.790 growing up in a Western cultural context  
NOTE Confidence: 0.837767418666667  
00:15:10.790 --> 00:15:13.095 versus their more traditional parents,  
NOTE Confidence: 0.837767418666667  
00:15:13.100 --> 00:15:14.052 they're the huge breakdown.  
NOTE Confidence: 0.837767418666667  
00:15:14.052 --> 00:15:15.780 And then of course they mean shame,  
NOTE Confidence: 0.837767418666667  
00:15:15.780 --> 00:15:17.278 which is under a lot of this,  
NOTE Confidence: 0.837767418666667  
00:15:17.280 --> 00:15:19.476 and I just wanted to take a moment to  
NOTE Confidence: 0.837767418666667  
00:15:19.476 --> 00:15:21.767 drill down further on culture and stigma.  
NOTE Confidence: 0.837767418666667  
00:15:21.770 --> 00:15:23.850 In Chinese culture, for instance,  
NOTE Confidence: 0.837767418666667  
00:15:23.850 --> 00:15:26.286 mental illness is highly highly stigmatized,  
NOTE Confidence: 0.837767418666667  
00:15:26.290 --> 00:15:29.042 and the term for it is almost always  
NOTE Confidence: 0.837767418666667

00:15:29.042 --> 00:15:31.490 just equated directly with psychosis.  
NOTE Confidence: 0.837767418666667

00:15:31.490 --> 00:15:32.310 So if you're mentally ill,  
NOTE Confidence: 0.837767418666667

00:15:32.310 --> 00:15:33.210 you're symptomatic,  
NOTE Confidence: 0.837767418666667

00:15:33.210 --> 00:15:35.460 and this has implications for  
NOTE Confidence: 0.837767418666667

00:15:35.460 --> 00:15:36.810 marriage and kinship,  
NOTE Confidence: 0.837767418666667

00:15:36.810 --> 00:15:38.567 such that if my brother or sister,  
NOTE Confidence: 0.837767418666667

00:15:38.570 --> 00:15:39.332 for instance.  
NOTE Confidence: 0.837767418666667

00:15:39.332 --> 00:15:41.237 Were diagnosed with schizophrenia and  
NOTE Confidence: 0.837767418666667

00:15:41.237 --> 00:15:43.060 that information were to come out.  
NOTE Confidence: 0.837767418666667

00:15:43.060 --> 00:15:44.350 It would be very difficult,  
NOTE Confidence: 0.837767418666667

00:15:44.350 --> 00:15:46.270 if not impossible for me to get married.  
NOTE Confidence: 0.837767418666667

00:15:46.270 --> 00:15:48.510 And people like Larry Yang,  
NOTE Confidence: 0.837767418666667

00:15:48.510 --> 00:15:50.230 psychologists who have studied this,  
NOTE Confidence: 0.837767418666667

00:15:50.230 --> 00:15:52.428 the embodiment of stigma in Chinese society,  
NOTE Confidence: 0.837767418666667

00:15:52.430 --> 00:15:54.344 have described sort of the social  
NOTE Confidence: 0.837767418666667

00:15:54.344 --> 00:15:56.393 death that occurs for the entire

NOTE Confidence: 0.837767418666667  
00:15:56.393 --> 00:15:58.523 family that's painted with this brush.  
NOTE Confidence: 0.837767418666667  
00:15:58.530 --> 00:15:59.164 Arthur Kleinman,  
NOTE Confidence: 0.837767418666667  
00:15:59.164 --> 00:16:00.749 who many of you know,  
NOTE Confidence: 0.837767418666667  
00:16:00.750 --> 00:16:01.139 anthropologist,  
NOTE Confidence: 0.837767418666667  
00:16:01.139 --> 00:16:01.528 psychiatrist,  
NOTE Confidence: 0.837767418666667  
00:16:01.528 --> 00:16:04.640 has done a lot of work on stigma  
NOTE Confidence: 0.837767418666667  
00:16:04.708 --> 00:16:06.528 in China about mental health.  
NOTE Confidence: 0.837767418666667  
00:16:06.530 --> 00:16:08.889 It has described the use of the  
NOTE Confidence: 0.837767418666667  
00:16:08.889 --> 00:16:09.563 term neurasthenia,  
NOTE Confidence: 0.739086043333333  
00:16:09.570 --> 00:16:11.085 literally weak nerves.  
NOTE Confidence: 0.739086043333333  
00:16:11.085 --> 00:16:14.115 The Chinese translation of weakened nerves,  
NOTE Confidence: 0.739086043333333  
00:16:14.120 --> 00:16:16.297 which became, it was actually an old,  
NOTE Confidence: 0.739086043333333  
00:16:16.300 --> 00:16:18.468 I think Continental psychoanalytic  
NOTE Confidence: 0.739086043333333  
00:16:18.468 --> 00:16:21.720 concept but gain popularity in China.  
NOTE Confidence: 0.739086043333333  
00:16:21.720 --> 00:16:24.168 So that people would actually prefer to use  
NOTE Confidence: 0.739086043333333

00:16:24.168 --> 00:16:26.695 this term to describe a range of symptoms,  
NOTE Confidence: 0.7390860433333333

00:16:26.700 --> 00:16:28.040 things like low appetite,  
NOTE Confidence: 0.7390860433333333

00:16:28.040 --> 00:16:29.966 poor concentration and low energy, etcetera.  
NOTE Confidence: 0.7390860433333333

00:16:29.966 --> 00:16:31.934 That many of us in the West would  
NOTE Confidence: 0.7390860433333333

00:16:31.934 --> 00:16:34.001 start to wonder is this sort of a mild  
NOTE Confidence: 0.7390860433333333

00:16:34.001 --> 00:16:35.598 to moderate anxiety or depression,  
NOTE Confidence: 0.7390860433333333

00:16:35.600 --> 00:16:37.040 but over there, you know,  
NOTE Confidence: 0.7390860433333333

00:16:37.040 --> 00:16:39.245 much preferred to be a neurological illness  
NOTE Confidence: 0.7390860433333333

00:16:39.245 --> 00:16:41.180 that weakened nerves with corresponding.  
NOTE Confidence: 0.7390860433333333

00:16:41.180 --> 00:16:43.664 These physical treatments like cupping or  
NOTE Confidence: 0.7390860433333333

00:16:43.664 --> 00:16:46.537 acupuncture or herbs and really avoiding  
NOTE Confidence: 0.7390860433333333

00:16:46.537 --> 00:16:48.837 the psychological component altogether.  
NOTE Confidence: 0.7390860433333333

00:16:48.840 --> 00:16:51.186 And author Clinton has written extensively  
NOTE Confidence: 0.7390860433333333

00:16:51.186 --> 00:16:54.204 about sort of the idea of these illness  
NOTE Confidence: 0.7390860433333333

00:16:54.204 --> 00:16:57.408 metaphors or differences of symptom emphasis.  
NOTE Confidence: 0.7390860433333333

00:16:57.410 --> 00:16:59.685 It's not that Chinese people don't experience

NOTE Confidence: 0.739086043333333

00:16:59.685 --> 00:17:02.209 low mood or depression or tearfulness,

NOTE Confidence: 0.739086043333333

00:17:02.210 --> 00:17:04.254 but it's just not something that's going

NOTE Confidence: 0.739086043333333

00:17:04.254 --> 00:17:06.752 to gain you a lot of traction or benefit

NOTE Confidence: 0.739086043333333

00:17:06.752 --> 00:17:08.257 within a Chinese cultural context.

NOTE Confidence: 0.739086043333333

00:17:08.260 --> 00:17:11.368 Certainly fills with more in the surgical.

NOTE Confidence: 0.739086043333333

00:17:11.370 --> 00:17:13.320 Furthermore, as I already mentioned,

NOTE Confidence: 0.739086043333333

00:17:13.320 --> 00:17:15.406 the idea of kind of stigma and

NOTE Confidence: 0.739086043333333

00:17:15.406 --> 00:17:16.300 shame being embodied,

NOTE Confidence: 0.739086043333333

00:17:16.300 --> 00:17:18.940 this concept is sort of core.

NOTE Confidence: 0.739086043333333

00:17:18.940 --> 00:17:20.836 The way Chinese society almost is,

NOTE Confidence: 0.739086043333333

00:17:20.840 --> 00:17:24.154 is organized the idea of face or the

NOTE Confidence: 0.739086043333333

00:17:24.154 --> 00:17:26.236 end for those who speak Chinese.

NOTE Confidence: 0.739086043333333

00:17:26.240 --> 00:17:27.716 And I mentioned the social death.

NOTE Confidence: 0.739086043333333

00:17:27.720 --> 00:17:29.853 So the idea is that all of us have

NOTE Confidence: 0.739086043333333

00:17:29.853 --> 00:17:32.037 face and can gain face or lose face.

NOTE Confidence: 0.739086043333333

00:17:32.040 --> 00:17:33.797 And face is something like the individual,  
NOTE Confidence: 0.7390860433333333

00:17:33.800 --> 00:17:35.260 but also for your family.  
NOTE Confidence: 0.7390860433333333

00:17:35.260 --> 00:17:36.825 And just to illustrate the  
NOTE Confidence: 0.7390860433333333

00:17:36.825 --> 00:17:38.077 foundational importance of face,  
NOTE Confidence: 0.7390860433333333

00:17:38.080 --> 00:17:39.712 I have this quote from the  
NOTE Confidence: 0.7390860433333333

00:17:39.712 --> 00:17:40.528 Confucian scholar Mencius,  
NOTE Confidence: 0.7390860433333333

00:17:40.530 --> 00:17:42.896 who said men cannot live without shame.  
NOTE Confidence: 0.7390860433333333

00:17:42.900 --> 00:17:44.550 A sense of shame is the  
NOTE Confidence: 0.7390860433333333

00:17:44.550 --> 00:17:45.375 beginning of integrity.  
NOTE Confidence: 0.7390860433333333

00:17:45.380 --> 00:17:47.140 And so whereas I think in the West often we  
NOTE Confidence: 0.7390860433333333

00:17:47.180 --> 00:17:48.935 think of shame in sort of a negative light.  
NOTE Confidence: 0.7390860433333333

00:17:48.940 --> 00:17:50.304 Like something that's unuseful  
NOTE Confidence: 0.7390860433333333

00:17:50.304 --> 00:17:52.580 emotion that we should get rid of.  
NOTE Confidence: 0.7390860433333333

00:17:52.580 --> 00:17:53.276 In fact,  
NOTE Confidence: 0.7390860433333333

00:17:53.276 --> 00:17:55.364 I think in sort of traditional,  
NOTE Confidence: 0.7390860433333333

00:17:55.370 --> 00:17:57.305 at least Chinese society or

NOTE Confidence: 0.739086043333333  
00:17:57.305 --> 00:17:58.466 Confucian value system,  
NOTE Confidence: 0.739086043333333  
00:17:58.470 --> 00:17:59.606 this is obviously like  
NOTE Confidence: 0.739086043333333  
00:17:59.606 --> 00:18:01.026 sort of a helpful thing.  
NOTE Confidence: 0.739086043333333  
00:18:01.030 --> 00:18:03.541 We have these emotions to kind of prevent us  
NOTE Confidence: 0.739086043333333  
00:18:03.541 --> 00:18:06.168 from doing things that are wrong or improper.  
NOTE Confidence: 0.739086043333333  
00:18:06.170 --> 00:18:07.346 And I think there's this idea  
NOTE Confidence: 0.739086043333333  
00:18:07.346 --> 00:18:08.629 that if you don't have shame,  
NOTE Confidence: 0.739086043333333  
00:18:08.630 --> 00:18:11.053 you're not like a fully engaged  
NOTE Confidence: 0.739086043333333  
00:18:11.053 --> 00:18:12.322 member of society.  
NOTE Confidence: 0.739086043333333  
00:18:12.322 --> 00:18:14.860 You're not someone who has matured  
NOTE Confidence: 0.739086043333333  
00:18:14.931 --> 00:18:17.427 in that way to be able to gain  
NOTE Confidence: 0.739086043333333  
00:18:17.427 --> 00:18:19.437 the privileges of being a part of.  
NOTE Confidence: 0.739086043333333  
00:18:19.440 --> 00:18:21.670 With society.  
NOTE Confidence: 0.739086043333333  
00:18:21.670 --> 00:18:24.058 Those who have studied the so-called  
NOTE Confidence: 0.739086043333333  
00:18:24.058 --> 00:18:25.650 self-conscious regulatory motions like  
NOTE Confidence: 0.739086043333333

00:18:25.703 --> 00:18:27.558 shame and guilds have found that shame  
NOTE Confidence: 0.7390860433333333

00:18:27.558 --> 00:18:29.629 seems to be more linked to suicide,  
NOTE Confidence: 0.7390860433333333

00:18:29.630 --> 00:18:30.522 more associated with suicide,  
NOTE Confidence: 0.7390860433333333

00:18:30.522 --> 00:18:32.770 which I found to be an interesting concept.  
NOTE Confidence: 0.7390860433333333

00:18:32.770 --> 00:18:34.108 The idea being that you know,  
NOTE Confidence: 0.7390860433333333

00:18:34.110 --> 00:18:34.748 whereas guilt,  
NOTE Confidence: 0.7390860433333333

00:18:34.748 --> 00:18:36.662 there's these ideas that guilt is  
NOTE Confidence: 0.7390860433333333

00:18:36.662 --> 00:18:38.530 more common in the West and shame  
NOTE Confidence: 0.7390860433333333

00:18:38.530 --> 00:18:40.482 is more common in sort of Eastern  
NOTE Confidence: 0.7390860433333333

00:18:40.482 --> 00:18:41.568 Asian cultural context.  
NOTE Confidence: 0.7390860433333333

00:18:41.570 --> 00:18:44.769 That guilt is more individually act focused.  
NOTE Confidence: 0.7390860433333333

00:18:44.770 --> 00:18:46.890 It's about something you did or didn't do,  
NOTE Confidence: 0.7390860433333333

00:18:46.890 --> 00:18:48.590 where shame is more totalizing.  
NOTE Confidence: 0.7390860433333333

00:18:48.590 --> 00:18:50.158 It's about who you are as a person  
NOTE Confidence: 0.7390860433333333

00:18:50.158 --> 00:18:51.280 and so leads to more.  
NOTE Confidence: 0.7390860433333333

00:18:51.280 --> 00:18:53.630 Absolute ways of understanding oneself.



NOTE Confidence: 0.739086043333333  
00:18:53.630 --> 00:18:55.715 And along with some colleagues  
NOTE Confidence: 0.739086043333333  
00:18:55.715 --> 00:18:56.966 again in Boston,  
NOTE Confidence: 0.864171799285714  
00:18:56.970 --> 00:19:00.102 I did some research into sort of the socio  
NOTE Confidence: 0.864171799285714  
00:19:00.102 --> 00:19:02.982 cultural and historical context of the role  
NOTE Confidence: 0.864171799285714  
00:19:02.982 --> 00:19:05.990 and the treatment of suicide and you know,  
NOTE Confidence: 0.864171799285714  
00:19:05.990 --> 00:19:08.670 the the W 1st of the East and  
NOTE Confidence: 0.864171799285714  
00:19:08.670 --> 00:19:11.710 the West coming from having more  
NOTE Confidence: 0.864171799285714  
00:19:11.710 --> 00:19:14.310 sort of Christian influences.  
NOTE Confidence: 0.864171799285714  
00:19:14.310 --> 00:19:17.145 At an early age, actually early period,  
NOTE Confidence: 0.864171799285714  
00:19:17.150 --> 00:19:21.548 stigmatizing suicides as sort of immoral,  
NOTE Confidence: 0.864171799285714  
00:19:21.550 --> 00:19:22.352 morally impermissible,  
NOTE Confidence: 0.864171799285714  
00:19:22.352 --> 00:19:24.758 and that then got encoded as  
NOTE Confidence: 0.864171799285714  
00:19:24.758 --> 00:19:26.968 from sin to crime to illness.  
NOTE Confidence: 0.864171799285714  
00:19:26.970 --> 00:19:29.035 So nowadays we think of suicide as  
NOTE Confidence: 0.864171799285714  
00:19:29.035 --> 00:19:30.810 almost always mentally illness related.  
NOTE Confidence: 0.864171799285714

00:19:30.810 --> 00:19:33.300 Whereas when folks have done psychological  
NOTE Confidence: 0.864171799285714

00:19:33.300 --> 00:19:35.338 autopsies in Asian cultural context  
NOTE Confidence: 0.864171799285714

00:19:35.338 --> 00:19:37.564 in China and India and South Korea,  
NOTE Confidence: 0.864171799285714

00:19:37.570 --> 00:19:40.867 they find that there may be more  
NOTE Confidence: 0.864171799285714

00:19:40.870 --> 00:19:43.030 room for suicide as more of an act,  
NOTE Confidence: 0.864171799285714

00:19:43.030 --> 00:19:44.440 more of a conscious deliberate.  
NOTE Confidence: 0.864171799285714

00:19:44.440 --> 00:19:47.926 Act for protests or for other  
NOTE Confidence: 0.864171799285714

00:19:47.926 --> 00:19:49.669 morally permissible reasons.  
NOTE Confidence: 0.864171799285714

00:19:49.670 --> 00:19:51.490 Anyway, that's going down tangent.  
NOTE Confidence: 0.864171799285714

00:19:51.490 --> 00:19:54.090 We also know that culture really shapes our  
NOTE Confidence: 0.864171799285714

00:19:54.090 --> 00:19:56.228 illness beliefs and treatment preferences.  
NOTE Confidence: 0.864171799285714

00:19:56.230 --> 00:19:59.122 So when we were interviewing Chinese  
NOTE Confidence: 0.864171799285714

00:19:59.122 --> 00:20:01.670 immigrants who presented with diagnosis,  
NOTE Confidence: 0.864171799285714

00:20:01.670 --> 00:20:04.150 actually a mini verified  
NOTE Confidence: 0.864171799285714

00:20:04.150 --> 00:20:06.010 diagnosis of depression,  
NOTE Confidence: 0.864171799285714

00:20:06.010 --> 00:20:07.718 what we found was that they would

NOTE Confidence: 0.864171799285714  
00:20:07.718 --> 00:20:08.849 almost never have depression  
NOTE Confidence: 0.864171799285714  
00:20:08.849 --> 00:20:10.229 as their chief complaint.  
NOTE Confidence: 0.864171799285714  
00:20:10.230 --> 00:20:12.192 This is in a primary care setting so they  
NOTE Confidence: 0.864171799285714  
00:20:12.192 --> 00:20:13.709 weren't coming to see if the Christ,  
NOTE Confidence: 0.864171799285714  
00:20:13.710 --> 00:20:15.366 but they were diagnosed with depression.  
NOTE Confidence: 0.864171799285714  
00:20:15.370 --> 00:20:17.476 And then they were, you know,  
NOTE Confidence: 0.864171799285714  
00:20:17.480 --> 00:20:18.500 asked what was the main thing  
NOTE Confidence: 0.864171799285714  
00:20:18.500 --> 00:20:19.180 that brought them in.  
NOTE Confidence: 0.864171799285714  
00:20:19.180 --> 00:20:20.620 It was not depressed mood.  
NOTE Confidence: 0.864171799285714  
00:20:20.620 --> 00:20:21.772 However, they would endorse  
NOTE Confidence: 0.864171799285714  
00:20:21.772 --> 00:20:23.500 it if you directly asked them.  
NOTE Confidence: 0.864171799285714  
00:20:23.500 --> 00:20:23.896 So again,  
NOTE Confidence: 0.864171799285714  
00:20:23.896 --> 00:20:25.084 it's not the case that people  
NOTE Confidence: 0.864171799285714  
00:20:25.084 --> 00:20:26.500 are not feeling these feelings.  
NOTE Confidence: 0.864171799285714  
00:20:26.500 --> 00:20:28.488 It's just that that's not the main  
NOTE Confidence: 0.864171799285714

00:20:28.488 --> 00:20:29.340 thing they emphasize.  
NOTE Confidence: 0.864171799285714

00:20:29.340 --> 00:20:30.270 And it was.  
NOTE Confidence: 0.864171799285714

00:20:30.270 --> 00:20:32.130 They were very likely to attribute  
NOTE Confidence: 0.864171799285714

00:20:32.130 --> 00:20:34.817 the cause of their symptoms to some  
NOTE Confidence: 0.864171799285714

00:20:34.817 --> 00:20:36.357 sort of interpersonal stressor  
NOTE Confidence: 0.864171799285714

00:20:36.420 --> 00:20:38.778 within the family or within their  
NOTE Confidence: 0.864171799285714

00:20:38.778 --> 00:20:39.957 close kinship networks.  
NOTE Confidence: 0.864171799285714

00:20:39.960 --> 00:20:40.269 Interestingly,  
NOTE Confidence: 0.864171799285714

00:20:40.269 --> 00:20:42.432 this was a sort of repetition of  
NOTE Confidence: 0.864171799285714

00:20:42.432 --> 00:20:44.477 a study that had been done about  
NOTE Confidence: 0.864171799285714

00:20:44.477 --> 00:20:45.573 10 years prior and.  
NOTE Confidence: 0.864171799285714

00:20:45.580 --> 00:20:47.470 What we found in that prior study  
NOTE Confidence: 0.864171799285714

00:20:47.470 --> 00:20:49.474 was that there was a very low  
NOTE Confidence: 0.864171799285714

00:20:49.474 --> 00:20:50.884 acceptance of a biomedical model  
NOTE Confidence: 0.864171799285714

00:20:50.884 --> 00:20:52.983 of depression and yet so in this  
NOTE Confidence: 0.864171799285714

00:20:52.983 --> 00:20:54.926 more recent study with the higher

NOTE Confidence: 0.864171799285714  
00:20:54.926 --> 00:20:56.458 acceptance of that model,  
NOTE Confidence: 0.864171799285714  
00:20:56.460 --> 00:20:57.678 paradoxically these patients  
NOTE Confidence: 0.864171799285714  
00:20:57.678 --> 00:21:00.114 also endorsed a higher degree of  
NOTE Confidence: 0.864171799285714  
00:21:00.114 --> 00:21:01.959 stigma against those symptoms.  
NOTE Confidence: 0.864171799285714  
00:21:01.960 --> 00:21:04.760 So it's interesting to think about how  
NOTE Confidence: 0.864171799285714  
00:21:04.760 --> 00:21:06.505 medicalization may actually backfire  
NOTE Confidence: 0.864171799285714  
00:21:06.505 --> 00:21:08.925 on inadvertently within the population.  
NOTE Confidence: 0.864171799285714  
00:21:08.930 --> 00:21:09.438 So again,  
NOTE Confidence: 0.864171799285714  
00:21:09.438 --> 00:21:11.216 all these things were things that I  
NOTE Confidence: 0.864171799285714  
00:21:11.216 --> 00:21:13.403 had found based on my own clinical  
NOTE Confidence: 0.864171799285714  
00:21:13.403 --> 00:21:15.004 experiences having rotated at South  
NOTE Confidence: 0.864171799285714  
00:21:15.004 --> 00:21:16.509 Coast Community Health Center as  
NOTE Confidence: 0.864171799285714  
00:21:16.509 --> 00:21:18.620 a resident and then also working  
NOTE Confidence: 0.864171799285714  
00:21:18.620 --> 00:21:20.420 there briefly after residency.  
NOTE Confidence: 0.864171799285714  
00:21:20.420 --> 00:21:21.608 And what we found,  
NOTE Confidence: 0.864171799285714

00:21:21.608 --> 00:21:23.390 what I heard from patients is,  
NOTE Confidence: 0.864171799285714

00:21:23.390 --> 00:21:23.856 you know,  
NOTE Confidence: 0.864171799285714

00:21:23.856 --> 00:21:25.487 when you think about the main tools  
NOTE Confidence: 0.864171799285714

00:21:25.487 --> 00:21:27.518 that I was being trained in as a  
NOTE Confidence: 0.864171799285714

00:21:27.518 --> 00:21:28.772 psychiatry resident, what I was selling,  
NOTE Confidence: 0.864171799285714

00:21:28.772 --> 00:21:30.452 they didn't want to buy, put it that way.  
NOTE Confidence: 0.864171799285714

00:21:30.452 --> 00:21:32.540 So if you want to talk about psychotherapy,  
NOTE Confidence: 0.864171799285714

00:21:32.540 --> 00:21:33.758 but the main thing you hear is,  
NOTE Confidence: 0.864171799285714

00:21:33.760 --> 00:21:35.880 you know, basically you shouldn't  
NOTE Confidence: 0.864171799285714

00:21:35.880 --> 00:21:38.365 be sharing family secrets or ugliness.  
NOTE Confidence: 0.864171799285714

00:21:38.365 --> 00:21:39.095 In public.  
NOTE Confidence: 0.864171799285714

00:21:39.095 --> 00:21:41.285 And so the idea of talking,  
NOTE Confidence: 0.864171799285714

00:21:41.290 --> 00:21:42.748 I remember my aunt in Taiwan  
NOTE Confidence: 0.864171799285714

00:21:42.748 --> 00:21:43.720 who is an ophthalmologist,  
NOTE Confidence: 0.864171799285714

00:21:43.720 --> 00:21:44.620 the physician herself said,  
NOTE Confidence: 0.864171799285714

00:21:44.620 --> 00:21:45.070 you know,

NOTE Confidence: 0.864171799285714  
00:21:45.070 --> 00:21:46.060 I just can't understand why  
NOTE Confidence: 0.864171799285714  
00:21:46.060 --> 00:21:47.050 you would ever talk to  
NOTE Confidence: 0.883809601333333  
00:21:47.098 --> 00:21:48.328 a stranger about your problems.  
NOTE Confidence: 0.883809601333333  
00:21:48.330 --> 00:21:49.940 It was just sort of.  
NOTE Confidence: 0.883809601333333  
00:21:49.940 --> 00:21:51.140 Unimaginable to her.  
NOTE Confidence: 0.883809601333333  
00:21:51.140 --> 00:21:53.140 And in terms of medications,  
NOTE Confidence: 0.883809601333333  
00:21:53.140 --> 00:21:55.919 this was really not preferred at all.  
NOTE Confidence: 0.883809601333333  
00:21:55.920 --> 00:21:59.995 Any chronic medication was sort of dismissed.  
NOTE Confidence: 0.883809601333333  
00:21:59.995 --> 00:22:01.455 Too many side effects,  
NOTE Confidence: 0.883809601333333  
00:22:01.460 --> 00:22:02.424 potentially addictive,  
NOTE Confidence: 0.883809601333333  
00:22:02.424 --> 00:22:03.870 especially anything that  
NOTE Confidence: 0.883809601333333  
00:22:03.870 --> 00:22:05.316 might influence sleep.  
NOTE Confidence: 0.883809601333333  
00:22:05.320 --> 00:22:06.985 This is seen as more of like a short  
NOTE Confidence: 0.883809601333333  
00:22:06.985 --> 00:22:08.686 term thing that you would use to  
NOTE Confidence: 0.883809601333333  
00:22:08.686 --> 00:22:10.199 eradicate an acute symptom as opposed  
NOTE Confidence: 0.883809601333333

00:22:10.199 --> 00:22:11.657 to something you take every day.  
NOTE Confidence: 0.883809601333333

00:22:11.660 --> 00:22:12.580 And by the way,  
NOTE Confidence: 0.883809601333333

00:22:12.580 --> 00:22:13.730 this also applied to other  
NOTE Confidence: 0.883809601333333

00:22:13.730 --> 00:22:15.077 chronic medications like for  
NOTE Confidence: 0.883809601333333

00:22:15.077 --> 00:22:16.139 diabetes or hypertension.  
NOTE Confidence: 0.883809601333333

00:22:16.140 --> 00:22:18.780 It wasn't just for psychiatric conditions,  
NOTE Confidence: 0.883809601333333

00:22:18.780 --> 00:22:20.600 but you can imagine given the stigma.  
NOTE Confidence: 0.883809601333333

00:22:20.600 --> 00:22:21.958 All the more so why would you  
NOTE Confidence: 0.883809601333333

00:22:21.958 --> 00:22:23.088 take something every day for this?  
NOTE Confidence: 0.883809601333333

00:22:23.090 --> 00:22:23.914 So that one without.  
NOTE Confidence: 0.883809601333333

00:22:23.914 --> 00:22:25.150 And then group therapy where you  
NOTE Confidence: 0.883809601333333

00:22:25.192 --> 00:22:26.494 can just forget about the idea of  
NOTE Confidence: 0.883809601333333

00:22:26.494 --> 00:22:27.636 talking with a group of people  
NOTE Confidence: 0.883809601333333

00:22:27.636 --> 00:22:28.889 who might be your peers in the  
NOTE Confidence: 0.883809601333333

00:22:28.890 --> 00:22:30.890 community and sharing your secrets.  
NOTE Confidence: 0.883809601333333

00:22:30.890 --> 00:22:32.549 So I wouldn't sort of, you know, flexed.



NOTE Confidence: 0.883809601333333  
00:22:32.549 --> 00:22:33.710 I was like, you know,  
NOTE Confidence: 0.883809601333333  
00:22:33.710 --> 00:22:34.630 here I am trying,  
NOTE Confidence: 0.883809601333333  
00:22:34.630 --> 00:22:35.328 you know,  
NOTE Confidence: 0.883809601333333  
00:22:35.328 --> 00:22:37.422 drawn to this field partly through  
NOTE Confidence: 0.883809601333333  
00:22:37.422 --> 00:22:39.297 personal reasons and looking at the  
NOTE Confidence: 0.883809601333333  
00:22:39.297 --> 00:22:41.610 struggles of my own family and community.  
NOTE Confidence: 0.883809601333333  
00:22:41.610 --> 00:22:43.482 And nothing that I'm being trained  
NOTE Confidence: 0.883809601333333  
00:22:43.482 --> 00:22:45.240 in is actually going to help.  
NOTE Confidence: 0.883809601333333  
00:22:45.240 --> 00:22:47.260 And so as I mentioned,  
NOTE Confidence: 0.883809601333333  
00:22:47.260 --> 00:22:49.192 when we what we see clinically is  
NOTE Confidence: 0.883809601333333  
00:22:49.192 --> 00:22:51.499 often a great deal of treatment delay,  
NOTE Confidence: 0.883809601333333  
00:22:51.500 --> 00:22:52.955 they're often in crisis when  
NOTE Confidence: 0.883809601333333  
00:22:52.955 --> 00:22:54.754 they finally do prevent and even  
NOTE Confidence: 0.883809601333333  
00:22:54.754 --> 00:22:56.500 when they are here they're very  
NOTE Confidence: 0.883809601333333  
00:22:56.500 --> 00:22:57.921 difficult to engage because you  
NOTE Confidence: 0.883809601333333

00:22:57.921 --> 00:22:59.657 know sort of what I think that.  
NOTE Confidence: 0.883809601333333

00:22:59.660 --> 00:23:01.884 They need or want is not what they  
NOTE Confidence: 0.883809601333333

00:23:01.884 --> 00:23:04.236 want or what the way they view it.  
NOTE Confidence: 0.883809601333333

00:23:04.240 --> 00:23:06.304 So it's very hard also to find anyone  
NOTE Confidence: 0.883809601333333

00:23:06.304 --> 00:23:07.978 who specifically treats this population,  
NOTE Confidence: 0.883809601333333

00:23:07.980 --> 00:23:09.081 especially through insurance.  
NOTE Confidence: 0.883809601333333

00:23:09.081 --> 00:23:10.916 And often there's a mismatch  
NOTE Confidence: 0.883809601333333

00:23:10.916 --> 00:23:11.970 in treatment goal.  
NOTE Confidence: 0.883809601333333

00:23:11.970 --> 00:23:13.748 So even if the parent is bringing  
NOTE Confidence: 0.883809601333333

00:23:13.748 --> 00:23:15.100 their child to treatment,  
NOTE Confidence: 0.883809601333333

00:23:15.100 --> 00:23:16.774 let's say they have a college  
NOTE Confidence: 0.883809601333333

00:23:16.774 --> 00:23:18.513 student that the parent is helping  
NOTE Confidence: 0.883809601333333

00:23:18.513 --> 00:23:19.637 to pay for treatment.  
NOTE Confidence: 0.883809601333333

00:23:19.640 --> 00:23:21.158 You know that the parent views  
NOTE Confidence: 0.883809601333333

00:23:21.158 --> 00:23:22.998 the purpose of the treatment very  
NOTE Confidence: 0.883809601333333

00:23:22.998 --> 00:23:24.546 differently than perhaps eyes.

NOTE Confidence: 0.883809601333333  
00:23:24.550 --> 00:23:26.490 The therapist would sort of  
NOTE Confidence: 0.883809601333333  
00:23:26.490 --> 00:23:28.880 more like this person is lazy.  
NOTE Confidence: 0.883809601333333  
00:23:28.880 --> 00:23:29.798 I think you need to help.  
NOTE Confidence: 0.883809601333333  
00:23:29.800 --> 00:23:31.876 Work harder and realize the opportunities  
NOTE Confidence: 0.883809601333333  
00:23:31.876 --> 00:23:33.460 they're squandering as opposed to,  
NOTE Confidence: 0.883809601333333  
00:23:33.460 --> 00:23:33.765 oh,  
NOTE Confidence: 0.883809601333333  
00:23:33.765 --> 00:23:35.900 they have a mental health condition that  
NOTE Confidence: 0.883809601333333  
00:23:35.900 --> 00:23:38.504 we want you to help them get better from.  
NOTE Confidence: 0.883809601333333  
00:23:38.510 --> 00:23:40.538 So there's not enough time to  
NOTE Confidence: 0.883809601333333  
00:23:40.538 --> 00:23:42.336 go through all the psychological  
NOTE Confidence: 0.883809601333333  
00:23:42.336 --> 00:23:44.566 challenges that are presented here.  
NOTE Confidence: 0.883809601333333  
00:23:44.570 --> 00:23:47.990 I will just focus on one or maybe 2,  
NOTE Confidence: 0.883809601333333  
00:23:47.990 --> 00:23:49.230 the separation from parents  
NOTE Confidence: 0.883809601333333  
00:23:49.230 --> 00:23:50.470 and the culture clash.  
NOTE Confidence: 0.883809601333333  
00:23:50.470 --> 00:23:51.928 And I'm going to illustrate that  
NOTE Confidence: 0.883809601333333

00:23:51.928 --> 00:23:53.370 actually through a couple of things.  
NOTE Confidence: 0.883809601333333

00:23:53.370 --> 00:23:55.430 Well, first through just this,  
NOTE Confidence: 0.883809601333333

00:23:55.430 --> 00:23:58.825 a quote from maybe a psychological text.  
NOTE Confidence: 0.883809601333333

00:23:58.830 --> 00:24:01.710 The idea that in the traditional  
NOTE Confidence: 0.883809601333333

00:24:01.710 --> 00:24:04.383 Asian family hierarchy there's a huge  
NOTE Confidence: 0.883809601333333

00:24:04.383 --> 00:24:06.728 emphasis of course on the the role  
NOTE Confidence: 0.883809601333333

00:24:06.728 --> 00:24:09.967 of everyone's role within the hierarchy.  
NOTE Confidence: 0.883809601333333

00:24:09.970 --> 00:24:11.110 In this traditional model,  
NOTE Confidence: 0.883809601333333

00:24:11.110 --> 00:24:13.446 parents are the law and the children are  
NOTE Confidence: 0.883809601333333

00:24:13.446 --> 00:24:15.726 expected to sort of follow that and it's,  
NOTE Confidence: 0.883809601333333

00:24:15.730 --> 00:24:17.030 it's sort of stereotyped,  
NOTE Confidence: 0.883809601333333

00:24:17.030 --> 00:24:19.425 I think in the West as sort  
NOTE Confidence: 0.883809601333333

00:24:19.425 --> 00:24:21.290 of a very autocratic system.  
NOTE Confidence: 0.883809601333333

00:24:21.290 --> 00:24:24.734 It comes from a Confucian sort  
NOTE Confidence: 0.883809601333333

00:24:24.734 --> 00:24:27.982 of notion of these sort of five  
NOTE Confidence: 0.883809601333333

00:24:27.982 --> 00:24:28.910 core relationships,

NOTE Confidence: 0.8359759525

00:24:28.910 --> 00:24:30.638 which as you can see are

NOTE Confidence: 0.8359759525

00:24:30.638 --> 00:24:31.214 somewhat hierarchical.

NOTE Confidence: 0.8359759525

00:24:31.220 --> 00:24:33.494 They are, they are vertical and

NOTE Confidence: 0.8359759525

00:24:33.494 --> 00:24:35.465 these are the relationships that

NOTE Confidence: 0.8359759525

00:24:35.465 --> 00:24:37.420 would order a well functioning

NOTE Confidence: 0.8359759525

00:24:37.420 --> 00:24:39.570 society between ruler and subject,

NOTE Confidence: 0.8359759525

00:24:39.570 --> 00:24:41.126 father and son. Etcetera.

NOTE Confidence: 0.8359759525

00:24:41.126 --> 00:24:44.228 One thing that many people might notice is

NOTE Confidence: 0.8359759525

00:24:44.228 --> 00:24:47.020 that there's only one woman on this image.

NOTE Confidence: 0.8359759525

00:24:47.020 --> 00:24:49.324 It's the wife, and she's in sort of the

NOTE Confidence: 0.8359759525

00:24:49.324 --> 00:24:50.838 subservient position to the husband.

NOTE Confidence: 0.8359759525

00:24:50.840 --> 00:24:51.624 Now, that being said,

NOTE Confidence: 0.8359759525

00:24:51.624 --> 00:24:53.350 to be fair to Confucius, you know,

NOTE Confidence: 0.8359759525

00:24:53.350 --> 00:24:55.200 this is an extreme version.

NOTE Confidence: 0.8359759525

00:24:55.200 --> 00:24:57.664 I think in reality the idea of this

NOTE Confidence: 0.8359759525

00:24:57.664 --> 00:25:00.438 is that there are mutual obligations.

NOTE Confidence: 0.8359759525

00:25:00.440 --> 00:25:02.564 It's not just that there is

NOTE Confidence: 0.8359759525

00:25:02.564 --> 00:25:03.626 a hierarchical relationship,

NOTE Confidence: 0.8359759525

00:25:03.630 --> 00:25:05.120 but also that, let's say,

NOTE Confidence: 0.8359759525

00:25:05.120 --> 00:25:07.355 the ruler also has obligations

NOTE Confidence: 0.8359759525

00:25:07.355 --> 00:25:10.650 to the subject to be benevolent.

NOTE Confidence: 0.8359759525

00:25:10.650 --> 00:25:13.234 To be just and that sort of thing

NOTE Confidence: 0.8359759525

00:25:13.234 --> 00:25:15.319 it's it's it's a two way St.

NOTE Confidence: 0.8359759525

00:25:15.320 --> 00:25:16.867 But the other thing to notice is

NOTE Confidence: 0.8359759525

00:25:16.867 --> 00:25:18.276 that three of the relationships

NOTE Confidence: 0.8359759525

00:25:18.276 --> 00:25:19.996 are within the family structure.

NOTE Confidence: 0.8359759525

00:25:20.000 --> 00:25:21.680 So this is where some of these

NOTE Confidence: 0.8359759525

00:25:21.680 --> 00:25:22.400 ideas come from.

NOTE Confidence: 0.8359759525

00:25:22.400 --> 00:25:22.888 And again,

NOTE Confidence: 0.8359759525

00:25:22.888 --> 00:25:24.596 I think in the ideal version of

NOTE Confidence: 0.8359759525

00:25:24.596 --> 00:25:26.580 a Confucian relationship, yes,

NOTE Confidence: 0.8359759525

00:25:26.580 --> 00:25:28.980 the parents would define the law

NOTE Confidence: 0.8359759525

00:25:28.980 --> 00:25:31.550 and they would sort of advise this

NOTE Confidence: 0.8359759525

00:25:31.550 --> 00:25:34.175 the child on what is their role,

NOTE Confidence: 0.8359759525

00:25:34.180 --> 00:25:36.588 but they would also have a lot

NOTE Confidence: 0.8359759525

00:25:36.588 --> 00:25:38.500 of duties in the same way,

NOTE Confidence: 0.8359759525

00:25:38.500 --> 00:25:39.415 to be benevolent,

NOTE Confidence: 0.8359759525

00:25:39.420 --> 00:25:41.700 to be thoughtful towards their child.

NOTE Confidence: 0.8359759525

00:25:41.700 --> 00:25:43.758 But I'll try to illustrate this

NOTE Confidence: 0.8359759525

00:25:43.758 --> 00:25:45.500 more concretely through a clip.

NOTE Confidence: 0.8359759525

00:25:45.500 --> 00:25:47.168 From the movie crazy rich Asian.

NOTE Confidence: 0.8359759525

00:25:47.170 --> 00:25:48.409 I don't know if anyone seen that,

NOTE Confidence: 0.8359759525

00:25:48.410 --> 00:25:49.785 but I actually thought there

NOTE Confidence: 0.8359759525

00:25:49.785 --> 00:25:51.950 were a lot of great moments that

NOTE Confidence: 0.8359759525

00:25:51.950 --> 00:25:54.122 captured a lot of the psychological

NOTE Confidence: 0.8359759525

00:25:54.122 --> 00:25:56.107 conflicts that are are patients who.

NOTE Confidence: 0.8359759525

00:25:56.110 --> 00:25:58.414 So I'm just going to pay you the  
NOTE Confidence: 0.8359759525

00:25:58.414 --> 00:26:00.623 scene where the American born Rachel  
NOTE Confidence: 0.8359759525

00:26:00.623 --> 00:26:02.583 Chu is meeting her boyfriend,  
NOTE Confidence: 0.8359759525

00:26:02.590 --> 00:26:03.500 Nick's mother,  
NOTE Confidence: 0.8359759525

00:26:03.500 --> 00:26:04.410 Eleanor Young,  
NOTE Confidence: 0.8359759525

00:26:04.410 --> 00:26:06.685 who's played by Michelle Yeoh  
NOTE Confidence: 0.8359759525

00:26:06.690 --> 00:26:09.054 for the first time in their  
NOTE Confidence: 0.8359759525

00:26:09.054 --> 00:26:10.630 very fancy Singaporean mansion.  
NOTE Confidence: 0.8359759525

00:26:10.630 --> 00:26:12.214 So this is their first meeting  
NOTE Confidence: 0.8359759525

00:26:12.214 --> 00:26:13.006 with the mother-in-law.  
NOTE Confidence: 0.67063307

00:26:15.270 --> 00:26:15.720 My name?  
NOTE Confidence: 0.578407175

00:26:17.880 --> 00:26:18.888 Sometimes on the arm.  
NOTE Confidence: 0.54622835

00:26:23.190 --> 00:26:23.800 Mom.  
NOTE Confidence: 0.724388733846154

00:26:27.600 --> 00:26:29.875 You need a haircut so uncouth and  
NOTE Confidence: 0.724388733846154

00:26:29.875 --> 00:26:31.940 you look tired from your trip.  
NOTE Confidence: 0.724388733846154

00:26:31.940 --> 00:26:34.372 I'm going to ask the cook to make



NOTE Confidence: 0.724388733846154  
00:26:34.372 --> 00:26:36.799 you some herbal soup and the guy.  
NOTE Confidence: 0.724388733846154  
00:26:36.800 --> 00:26:39.838 I'll send it to the hotel later.  
NOTE Confidence: 0.724388733846154  
00:26:39.840 --> 00:26:40.710 Is Rachel chew?  
NOTE Confidence: 0.724388733846154  
00:26:40.710 --> 00:26:43.836 Ohh my gosh, I I'm so happy to meet you Mr.  
NOTE Confidence: 0.724388733846154  
00:26:43.840 --> 00:26:48.260 Young or Auntie, right?  
NOTE Confidence: 0.724388733846154  
00:26:48.260 --> 00:26:50.340 I'm just learning the lingo.  
NOTE Confidence: 0.724388733846154  
00:26:50.340 --> 00:26:52.420 I'm very glad to finally meet you too.  
NOTE Confidence: 0.724388733846154  
00:26:52.420 --> 00:26:54.940 And I'm sorry Nick's father couldn't be here.  
NOTE Confidence: 0.724388733846154  
00:26:54.940 --> 00:26:58.314 He was called to business in Shanghai.  
NOTE Confidence: 0.724388733846154  
00:26:58.320 --> 00:27:01.608 Judy calls bad answers, as they should be.  
NOTE Confidence: 0.724388733846154  
00:27:01.610 --> 00:27:03.546 Nick tells me you're a professor, too.  
NOTE Confidence: 0.724388733846154  
00:27:03.546 --> 00:27:08.130 What do you teach? I teach economics.  
NOTE Confidence: 0.724388733846154  
00:27:08.130 --> 00:27:10.959 Youngest faculty member.  
NOTE Confidence: 0.724388733846154  
00:27:10.960 --> 00:27:13.798 O'clock or complaining.  
NOTE Confidence: 0.724388733846154  
00:27:13.800 --> 00:27:15.832 So economics sounds challenging.  
NOTE Confidence: 0.724388733846154

00:27:15.832 --> 00:27:18.880 Are your parents academics as well?  
NOTE Confidence: 0.724388733846154

00:27:18.880 --> 00:27:19.206 No.  
NOTE Confidence: 0.724388733846154

00:27:19.206 --> 00:27:22.140 Well, my dad actually died before I was born,  
NOTE Confidence: 0.724388733846154

00:27:22.140 --> 00:27:24.356 and my mom didn't even go to college.  
NOTE Confidence: 0.724388733846154

00:27:24.360 --> 00:27:26.196 She actually hardly spoke any English  
NOTE Confidence: 0.724388733846154

00:27:26.196 --> 00:27:28.400 when she immigrated to the United States.  
NOTE Confidence: 0.724388733846154

00:27:28.400 --> 00:27:30.576 But she works really hard and she's studied  
NOTE Confidence: 0.724388733846154

00:27:30.576 --> 00:27:32.757 and she earned her real estate license  
NOTE Confidence: 0.724388733846154

00:27:32.757 --> 00:27:35.138 while she was waiting tables to support us.  
NOTE Confidence: 0.724388733846154

00:27:35.140 --> 00:27:37.401 Now she likes to say that she's  
NOTE Confidence: 0.724388733846154

00:27:37.401 --> 00:27:39.359 flushing top real estate broker,  
NOTE Confidence: 0.724388733846154

00:27:39.360 --> 00:27:41.112 salt made woman.  
NOTE Confidence: 0.724388733846154

00:27:41.112 --> 00:27:45.200 She must be so proud of you.  
NOTE Confidence: 0.724388733846154

00:27:45.200 --> 00:27:45.507 Well,  
NOTE Confidence: 0.724388733846154

00:27:45.507 --> 00:27:47.656 she knows that I'm passionate about what  
NOTE Confidence: 0.724388733846154

00:27:47.656 --> 00:27:50.508 I do and she's always wanted that for me.

NOTE Confidence: 0.724388733846154  
00:27:50.510 --> 00:27:53.054 Pursuing one's passion.  
NOTE Confidence: 0.724388733846154  
00:27:53.054 --> 00:27:54.750 How American?  
NOTE Confidence: 0.724388733846154  
00:27:54.750 --> 00:27:57.348 Well, your mother's very open minded.  
NOTE Confidence: 0.724388733846154  
00:27:57.350 --> 00:28:00.626 Not like you, where parents are obsessed  
NOTE Confidence: 0.724388733846154  
00:28:00.626 --> 00:28:04.007 with shaping the life of their children.  
NOTE Confidence: 0.724388733846154  
00:28:04.010 --> 00:28:06.630 Jennifer. Go ahead.  
NOTE Confidence: 0.724388733846154  
00:28:06.630 --> 00:28:08.812 I'll be out in a minute, Rachel.  
NOTE Confidence: 0.724388733846154  
00:28:08.812 --> 00:28:10.940 Thanks. Lovely meeting you.  
NOTE Confidence: 0.724388733846154  
00:28:10.940 --> 00:28:11.404 Thank you.  
NOTE Confidence: 0.724388733846154  
00:28:11.404 --> 00:28:11.868 You too.  
NOTE Confidence: 0.7387475333333333  
00:28:14.460 --> 00:28:16.716 OK, she hates me. She takes a little  
NOTE Confidence: 0.7387475333333333  
00:28:16.716 --> 00:28:18.967 minute, so warm up, but I'll get there.  
NOTE Confidence: 0.821429339473684  
00:28:20.000 --> 00:28:21.610 All right. So if you have more time I would  
NOTE Confidence: 0.821429339473684  
00:28:21.649 --> 00:28:23.107 ask you what you all saw in that scene.  
NOTE Confidence: 0.821429339473684  
00:28:23.110 --> 00:28:26.347 But I just love that line pursuing  
NOTE Confidence: 0.821429339473684

00:28:26.347 --> 00:28:27.782 one's passion how American because  
NOTE Confidence: 0.821429339473684

00:28:27.782 --> 00:28:30.129 you can sort of you hear all the pride  
NOTE Confidence: 0.821429339473684

00:28:30.129 --> 00:28:32.031 and and Rachel voice and it's a very  
NOTE Confidence: 0.821429339473684

00:28:32.031 --> 00:28:34.194 American story sort of self-made person,  
NOTE Confidence: 0.821429339473684

00:28:34.194 --> 00:28:37.836 but you hear in the mothers.  
NOTE Confidence: 0.821429339473684

00:28:37.840 --> 00:28:40.498 Description Kind of when duty calls,  
NOTE Confidence: 0.821429339473684

00:28:40.500 --> 00:28:42.950 we answer and that's sort of the  
NOTE Confidence: 0.821429339473684

00:28:42.950 --> 00:28:44.440 more important cultural value.  
NOTE Confidence: 0.821429339473684

00:28:44.440 --> 00:28:47.761 So there is that clash that learns all the  
NOTE Confidence: 0.821429339473684

00:28:47.761 --> 00:28:50.239 time clinically kind of I want to do this,  
NOTE Confidence: 0.821429339473684

00:28:50.240 --> 00:28:51.476 they want me to do that.  
NOTE Confidence: 0.821429339473684

00:28:51.480 --> 00:28:53.650 So and the very basic level may  
NOTE Confidence: 0.821429339473684

00:28:53.650 --> 00:28:56.441 be boiled down to sort of other  
NOTE Confidence: 0.821429339473684

00:28:56.441 --> 00:28:58.229 orientation versus self orientation.  
NOTE Confidence: 0.821429339473684

00:28:58.230 --> 00:28:59.340 Some folks who have been studying  
NOTE Confidence: 0.821429339473684

00:28:59.340 --> 00:29:00.718 this as it relates to mental health,

NOTE Confidence: 0.821429339473684  
00:29:00.720 --> 00:29:03.186 I just want to uplift the work of Chris  
NOTE Confidence: 0.821429339473684  
00:29:03.186 --> 00:29:05.565 Tom at the BU School of Social Work.  
NOTE Confidence: 0.821429339473684  
00:29:05.570 --> 00:29:08.209 She's done a lot of qualitative research  
NOTE Confidence: 0.821429339473684  
00:29:08.209 --> 00:29:10.638 looking at young Asian American women  
NOTE Confidence: 0.821429339473684  
00:29:10.638 --> 00:29:13.098 who have extremely elevated rates of  
NOTE Confidence: 0.821429339473684  
00:29:13.098 --> 00:29:15.429 self harm and suicidal behaviors,  
NOTE Confidence: 0.821429339473684  
00:29:15.430 --> 00:29:16.714 very at risk group.  
NOTE Confidence: 0.821429339473684  
00:29:16.714 --> 00:29:19.709 And so she was looking at young Chinese,  
NOTE Confidence: 0.821429339473684  
00:29:19.710 --> 00:29:21.369 Korean and Vietnamese,  
NOTE Confidence: 0.821429339473684  
00:29:21.369 --> 00:29:24.134 identifying women in Boston and  
NOTE Confidence: 0.821429339473684  
00:29:24.134 --> 00:29:25.723 performing qualitative analysis  
NOTE Confidence: 0.821429339473684  
00:29:25.723 --> 00:29:27.758 of people who have these.  
NOTE Confidence: 0.821429339473684  
00:29:27.760 --> 00:29:30.772 And curious and suicidal thoughts and  
NOTE Confidence: 0.821429339473684  
00:29:30.772 --> 00:29:32.757 behaviors and what she came up with was  
NOTE Confidence: 0.821429339473684  
00:29:32.757 --> 00:29:34.897 this sort of idea of a fractured identity,  
NOTE Confidence: 0.821429339473684

00:29:34.900 --> 00:29:36.124 one framework for  
NOTE Confidence: 0.821429339473684

00:29:36.124 --> 00:29:37.756 understanding why this happens.  
NOTE Confidence: 0.821429339473684

00:29:37.760 --> 00:29:39.659 And you can see sort of at the core,  
NOTE Confidence: 0.821429339473684

00:29:39.660 --> 00:29:42.410 she identified what she has  
NOTE Confidence: 0.821429339473684

00:29:42.410 --> 00:29:44.060 termed disempowering parenting,  
NOTE Confidence: 0.821429339473684

00:29:44.060 --> 00:29:46.616 which leads to this kind of double bind of  
NOTE Confidence: 0.821429339473684

00:29:46.616 --> 00:29:49.197 low self worth and a fractured identity.  
NOTE Confidence: 0.821429339473684

00:29:49.200 --> 00:29:51.008 And then problematic behaviors.  
NOTE Confidence: 0.821429339473684

00:29:51.008 --> 00:29:53.268 And the parenting she discovered  
NOTE Confidence: 0.821429339473684

00:29:53.268 --> 00:29:55.241 was sort of abusive, burdening,  
NOTE Confidence: 0.821429339473684

00:29:55.241 --> 00:29:56.384 culturally disjointed, etcetera.  
NOTE Confidence: 0.821429339473684

00:29:56.384 --> 00:29:57.908 You can read that.  
NOTE Confidence: 0.821429339473684

00:29:57.910 --> 00:29:59.300 She actually did a follow-up  
NOTE Confidence: 0.821429339473684

00:29:59.300 --> 00:30:00.690 study later trying to interview  
NOTE Confidence: 0.821429339473684

00:30:00.739 --> 00:30:02.269 the parents of those young women,  
NOTE Confidence: 0.821429339473684

00:30:02.270 --> 00:30:03.310 and unsurprisingly,

NOTE Confidence: 0.821429339473684

00:30:03.310 --> 00:30:06.248 leads many of those parents had

NOTE Confidence: 0.821429339473684

00:30:06.248 --> 00:30:08.822 their own mental health issues that

NOTE Confidence: 0.821429339473684

00:30:08.822 --> 00:30:11.607 were being passed along head trauma.

NOTE Confidence: 0.821429339473684

00:30:11.610 --> 00:30:12.624 Substance use, etcetera.

NOTE Confidence: 0.821429339473684

00:30:12.624 --> 00:30:15.917 So it's not a surprise to those of us

NOTE Confidence: 0.821429339473684

00:30:15.917 --> 00:30:17.645 who are thinking intergenerationally.

NOTE Confidence: 0.821429339473684

00:30:17.650 --> 00:30:19.630 I'm going to give you just

NOTE Confidence: 0.821429339473684

00:30:19.630 --> 00:30:21.610 another example from my practice.

NOTE Confidence: 0.821429339473684

00:30:21.610 --> 00:30:24.508 Pamela was a 45 year old woman,

NOTE Confidence: 0.821429339473684

00:30:24.510 --> 00:30:26.210 daughter of Chinese immigrants,

NOTE Confidence: 0.821429339473684

00:30:26.210 --> 00:30:27.485 very successful professionally

NOTE Confidence: 0.821429339473684

00:30:27.485 --> 00:30:29.769 and had a high paying job.

NOTE Confidence: 0.821429339473684

00:30:29.770 --> 00:30:31.552 Her younger sister had referred her

NOTE Confidence: 0.821429339473684

00:30:31.552 --> 00:30:33.665 to therapy and having been through her

NOTE Confidence: 0.821429339473684

00:30:33.665 --> 00:30:35.702 own therapy for feeling quote UN quote,

NOTE Confidence: 0.821429339473684

00:30:35.710 --> 00:30:36.667 stuck and unmotivated.  
NOTE Confidence: 0.821429339473684

00:30:36.667 --> 00:30:39.245 When I met her she was living at  
NOTE Confidence: 0.821429339473684

00:30:39.245 --> 00:30:41.177 home with her parents who are in  
NOTE Confidence: 0.821429339473684

00:30:41.177 --> 00:30:43.438 their 80s and that was the source  
NOTE Confidence: 0.821429339473684

00:30:43.438 --> 00:30:44.750 of our entire treatment.  
NOTE Confidence: 0.821429339473684

00:30:44.750 --> 00:30:46.135 They were happy about how  
NOTE Confidence: 0.821429339473684

00:30:46.135 --> 00:30:47.780 successful she had been with her.  
NOTE Confidence: 0.821429339473684

00:30:47.780 --> 00:30:48.141 Rear.  
NOTE Confidence: 0.821429339473684

00:30:48.141 --> 00:30:49.946 But they were also really,  
NOTE Confidence: 0.821429339473684

00:30:49.950 --> 00:30:51.254 really, really harshly critical  
NOTE Confidence: 0.821429339473684

00:30:51.254 --> 00:30:52.884 of everyone she'd ever dated.  
NOTE Confidence: 0.821429339473684

00:30:52.890 --> 00:30:55.010 And there were a lot of personality issues,  
NOTE Confidence: 0.821429339473684

00:30:55.010 --> 00:30:57.404 especially with the mother in this situation.  
NOTE Confidence: 0.821429339473684

00:30:57.410 --> 00:30:58.298 And yet at the same time,  
NOTE Confidence: 0.821429339473684

00:30:58.300 --> 00:31:00.204 they kind of blamed her for being single.  
NOTE Confidence: 0.821429339473684

00:31:00.210 --> 00:31:02.292 So they would criticize whoever she



NOTE Confidence: 0.821429339473684  
00:31:02.292 --> 00:31:04.370 brought home, but then also sort of say,  
NOTE Confidence: 0.821429339473684  
00:31:04.370 --> 00:31:05.250 why aren't you married yet?  
NOTE Confidence: 0.821429339473684  
00:31:05.250 --> 00:31:07.504 Why don't you have kids despite  
NOTE Confidence: 0.821429339473684  
00:31:07.504 --> 00:31:08.092 this conflict?  
NOTE Confidence: 0.821429339473684  
00:31:08.092 --> 00:31:09.268 So she was really,  
NOTE Confidence: 0.926830206666667  
00:31:09.270 --> 00:31:12.588 really conflicted about this, she said.  
NOTE Confidence: 0.926830206666667  
00:31:12.590 --> 00:31:14.286 I think that if I were to leave,  
NOTE Confidence: 0.926830206666667  
00:31:14.290 --> 00:31:15.928 it would be much better for me,  
NOTE Confidence: 0.926830206666667  
00:31:15.930 --> 00:31:17.546 but I also think it would kill them.  
NOTE Confidence: 0.926830206666667  
00:31:17.550 --> 00:31:19.290 She actually really thought that.  
NOTE Confidence: 0.926830206666667  
00:31:19.290 --> 00:31:20.540 You know, her mother would  
NOTE Confidence: 0.926830206666667  
00:31:20.540 --> 00:31:22.170 die if she left the house.  
NOTE Confidence: 0.926830206666667  
00:31:22.170 --> 00:31:24.240 And so her symptoms were essentially  
NOTE Confidence: 0.926830206666667  
00:31:24.240 --> 00:31:25.620 experienced with rageful thoughts  
NOTE Confidence: 0.926830206666667  
00:31:25.672 --> 00:31:27.248 towards her father specifically,  
NOTE Confidence: 0.926830206666667

00:31:27.250 --> 00:31:30.010 and then chronic, passive suicidal ideation.  
NOTE Confidence: 0.926830206666667

00:31:30.010 --> 00:31:33.010 This case has really stuck with me because,  
NOTE Confidence: 0.926830206666667

00:31:33.010 --> 00:31:34.030 you know, in our work together,  
NOTE Confidence: 0.926830206666667

00:31:34.030 --> 00:31:36.390 she did start to date a little bit.  
NOTE Confidence: 0.926830206666667

00:31:36.390 --> 00:31:37.090 She did.  
NOTE Confidence: 0.926830206666667

00:31:37.090 --> 00:31:39.190 She had actually purchased a home  
NOTE Confidence: 0.926830206666667

00:31:39.190 --> 00:31:41.233 nearby that she thought that she  
NOTE Confidence: 0.926830206666667

00:31:41.233 --> 00:31:43.141 could maybe live in and come  
NOTE Confidence: 0.926830206666667

00:31:43.207 --> 00:31:45.087 back to the house frequently.  
NOTE Confidence: 0.926830206666667

00:31:45.090 --> 00:31:47.162 But then she's like sort of abruptly dropped  
NOTE Confidence: 0.926830206666667

00:31:47.162 --> 00:31:49.210 out of treatment and I still wonder.  
NOTE Confidence: 0.926830206666667

00:31:49.210 --> 00:31:50.290 You know what's going on with  
NOTE Confidence: 0.926830206666667

00:31:50.290 --> 00:31:51.010 her and what happened.  
NOTE Confidence: 0.847790299

00:31:53.050 --> 00:31:55.426 Just a few slides briefly about  
NOTE Confidence: 0.847790299

00:31:55.426 --> 00:31:57.010 international student mental health.  
NOTE Confidence: 0.847790299

00:31:57.010 --> 00:31:58.732 You know most of them come from

NOTE Confidence: 0.847790299

00:31:58.732 --> 00:32:00.110 China and India these days.

NOTE Confidence: 0.847790299

00:32:00.110 --> 00:32:01.440 This is a real shift.

NOTE Confidence: 0.847790299

00:32:01.440 --> 00:32:03.424 It used to not be mostly from China.

NOTE Confidence: 0.847790299

00:32:03.430 --> 00:32:05.130 And so we're seeing those

NOTE Confidence: 0.847790299

00:32:05.130 --> 00:32:06.830 issues show up on campus.

NOTE Confidence: 0.847790299

00:32:06.830 --> 00:32:07.962 There's been some mainstream

NOTE Confidence: 0.847790299

00:32:07.962 --> 00:32:09.660 media coverage of that New York

NOTE Confidence: 0.847790299

00:32:09.714 --> 00:32:11.493 Times economist, also a film,

NOTE Confidence: 0.847790299

00:32:11.493 --> 00:32:13.880 if anyone prefers to sort of consider

NOTE Confidence: 0.847790299

00:32:13.951 --> 00:32:15.926 this through the film medium,

NOTE Confidence: 0.847790299

00:32:15.930 --> 00:32:18.372 a lovely documentary called Mainland that

NOTE Confidence: 0.847790299

00:32:18.372 --> 00:32:20.385 follows 2 Chinese international students

NOTE Confidence: 0.847790299

00:32:20.385 --> 00:32:22.674 at a private boarding school in Maine.

NOTE Confidence: 0.847790299

00:32:22.680 --> 00:32:23.230 Um, again,

NOTE Confidence: 0.847790299

00:32:23.230 --> 00:32:25.430 we don't have to go into the details,

NOTE Confidence: 0.847790299

00:32:25.430 --> 00:32:27.005 but you can imagine all of the  
NOTE Confidence: 0.847790299

00:32:27.005 --> 00:32:28.385 many stressors that accumulate on  
NOTE Confidence: 0.847790299

00:32:28.385 --> 00:32:29.685 these international students in  
NOTE Confidence: 0.847790299

00:32:29.685 --> 00:32:31.440 addition to their cultural language,  
NOTE Confidence: 0.847790299

00:32:31.440 --> 00:32:33.490 etcetera.  
NOTE Confidence: 0.847790299

00:32:33.490 --> 00:32:35.722 And so when there hadn't been  
NOTE Confidence: 0.847790299

00:32:35.722 --> 00:32:37.210 really any research done,  
NOTE Confidence: 0.847790299

00:32:37.210 --> 00:32:38.514 international student mental health  
NOTE Confidence: 0.847790299

00:32:38.514 --> 00:32:40.743 and so our group again used the  
NOTE Confidence: 0.847790299

00:32:40.743 --> 00:32:42.447 same data set to to look at this.  
NOTE Confidence: 0.847790299

00:32:42.450 --> 00:32:44.365 We had about 2400 international  
NOTE Confidence: 0.847790299

00:32:44.365 --> 00:32:47.263 students and a sample of about 40,000  
NOTE Confidence: 0.847790299

00:32:47.263 --> 00:32:51.368 overall students in this ACH, ACH,  
NOTE Confidence: 0.847790299

00:32:51.368 --> 00:32:55.279 a sample and we saw the exact same.  
NOTE Confidence: 0.847790299

00:32:55.280 --> 00:32:57.264 Pattern that we saw with the Asian students,  
NOTE Confidence: 0.847790299

00:32:57.270 --> 00:32:58.902 which is the lower rate of

NOTE Confidence: 0.847790299

00:32:58.902 --> 00:32:59.718 mental health diagnosis,

NOTE Confidence: 0.847790299

00:32:59.720 --> 00:33:01.519 but a much higher rate of ever

NOTE Confidence: 0.847790299

00:33:01.519 --> 00:33:02.804 attempting suicide in the

NOTE Confidence: 0.847790299

00:33:02.804 --> 00:33:04.178 international student population.

NOTE Confidence: 0.847790299

00:33:04.180 --> 00:33:05.650 So that was one of the first

NOTE Confidence: 0.847790299

00:33:05.650 --> 00:33:06.749 studies to actually specifically

NOTE Confidence: 0.847790299

00:33:06.749 --> 00:33:08.024 examine international student

NOTE Confidence: 0.847790299

00:33:08.024 --> 00:33:09.299 mental health nationally.

NOTE Confidence: 0.847790299

00:33:09.300 --> 00:33:11.476 And what we often hear from the international

NOTE Confidence: 0.847790299

00:33:11.476 --> 00:33:13.079 students is just the same stigma,

NOTE Confidence: 0.847790299

00:33:13.080 --> 00:33:14.660 but sort of amplified,

NOTE Confidence: 0.847790299

00:33:14.660 --> 00:33:16.240 especially with privacy concerns

NOTE Confidence: 0.847790299

00:33:16.240 --> 00:33:17.919 about who's going to know,

NOTE Confidence: 0.847790299

00:33:17.920 --> 00:33:19.700 especially when my status in

NOTE Confidence: 0.847790299

00:33:19.700 --> 00:33:21.480 this country is so tenuous.

NOTE Confidence: 0.847790299

00:33:21.480 --> 00:33:21.738 OK,  
NOTE Confidence: 0.847790299

00:33:21.738 --> 00:33:23.028 so with that broad overview,  
NOTE Confidence: 0.847790299

00:33:23.030 --> 00:33:24.899 I'm now going to shift into talking  
NOTE Confidence: 0.847790299

00:33:24.899 --> 00:33:25.433 about specifically.  
NOTE Confidence: 0.847790299

00:33:25.440 --> 00:33:27.774 The impact of COVID-19 and what  
NOTE Confidence: 0.847790299

00:33:27.774 --> 00:33:29.330 we've seen since then,  
NOTE Confidence: 0.847790299

00:33:29.330 --> 00:33:30.908 no one who was paying any  
NOTE Confidence: 0.847790299

00:33:30.908 --> 00:33:31.960 attention from the use,  
NOTE Confidence: 0.847790299

00:33:31.960 --> 00:33:34.048 could have missed the steady drum  
NOTE Confidence: 0.847790299

00:33:34.048 --> 00:33:36.717 beat of a terrible headlines that came  
NOTE Confidence: 0.847790299

00:33:36.717 --> 00:33:39.129 from around the world last spring,  
NOTE Confidence: 0.847790299

00:33:39.130 --> 00:33:42.105 two springs ago in the wake of  
NOTE Confidence: 0.847790299

00:33:42.105 --> 00:33:44.530 the onset of the COVID pandemic.  
NOTE Confidence: 0.847790299

00:33:44.530 --> 00:33:46.707 And it was sort of through social  
NOTE Confidence: 0.847790299

00:33:46.707 --> 00:33:48.719 media but also through mainstream  
NOTE Confidence: 0.847790299

00:33:48.719 --> 00:33:50.747 media about racial assaults,

NOTE Confidence: 0.847790299

00:33:50.750 --> 00:33:53.022 people getting spat at,

NOTE Confidence: 0.847790299

00:33:53.022 --> 00:33:55.300 punched, attacked with knives.

NOTE Confidence: 0.847790299

00:33:55.300 --> 00:33:56.440 Verbally harassed,

NOTE Confidence: 0.847790299

00:33:56.440 --> 00:33:58.444 pushed in front of trains all

NOTE Confidence: 0.847790299

00:33:58.444 --> 00:34:01.191 over the world and as is often the

NOTE Confidence: 0.847790299

00:34:01.191 --> 00:34:03.195 case with these sorts of issues,

NOTE Confidence: 0.847790299

00:34:03.200 --> 00:34:04.380 the people who were targeted

NOTE Confidence: 0.847790299

00:34:04.380 --> 00:34:05.560 were often the most vulnerable,

NOTE Confidence: 0.847790299

00:34:05.560 --> 00:34:07.585 meaning young people and the

NOTE Confidence: 0.847790299

00:34:07.585 --> 00:34:08.800 elderly and women.

NOTE Confidence: 0.847790299

00:34:08.800 --> 00:34:10.606 And so here's one news article

NOTE Confidence: 0.847790299

00:34:10.606 --> 00:34:13.058 that showed that one in four Asian

NOTE Confidence: 0.847790299

00:34:13.058 --> 00:34:14.638 American views had experienced

NOTE Confidence: 0.847790299

00:34:14.638 --> 00:34:16.599 racist bullying during this period,

NOTE Confidence: 0.847790299

00:34:16.600 --> 00:34:20.470 culminating in last March the shooting,

NOTE Confidence: 0.847790299

00:34:20.470 --> 00:34:22.080 the deadliest law shooting of  
NOTE Confidence: 0.847790299

00:34:22.080 --> 00:34:22.724 eight individuals,  
NOTE Confidence: 0.847790299

00:34:22.730 --> 00:34:26.276 six of whom were Asian women.  
NOTE Confidence: 0.847790299

00:34:26.280 --> 00:34:28.530 So one national clearinghouse that had  
NOTE Confidence: 0.847790299

00:34:28.530 --> 00:34:30.383 been tracking these incidents from  
NOTE Confidence: 0.847790299

00:34:30.383 --> 00:34:32.455 the beginning is called Stop API Hate.  
NOTE Confidence: 0.847790299

00:34:32.460 --> 00:34:35.379 And they were among those to find  
NOTE Confidence: 0.847790299

00:34:35.379 --> 00:34:37.428 that there was 150% increase in  
NOTE Confidence: 0.847790299

00:34:37.428 --> 00:34:39.024 anti Asian hate crimes during a  
NOTE Confidence: 0.847790299

00:34:39.024 --> 00:34:40.370 period during the pandemic when  
NOTE Confidence: 0.847790299

00:34:40.370 --> 00:34:42.116 there was actually a 7% decrease  
NOTE Confidence: 0.847790299

00:34:42.116 --> 00:34:43.940 in overall hate crimes.  
NOTE Confidence: 0.847790299

00:34:43.940 --> 00:34:47.216 So it definitely was a real phenomenon.  
NOTE Confidence: 0.847790299

00:34:47.220 --> 00:34:50.676 They did a they released a youth report  
NOTE Confidence: 0.865352036153846

00:34:50.680 --> 00:34:53.522 early on that showed that almost actually  
NOTE Confidence: 0.865352036153846

00:34:53.522 --> 00:34:56.389 this number rose to about 10% of the hate.



NOTE Confidence: 0.865352036153846  
00:34:56.389 --> 00:34:57.604 Incidents that were self reported,  
NOTE Confidence: 0.865352036153846  
00:34:57.610 --> 00:34:59.002 involved in physical assault  
NOTE Confidence: 0.865352036153846  
00:34:59.002 --> 00:35:00.742 and that although adults were  
NOTE Confidence: 0.865352036153846  
00:35:00.742 --> 00:35:02.469 present in almost half the cases,  
NOTE Confidence: 0.865352036153846  
00:35:02.470 --> 00:35:05.046 there were only interventions in about 10%.  
NOTE Confidence: 0.865352036153846  
00:35:05.050 --> 00:35:06.849 And so one of their youth interns  
NOTE Confidence: 0.865352036153846  
00:35:06.849 --> 00:35:08.833 had this quote and which I think  
NOTE Confidence: 0.865352036153846  
00:35:08.833 --> 00:35:10.278 is representative of how many  
NOTE Confidence: 0.865352036153846  
00:35:10.278 --> 00:35:12.016 people were feeling at this time.  
NOTE Confidence: 0.865352036153846  
00:35:12.020 --> 00:35:14.340 The constant feeling that I must have a  
NOTE Confidence: 0.865352036153846  
00:35:14.340 --> 00:35:15.850 heightened awareness of my surroundings  
NOTE Confidence: 0.865352036153846  
00:35:15.850 --> 00:35:17.383 whenever I go outside or my family  
NOTE Confidence: 0.865352036153846  
00:35:17.383 --> 00:35:18.910 goes outside and they go vulnerable.  
NOTE Confidence: 0.865352036153846  
00:35:18.910 --> 00:35:21.940 Of course it did. Paul Watson,  
NOTE Confidence: 0.865352036153846  
00:35:21.940 --> 00:35:23.740 Abbe, who's a professor in Boston,  
NOTE Confidence: 0.865352036153846

00:35:23.740 --> 00:35:25.786 was quoted in the globe around  
NOTE Confidence: 0.865352036153846

00:35:25.786 --> 00:35:27.440 that time basically pointing out,  
NOTE Confidence: 0.865352036153846

00:35:27.440 --> 00:35:28.205 you know, he,  
NOTE Confidence: 0.865352036153846

00:35:28.205 --> 00:35:29.480 he studied Asian American history.  
NOTE Confidence: 0.865352036153846

00:35:29.480 --> 00:35:31.824 And so he was pointing out that it's  
NOTE Confidence: 0.865352036153846

00:35:31.824 --> 00:35:34.408 not that any of these stereotypes and  
NOTE Confidence: 0.865352036153846

00:35:34.408 --> 00:35:36.660 frustrations and racisms is is new.  
NOTE Confidence: 0.865352036153846

00:35:36.660 --> 00:35:39.452 It's just that this type of event seemed  
NOTE Confidence: 0.865352036153846

00:35:39.452 --> 00:35:42.715 to allow airing of it to become permissible.  
NOTE Confidence: 0.865352036153846

00:35:42.720 --> 00:35:43.720 The floodgates were lifted.  
NOTE Confidence: 0.865352036153846

00:35:43.720 --> 00:35:45.843 And so this led to my own racial  
NOTE Confidence: 0.865352036153846

00:35:45.843 --> 00:35:47.268 reckoning because I realized that  
NOTE Confidence: 0.865352036153846

00:35:47.268 --> 00:35:48.999 as an Asian American myself,  
NOTE Confidence: 0.865352036153846

00:35:49.000 --> 00:35:50.848 I had very little.  
NOTE Confidence: 0.865352036153846

00:35:50.848 --> 00:35:51.596 Knowledge, actually,  
NOTE Confidence: 0.865352036153846

00:35:51.596 --> 00:35:53.884 of the history of Asians in this country

NOTE Confidence: 0.865352036153846  
00:35:53.884 --> 00:35:56.086 and some of what they had been through.  
NOTE Confidence: 0.865352036153846  
00:35:56.090 --> 00:35:58.718 And so as I started to read more and  
NOTE Confidence: 0.865352036153846  
00:35:58.718 --> 00:36:01.026 learn in part for talks like this,  
NOTE Confidence: 0.865352036153846  
00:36:01.030 --> 00:36:03.710 I discovered this long history.  
NOTE Confidence: 0.865352036153846  
00:36:03.710 --> 00:36:04.424 You know,  
NOTE Confidence: 0.865352036153846  
00:36:04.424 --> 00:36:06.923 there's always been a history of stereotyping  
NOTE Confidence: 0.865352036153846  
00:36:06.923 --> 00:36:08.868 foreigners as dirty and diseased outsiders.  
NOTE Confidence: 0.865352036153846  
00:36:08.868 --> 00:36:10.460 That includes the Chinese,  
NOTE Confidence: 0.865352036153846  
00:36:10.460 --> 00:36:12.038 also the Irish,  
NOTE Confidence: 0.865352036153846  
00:36:12.038 --> 00:36:13.090 eastern Europeans.  
NOTE Confidence: 0.865352036153846  
00:36:13.090 --> 00:36:15.665 But that stereotype has remained  
NOTE Confidence: 0.865352036153846  
00:36:15.665 --> 00:36:17.725 especially affixed to Asians.  
NOTE Confidence: 0.865352036153846  
00:36:17.730 --> 00:36:18.990 So in the early 1800s,  
NOTE Confidence: 0.865352036153846  
00:36:18.990 --> 00:36:21.228 Chinese were commonly regarded as dirty.  
NOTE Confidence: 0.865352036153846  
00:36:21.230 --> 00:36:22.334 We then wrap meters,  
NOTE Confidence: 0.865352036153846

00:36:22.334 --> 00:36:24.346 and I'm giving you here an example  
NOTE Confidence: 0.865352036153846

00:36:24.346 --> 00:36:27.270 of an advertisements printed  
NOTE Confidence: 0.865352036153846

00:36:27.270 --> 00:36:29.220 from around that time period,  
NOTE Confidence: 0.865352036153846

00:36:29.220 --> 00:36:32.100 which sort of not so subtly  
NOTE Confidence: 0.865352036153846

00:36:32.100 --> 00:36:33.940 equates Chinese people with rats  
NOTE Confidence: 0.865352036153846

00:36:33.940 --> 00:36:36.469 as well as people who eat rats.  
NOTE Confidence: 0.865352036153846

00:36:36.470 --> 00:36:38.174 And with increased Chinese  
NOTE Confidence: 0.865352036153846

00:36:38.174 --> 00:36:39.878 immigration in the 1850s,  
NOTE Confidence: 0.865352036153846

00:36:39.880 --> 00:36:41.816 a lot of Chinese were trying to escape  
NOTE Confidence: 0.865352036153846

00:36:41.816 --> 00:36:43.556 economic chaos at home and try their  
NOTE Confidence: 0.865352036153846

00:36:43.556 --> 00:36:45.040 luck within the California Gold Rush.  
NOTE Confidence: 0.865352036153846

00:36:45.040 --> 00:36:47.240 This just led to more and more negative  
NOTE Confidence: 0.865352036153846

00:36:47.240 --> 00:36:48.940 depictions in the mainstream media.  
NOTE Confidence: 0.865352036153846

00:36:48.940 --> 00:36:49.921 Chinatowns often became  
NOTE Confidence: 0.865352036153846

00:36:49.921 --> 00:36:51.556 associated with vice and disease.  
NOTE Confidence: 0.865352036153846

00:36:51.560 --> 00:36:54.260 And so here's a quote from an editorial from

NOTE Confidence: 0.865352036153846  
00:36:54.260 --> 00:36:57.126 the New York Daily Tribune around that time.  
NOTE Confidence: 0.865352036153846  
00:36:57.130 --> 00:36:59.265 He referred to the Chinese as uncivilized,  
NOTE Confidence: 0.865352036153846  
00:36:59.270 --> 00:37:01.706 unclean and filthy beyond all conception,  
NOTE Confidence: 0.865352036153846  
00:37:01.710 --> 00:37:03.565 without any of the higher  
NOTE Confidence: 0.865352036153846  
00:37:03.565 --> 00:37:05.049 domestic or social relations,  
NOTE Confidence: 0.865352036153846  
00:37:05.050 --> 00:37:07.168 lustful and sensual in their dispositions.  
NOTE Confidence: 0.865352036153846  
00:37:07.170 --> 00:37:08.990 Every female is a prostitute  
NOTE Confidence: 0.865352036153846  
00:37:08.990 --> 00:37:10.446 of the basest order.  
NOTE Confidence: 0.865352036153846  
00:37:10.450 --> 00:37:11.830 The first words of English that  
NOTE Confidence: 0.865352036153846  
00:37:11.830 --> 00:37:13.370 they learn are of obscenities.  
NOTE Confidence: 0.865352036153846  
00:37:13.370 --> 00:37:15.086 So you get the the picture.  
NOTE Confidence: 0.865352036153846  
00:37:15.090 --> 00:37:16.710 And so these like stereotypes  
NOTE Confidence: 0.865352036153846  
00:37:16.710 --> 00:37:18.006 that were fixed early,  
NOTE Confidence: 0.865352036153846  
00:37:18.010 --> 00:37:22.014 are very pernicious and and long lasting.  
NOTE Confidence: 0.865352036153846  
00:37:22.020 --> 00:37:23.052 As I mentioned,  
NOTE Confidence: 0.865352036153846

00:37:23.052 --> 00:37:25.116 Asians became seen as a threat.  
NOTE Confidence: 0.865352036153846

00:37:25.120 --> 00:37:26.580 They were coming to work,  
NOTE Confidence: 0.865352036153846

00:37:26.580 --> 00:37:27.146 especially men.  
NOTE Confidence: 0.865352036153846

00:37:27.146 --> 00:37:29.127 And so some of the legal things  
NOTE Confidence: 0.865352036153846

00:37:29.127 --> 00:37:30.690 that were instituted were to  
NOTE Confidence: 0.865352036153846

00:37:30.690 --> 00:37:32.520 forbid women from coming so that  
NOTE Confidence: 0.865352036153846

00:37:32.578 --> 00:37:34.333 Chinese people wouldn't have kids  
NOTE Confidence: 0.865352036153846

00:37:34.333 --> 00:37:35.737 here and then propagate.  
NOTE Confidence: 0.865352036153846

00:37:35.740 --> 00:37:36.840 So it was all men,  
NOTE Confidence: 0.865352036153846

00:37:36.840 --> 00:37:38.945 and they became known as  
NOTE Confidence: 0.865352036153846

00:37:38.945 --> 00:37:41.050 the Yellow Peril in the  
NOTE Confidence: 0.835944459230769

00:37:41.140 --> 00:37:42.718 late 19th century.  
NOTE Confidence: 0.835944459230769

00:37:42.720 --> 00:37:43.928 Basically their work ethic.  
NOTE Confidence: 0.835944459230769

00:37:43.928 --> 00:37:45.740 They were willing to do a  
NOTE Confidence: 0.835944459230769

00:37:45.800 --> 00:37:47.336 lot of work for less money,  
NOTE Confidence: 0.835944459230769

00:37:47.340 --> 00:37:50.040 and it provoked this racist backlash.

NOTE Confidence: 0.835944459230769  
00:37:50.040 --> 00:37:51.910 So you can see this.  
NOTE Confidence: 0.835944459230769  
00:37:51.910 --> 00:37:54.310 Editorial cartoon in the Wasp on the left,  
NOTE Confidence: 0.835944459230769  
00:37:54.310 --> 00:37:56.700 where the the caption says,  
NOTE Confidence: 0.835944459230769  
00:37:56.700 --> 00:37:58.268 what shall we do with our boys?  
NOTE Confidence: 0.835944459230769  
00:37:58.270 --> 00:38:00.628 And you can see all of these white men  
NOTE Confidence: 0.835944459230769  
00:38:00.628 --> 00:38:02.697 kind of hanging around with nothing  
NOTE Confidence: 0.835944459230769  
00:38:02.697 --> 00:38:04.797 to do because this Chinese grotesque  
NOTE Confidence: 0.835944459230769  
00:38:04.797 --> 00:38:06.890 man on the left with eight arms  
NOTE Confidence: 0.835944459230769  
00:38:06.890 --> 00:38:09.908 is sort of doing all of this work,  
NOTE Confidence: 0.835944459230769  
00:38:09.910 --> 00:38:12.238 sort of taking over the economic  
NOTE Confidence: 0.835944459230769  
00:38:12.238 --> 00:38:14.270 opportunities available to white people.  
NOTE Confidence: 0.835944459230769  
00:38:14.270 --> 00:38:16.342 On the right is a similar type of  
NOTE Confidence: 0.835944459230769  
00:38:16.342 --> 00:38:17.853 message that this huge American  
NOTE Confidence: 0.835944459230769  
00:38:17.853 --> 00:38:20.023 kind of Gulliver looks a little like  
NOTE Confidence: 0.835944459230769  
00:38:20.084 --> 00:38:21.889 Abraham Lincoln is being staked.  
NOTE Confidence: 0.835944459230769

00:38:21.890 --> 00:38:24.326 Down by these Chinese tiny little effusions.

NOTE Confidence: 0.835944459230769

00:38:24.330 --> 00:38:26.386 So these are sort of demeaning

NOTE Confidence: 0.835944459230769

00:38:26.386 --> 00:38:29.368 depictions of the Chinese and sort of

NOTE Confidence: 0.835944459230769

00:38:29.368 --> 00:38:31.995 being almost subhuman in human people

NOTE Confidence: 0.835944459230769

00:38:31.995 --> 00:38:34.551 who are willing to work robotically

NOTE Confidence: 0.835944459230769

00:38:34.623 --> 00:38:38.040 and and tie down the American man.

NOTE Confidence: 0.835944459230769

00:38:38.040 --> 00:38:38.920 This here is you need.

NOTE Confidence: 0.835944459230769

00:38:38.920 --> 00:38:40.755 This phobia of course spread

NOTE Confidence: 0.835944459230769

00:38:40.755 --> 00:38:44.290 beyond the Chinese to other Asian

NOTE Confidence: 0.835944459230769

00:38:44.290 --> 00:38:46.720 cultures and ethnicities.

NOTE Confidence: 0.835944459230769

00:38:46.720 --> 00:38:50.296 There was actually a rise in anti Indian

NOTE Confidence: 0.835944459230769

00:38:50.300 --> 00:38:53.220 sentiment from increased Indian immigration,

NOTE Confidence: 0.835944459230769

00:38:53.220 --> 00:38:55.002 sparking what was called the dusky

NOTE Confidence: 0.835944459230769

00:38:55.002 --> 00:38:56.923 peril which I had never heard

NOTE Confidence: 0.835944459230769

00:38:56.923 --> 00:38:58.598 of until doing this research.

NOTE Confidence: 0.835944459230769

00:38:58.600 --> 00:39:02.662 And these stereotypes of the yellow



NOTE Confidence: 0.835944459230769  
00:39:02.662 --> 00:39:04.664 peril were contrasted with the  
NOTE Confidence: 0.835944459230769  
00:39:04.664 --> 00:39:06.319 fact that there were presidents  
NOTE Confidence: 0.835944459230769  
00:39:06.319 --> 00:39:07.999 of Asian people in the US.  
NOTE Confidence: 0.835944459230769  
00:39:08.000 --> 00:39:09.650 Against the backdrop of exclusion  
NOTE Confidence: 0.835944459230769  
00:39:09.650 --> 00:39:11.870 of people trying to keep them out.  
NOTE Confidence: 0.835944459230769  
00:39:11.870 --> 00:39:13.430 And so these combined to form  
NOTE Confidence: 0.835944459230769  
00:39:13.430 --> 00:39:14.840 another stereotype that is still  
NOTE Confidence: 0.835944459230769  
00:39:14.840 --> 00:39:16.420 exists today called the perpetual  
NOTE Confidence: 0.835944459230769  
00:39:16.420 --> 00:39:17.987 foreigner stereotype that it doesn't  
NOTE Confidence: 0.835944459230769  
00:39:17.987 --> 00:39:19.744 matter how long you've been in this  
NOTE Confidence: 0.835944459230769  
00:39:19.744 --> 00:39:21.402 country or how many generations,  
NOTE Confidence: 0.835944459230769  
00:39:21.402 --> 00:39:24.323 you're not from here, you're not American.  
NOTE Confidence: 0.835944459230769  
00:39:24.323 --> 00:39:27.550 And so here's an example of this  
NOTE Confidence: 0.835944459230769  
00:39:27.550 --> 00:39:30.392 that was sort of during the during  
NOTE Confidence: 0.835944459230769  
00:39:30.392 --> 00:39:33.769 World War 2A cartoon by Doctor Seuss.  
NOTE Confidence: 0.835944459230769

00:39:33.770 --> 00:39:35.891 You can see that these are Japanese  
NOTE Confidence: 0.835944459230769

00:39:35.891 --> 00:39:37.574 people being depicted with very  
NOTE Confidence: 0.835944459230769

00:39:37.574 --> 00:39:39.728 stereotypical features they're lining up to.  
NOTE Confidence: 0.835944459230769

00:39:39.730 --> 00:39:41.585 Obtained their bricks of TNT  
NOTE Confidence: 0.835944459230769

00:39:41.585 --> 00:39:43.878 and from this person working at  
NOTE Confidence: 0.835944459230769

00:39:43.878 --> 00:39:45.338 the Honorable 5th column,  
NOTE Confidence: 0.835944459230769

00:39:45.340 --> 00:39:48.252 and the person up top has the Periscope  
NOTE Confidence: 0.835944459230769

00:39:48.252 --> 00:39:50.224 looking out West, past California,  
NOTE Confidence: 0.835944459230769

00:39:50.224 --> 00:39:51.828 presumably back to Tokyo,  
NOTE Confidence: 0.835944459230769

00:39:51.830 --> 00:39:53.708 waiting for the signal from home  
NOTE Confidence: 0.835944459230769

00:39:53.708 --> 00:39:56.209 to do some sort of dastardly deed.  
NOTE Confidence: 0.835944459230769

00:39:56.210 --> 00:39:58.220 And so perhaps it's no surprise  
NOTE Confidence: 0.835944459230769

00:39:58.220 --> 00:40:00.075 that with these depictions of  
NOTE Confidence: 0.835944459230769

00:40:00.075 --> 00:40:01.879 Asians essentially as untrustworthy,  
NOTE Confidence: 0.835944459230769

00:40:01.880 --> 00:40:06.480 sort of loyal to a foreign government that  
NOTE Confidence: 0.835944459230769

00:40:06.480 --> 00:40:09.748 in 1942 the Japanese Internment Act was.

NOTE Confidence: 0.835944459230769  
00:40:09.750 --> 00:40:13.638 Signed into law by President FDR.  
NOTE Confidence: 0.835944459230769  
00:40:13.640 --> 00:40:16.136 So 120,000 Japanese Americans were interned,  
NOTE Confidence: 0.835944459230769  
00:40:16.140 --> 00:40:17.880 over 60% of whom were U.S.  
NOTE Confidence: 0.835944459230769  
00:40:17.880 --> 00:40:18.299 citizens.  
NOTE Confidence: 0.835944459230769  
00:40:18.299 --> 00:40:20.813 And this action was declared constitutional  
NOTE Confidence: 0.835944459230769  
00:40:20.813 --> 00:40:23.310 by the Supreme Court at that time.  
NOTE Confidence: 0.835944459230769  
00:40:23.310 --> 00:40:25.630 And so that sort of anti Asian sentiment  
NOTE Confidence: 0.835944459230769  
00:40:25.630 --> 00:40:28.009 of course eventually got coded into law.  
NOTE Confidence: 0.835944459230769  
00:40:28.010 --> 00:40:31.032 We had the Chinese Exclusion Act of 1882,  
NOTE Confidence: 0.835944459230769  
00:40:31.032 --> 00:40:32.936 which banned all Chinese from coming to  
NOTE Confidence: 0.835944459230769  
00:40:32.936 --> 00:40:34.660 America with a handful of exceptions.  
NOTE Confidence: 0.835944459230769  
00:40:34.660 --> 00:40:35.794 That was the first time in U.S.  
NOTE Confidence: 0.835944459230769  
00:40:35.800 --> 00:40:37.230 history that a single group  
NOTE Confidence: 0.835944459230769  
00:40:37.230 --> 00:40:38.660 was excluded based on race.  
NOTE Confidence: 0.835944459230769  
00:40:38.660 --> 00:40:41.060 But of course it wasn't going to be the last.  
NOTE Confidence: 0.835944459230769

00:40:41.060 --> 00:40:43.988 We then have the Immigration Act of 1917.

NOTE Confidence: 0.839520096666667

00:40:43.990 --> 00:40:46.564 Which expanded basically was trying to

NOTE Confidence: 0.839520096666667

00:40:46.564 --> 00:40:48.280 restrict undesirable immigration from

NOTE Confidence: 0.839520096666667

00:40:48.342 --> 00:40:50.487 everywhere other than northern Europe.

NOTE Confidence: 0.839520096666667

00:40:50.490 --> 00:40:52.596 So decrease the put quotas on

NOTE Confidence: 0.839520096666667

00:40:52.596 --> 00:40:53.649 Eastern European immigration,

NOTE Confidence: 0.839520096666667

00:40:53.650 --> 00:40:55.430 but essentially stopped all

NOTE Confidence: 0.839520096666667

00:40:55.430 --> 00:40:58.100 immigration from Asia and this kept

NOTE Confidence: 0.839520096666667

00:40:58.175 --> 00:41:00.647 getting perpetuated and propagated.

NOTE Confidence: 0.839520096666667

00:41:00.650 --> 00:41:01.945 Now it's actually almost head

NOTE Confidence: 0.839520096666667

00:41:01.945 --> 00:41:03.240 spinning how quickly that changed

NOTE Confidence: 0.839520096666667

00:41:03.289 --> 00:41:04.647 towards the end of World War Two.

NOTE Confidence: 0.839520096666667

00:41:04.650 --> 00:41:05.940 Sort of. Strategically,

NOTE Confidence: 0.839520096666667

00:41:05.940 --> 00:41:08.950 some scholars have found that the Chinese

NOTE Confidence: 0.839520096666667

00:41:09.025 --> 00:41:11.202 became seen in a more favorable lights

NOTE Confidence: 0.839520096666667

00:41:11.202 --> 00:41:14.127 as a way of countering Imperial Japan.

NOTE Confidence: 0.839520096666667

00:41:14.130 --> 00:41:15.740 And so there was a strategic decision

NOTE Confidence: 0.839520096666667

00:41:15.740 --> 00:41:17.459 made to try and Curry favor with

NOTE Confidence: 0.839520096666667

00:41:17.459 --> 00:41:18.923 China in the war against Japan.

NOTE Confidence: 0.839520096666667

00:41:18.930 --> 00:41:21.078 So we started we allowing certain

NOTE Confidence: 0.839520096666667

00:41:21.078 --> 00:41:23.795 Chinese people in and the the Citizens

NOTE Confidence: 0.839520096666667

00:41:23.795 --> 00:41:25.815 Committee to repeal Chinese exclusion

NOTE Confidence: 0.839520096666667

00:41:25.815 --> 00:41:28.648 kind of recast Chinese as law abiding,

NOTE Confidence: 0.839520096666667

00:41:28.650 --> 00:41:29.430 peace loving,

NOTE Confidence: 0.839520096666667

00:41:29.430 --> 00:41:31.770 courteous people living quietly among us.

NOTE Confidence: 0.839520096666667

00:41:31.770 --> 00:41:33.961 So suddenly a shift from the yellow

NOTE Confidence: 0.839520096666667

00:41:33.961 --> 00:41:35.803 peril Cooley hordes and then you

NOTE Confidence: 0.839520096666667

00:41:35.803 --> 00:41:37.756 start to see the term model minority

NOTE Confidence: 0.839520096666667

00:41:37.821 --> 00:41:39.585 used widely in the mid century.

NOTE Confidence: 0.839520096666667

00:41:39.590 --> 00:41:42.238 So there's a New York Times article from

NOTE Confidence: 0.839520096666667

00:41:42.238 --> 00:41:44.848 1960s that describes Japanese Americans.

NOTE Confidence: 0.839520096666667

00:41:44.850 --> 00:41:47.898 As this model group that we know today,  
NOTE Confidence: 0.839520096666667

00:41:47.900 --> 00:41:50.098 but it's really not that long ago  
NOTE Confidence: 0.839520096666667

00:41:50.098 --> 00:41:52.305 actually that this shifted and a lot  
NOTE Confidence: 0.839520096666667

00:41:52.305 --> 00:41:54.111 of research have gone into that.  
NOTE Confidence: 0.839520096666667

00:41:54.120 --> 00:41:55.776 So we might think that some of this  
NOTE Confidence: 0.839520096666667

00:41:55.776 --> 00:41:57.769 is is not really here anymore or  
NOTE Confidence: 0.839520096666667

00:41:57.769 --> 00:41:59.289 certainly Asians wouldn't use it.  
NOTE Confidence: 0.839520096666667

00:41:59.290 --> 00:42:01.954 But here is a recent example Andrew Yang,  
NOTE Confidence: 0.839520096666667

00:42:01.960 --> 00:42:04.035 the presidential candidates had actually  
NOTE Confidence: 0.839520096666667

00:42:04.035 --> 00:42:06.846 written an op-ed that was widely panned  
NOTE Confidence: 0.839520096666667

00:42:06.846 --> 00:42:09.177 in the Asian community where he said  
NOTE Confidence: 0.839520096666667

00:42:09.177 --> 00:42:11.466 he he basically embraced he urged  
NOTE Confidence: 0.839520096666667

00:42:11.466 --> 00:42:13.910 Asian Americans to fight anti Asian  
NOTE Confidence: 0.839520096666667

00:42:13.910 --> 00:42:16.660 hate by embracing their Americanness.  
NOTE Confidence: 0.839520096666667

00:42:16.660 --> 00:42:18.610 In ways we never have before.  
NOTE Confidence: 0.839520096666667

00:42:18.610 --> 00:42:20.122 And so he literally said it's our

NOTE Confidence: 0.839520096666667  
00:42:20.122 --> 00:42:21.854 job to get out there, step up,  
NOTE Confidence: 0.839520096666667  
00:42:21.854 --> 00:42:22.398 donate, volunteer,  
NOTE Confidence: 0.839520096666667  
00:42:22.398 --> 00:42:24.741 and show without a shadow of a doubt that  
NOTE Confidence: 0.839520096666667  
00:42:24.741 --> 00:42:26.551 we are Americans who will do our part  
NOTE Confidence: 0.839520096666667  
00:42:26.551 --> 00:42:28.603 for our country in this real time of need.  
NOTE Confidence: 0.839520096666667  
00:42:28.610 --> 00:42:29.206 And again,  
NOTE Confidence: 0.839520096666667  
00:42:29.206 --> 00:42:30.994 probably his intentions here were noble,  
NOTE Confidence: 0.839520096666667  
00:42:31.000 --> 00:42:32.228 but unwittingly,  
NOTE Confidence: 0.839520096666667  
00:42:32.228 --> 00:42:34.684 he's just perpetuating this  
NOTE Confidence: 0.839520096666667  
00:42:34.684 --> 00:42:37.140 perpetual for foreigner stereotype.  
NOTE Confidence: 0.839520096666667  
00:42:37.140 --> 00:42:39.200 As many commentators also observed,  
NOTE Confidence: 0.839520096666667  
00:42:39.200 --> 00:42:41.237 1 stereotype just gives way to another.  
NOTE Confidence: 0.839520096666667  
00:42:41.240 --> 00:42:43.625 So even if we seem to have been protected  
NOTE Confidence: 0.839520096666667  
00:42:43.625 --> 00:42:45.760 by the model minority stereotype,  
NOTE Confidence: 0.839520096666667  
00:42:45.760 --> 00:42:48.742 COVID kind of showed how quickly one  
NOTE Confidence: 0.839520096666667

00:42:48.742 --> 00:42:51.439 stereotype will just turn into another.  
NOTE Confidence: 0.839520096666667

00:42:51.440 --> 00:42:53.627 And a lot of research have gone into this.  
NOTE Confidence: 0.839520096666667

00:42:53.630 --> 00:42:54.424 It's ongoing.  
NOTE Confidence: 0.839520096666667

00:42:54.424 --> 00:42:56.806 Clearly people who experience racism do  
NOTE Confidence: 0.839520096666667

00:42:56.806 --> 00:42:59.030 have negative mental health outcomes,  
NOTE Confidence: 0.839520096666667

00:42:59.030 --> 00:43:00.584 including depression, anxiety,  
NOTE Confidence: 0.839520096666667

00:43:00.584 --> 00:43:02.656 and PTSD like symptoms.  
NOTE Confidence: 0.839520096666667

00:43:02.660 --> 00:43:05.189 That same group stopped the API heat that I  
NOTE Confidence: 0.839520096666667

00:43:05.189 --> 00:43:07.278 mentioned before had some interesting data.  
NOTE Confidence: 0.839520096666667

00:43:07.280 --> 00:43:09.500 They found that those who experienced  
NOTE Confidence: 0.839520096666667

00:43:09.500 --> 00:43:11.363 racism reported being more stressed  
NOTE Confidence: 0.839520096666667

00:43:11.363 --> 00:43:13.589 by the racism than by the pandemic  
NOTE Confidence: 0.839520096666667

00:43:13.589 --> 00:43:15.608 itself that had killed hundreds of  
NOTE Confidence: 0.839520096666667

00:43:15.608 --> 00:43:17.588 thousands of people at that point.  
NOTE Confidence: 0.839520096666667

00:43:17.590 --> 00:43:19.210 But also interestingly,  
NOTE Confidence: 0.839520096666667

00:43:19.210 --> 00:43:21.370 after reporting their incidents,



NOTE Confidence: 0.839520096666667

00:43:21.370 --> 00:43:22.830 those who experienced the racism

NOTE Confidence: 0.839520096666667

00:43:22.830 --> 00:43:24.728 had lower symptoms of race based

NOTE Confidence: 0.839520096666667

00:43:24.728 --> 00:43:25.488 traumatic stress,

NOTE Confidence: 0.839520096666667

00:43:25.490 --> 00:43:27.620 implying again that actually taking

NOTE Confidence: 0.839520096666667

00:43:27.620 --> 00:43:29.750 action and doing something about

NOTE Confidence: 0.839520096666667

00:43:29.818 --> 00:43:31.698 it seemed protective mentally.

NOTE Confidence: 0.839520096666667

00:43:31.700 --> 00:43:33.660 I won't go into detail folks here I'm

NOTE Confidence: 0.839520096666667

00:43:33.660 --> 00:43:35.537 sure are aware that you know racism

NOTE Confidence: 0.839520096666667

00:43:35.537 --> 00:43:37.300 can be experienced as a trauma.

NOTE Confidence: 0.839520096666667

00:43:37.300 --> 00:43:38.050 And often is.

NOTE Confidence: 0.839520096666667

00:43:38.050 --> 00:43:39.800 It's one of the many isms that

NOTE Confidence: 0.801730442857143

00:43:39.864 --> 00:43:41.714 adds disproportionate burden to those

NOTE Confidence: 0.801730442857143

00:43:41.714 --> 00:43:44.080 who are minoritized in this society,

NOTE Confidence: 0.801730442857143

00:43:44.080 --> 00:43:46.798 and many theories as to why.

NOTE Confidence: 0.801730442857143

00:43:46.800 --> 00:43:48.784 But we do also know this is a

NOTE Confidence: 0.801730442857143

00:43:48.784 --> 00:43:50.675 commentary we wrote in the American  
NOTE Confidence: 0.801730442857143

00:43:50.675 --> 00:43:52.836 Journal of Public Health about the  
NOTE Confidence: 0.801730442857143

00:43:52.836 --> 00:43:55.314 impact of COVID on public health.  
NOTE Confidence: 0.801730442857143

00:43:55.320 --> 00:43:57.504 But we for example know that from  
NOTE Confidence: 0.801730442857143

00:43:57.504 --> 00:43:59.300 Japanese who were interned compared  
NOTE Confidence: 0.801730442857143

00:43:59.300 --> 00:44:00.800 to their non intern counterparts,  
NOTE Confidence: 0.801730442857143

00:44:00.800 --> 00:44:02.798 they were about twice as likely  
NOTE Confidence: 0.801730442857143

00:44:02.798 --> 00:44:05.546 to attempt suicide as well as to  
NOTE Confidence: 0.801730442857143

00:44:05.546 --> 00:44:06.896 experience myocardial infarction.  
NOTE Confidence: 0.801730442857143

00:44:06.900 --> 00:44:09.500 So these types of incidents that are deeply  
NOTE Confidence: 0.801730442857143

00:44:09.500 --> 00:44:11.810 felt live on in the body as we know.  
NOTE Confidence: 0.801730442857143

00:44:11.810 --> 00:44:13.746 Now I'll wrap up the section by saying  
NOTE Confidence: 0.801730442857143

00:44:13.746 --> 00:44:15.807 I think what the last couple years have  
NOTE Confidence: 0.801730442857143

00:44:15.807 --> 00:44:18.349 shown us is that race is not black and white,  
NOTE Confidence: 0.801730442857143

00:44:18.350 --> 00:44:20.765 even though often that's how it's portrayed.  
NOTE Confidence: 0.801730442857143

00:44:20.770 --> 00:44:23.882 We know that there is no National History

NOTE Confidence: 0.801730442857143  
00:44:23.882 --> 00:44:25.931 curriculum to mandate any teaching  
NOTE Confidence: 0.801730442857143  
00:44:25.931 --> 00:44:28.710 at all and that for most districts,  
NOTE Confidence: 0.801730442857143  
00:44:28.710 --> 00:44:30.705 Asian American history and completely or not,  
NOTE Confidence: 0.801730442857143  
00:44:30.710 --> 00:44:30.990 thoughts.  
NOTE Confidence: 0.801730442857143  
00:44:30.990 --> 00:44:33.230 And if you think about why that is,  
NOTE Confidence: 0.801730442857143  
00:44:33.230 --> 00:44:34.922 maybe that it doesn't portray the  
NOTE Confidence: 0.801730442857143  
00:44:34.922 --> 00:44:36.890 US in a particularly positive light.  
NOTE Confidence: 0.801730442857143  
00:44:36.890 --> 00:44:38.826 And so I think Asians have often felt  
NOTE Confidence: 0.801730442857143  
00:44:38.826 --> 00:44:40.440 unclear about whether they are a  
NOTE Confidence: 0.801730442857143  
00:44:40.440 --> 00:44:42.400 minority and whether they are actually white.  
NOTE Confidence: 0.801730442857143  
00:44:42.400 --> 00:44:44.101 And I think over the past couple  
NOTE Confidence: 0.801730442857143  
00:44:44.101 --> 00:44:45.811 years has has suggested that maybe  
NOTE Confidence: 0.801730442857143  
00:44:45.811 --> 00:44:47.047 that's not the case.  
NOTE Confidence: 0.801730442857143  
00:44:47.050 --> 00:44:48.826 If you want to educate yourself on this,  
NOTE Confidence: 0.801730442857143  
00:44:48.830 --> 00:44:51.469 I highly recommend this sort of five  
NOTE Confidence: 0.801730442857143

00:44:51.469 --> 00:44:53.713 or six episode Asian Americans PBS  
NOTE Confidence: 0.801730442857143

00:44:53.713 --> 00:44:56.310 series and it does a fantastic job  
NOTE Confidence: 0.801730442857143

00:44:56.380 --> 00:44:58.522 of providing a high level overview  
NOTE Confidence: 0.801730442857143

00:44:58.522 --> 00:45:01.190 of the history of Asians in the US.  
NOTE Confidence: 0.801730442857143

00:45:01.190 --> 00:45:01.756 Society though,  
NOTE Confidence: 0.801730442857143

00:45:01.756 --> 00:45:04.020 so I think some of the positive things  
NOTE Confidence: 0.801730442857143

00:45:04.080 --> 00:45:05.956 that we've seen that people are now  
NOTE Confidence: 0.801730442857143

00:45:05.956 --> 00:45:07.661 speaking up and people in society  
NOTE Confidence: 0.801730442857143

00:45:07.661 --> 00:45:09.642 are speaking up on behalf of Asians,  
NOTE Confidence: 0.801730442857143

00:45:09.650 --> 00:45:11.935 Asians themselves are organizing in  
NOTE Confidence: 0.801730442857143

00:45:11.935 --> 00:45:15.000 ways that have not previously been seen.  
NOTE Confidence: 0.801730442857143

00:45:15.000 --> 00:45:16.435 There have been a lot of discussion  
NOTE Confidence: 0.801730442857143

00:45:16.435 --> 00:45:17.050 about you know,  
NOTE Confidence: 0.801730442857143

00:45:17.050 --> 00:45:17.375 Asian,  
NOTE Confidence: 0.801730442857143

00:45:17.375 --> 00:45:19.325 anti Asian humor which seems to  
NOTE Confidence: 0.801730442857143

00:45:19.325 --> 00:45:21.390 still be very acceptable in a lot

NOTE Confidence: 0.801730442857143

00:45:21.390 --> 00:45:24.098 of quarters in a in a way that you

NOTE Confidence: 0.801730442857143

00:45:24.098 --> 00:45:25.938 wouldn't do for other minoritized

NOTE Confidence: 0.801730442857143

00:45:25.938 --> 00:45:27.474 groups and additional additionally

NOTE Confidence: 0.801730442857143

00:45:27.474 --> 00:45:29.802 as I mentioned our community is

NOTE Confidence: 0.801730442857143

00:45:29.802 --> 00:45:31.278 speaking up and organizing.

NOTE Confidence: 0.801730442857143

00:45:31.280 --> 00:45:32.066 That being said,

NOTE Confidence: 0.801730442857143

00:45:32.066 --> 00:45:34.669 just a word of caution from Jay Caspian Kang,

NOTE Confidence: 0.801730442857143

00:45:34.670 --> 00:45:36.198 who's the writer in the New York Times.

NOTE Confidence: 0.801730442857143

00:45:36.200 --> 00:45:38.580 It's interesting that racial identity

NOTE Confidence: 0.801730442857143

00:45:38.580 --> 00:45:40.960 might primarily arise from racism,

NOTE Confidence: 0.801730442857143

00:45:40.960 --> 00:45:41.271 right?

NOTE Confidence: 0.801730442857143

00:45:41.271 --> 00:45:43.137 Because when you think about Asians

NOTE Confidence: 0.801730442857143

00:45:43.137 --> 00:45:44.920 being such a diverse group,

NOTE Confidence: 0.801730442857143

00:45:44.920 --> 00:45:47.678 how often do they consider themselves Asian?

NOTE Confidence: 0.801730442857143

00:45:47.680 --> 00:45:48.954 And I think about my own parents,

NOTE Confidence: 0.801730442857143

00:45:48.960 --> 00:45:50.835 who would refer to themselves  
NOTE Confidence: 0.801730442857143

00:45:50.835 --> 00:45:52.335 as Taiwanese over Asian.  
NOTE Confidence: 0.801730442857143

00:45:52.340 --> 00:45:55.035 So that's something that Jay Caspian Kang  
NOTE Confidence: 0.801730442857143

00:45:55.035 --> 00:45:57.881 points out and and how durable they'll  
NOTE Confidence: 0.801730442857143

00:45:57.881 --> 00:46:00.311 these bonds be if racism decreases.  
NOTE Confidence: 0.801730442857143

00:46:00.320 --> 00:46:02.098 And so finally, I'll end my talk.  
NOTE Confidence: 0.801730442857143

00:46:02.100 --> 00:46:03.675 They're just sharing a bit about what  
NOTE Confidence: 0.801730442857143

00:46:03.675 --> 00:46:05.107 I've been trying to do about this,  
NOTE Confidence: 0.801730442857143

00:46:05.110 --> 00:46:06.804 and then we'll open up for questions.  
NOTE Confidence: 0.801730442857143

00:46:06.810 --> 00:46:10.622 So my own mentor, Albert Young, as a PG,  
NOTE Confidence: 0.801730442857143

00:46:10.622 --> 00:46:11.910 Y2 resident, when I met with him,  
NOTE Confidence: 0.801730442857143

00:46:11.910 --> 00:46:12.155 said,  
NOTE Confidence: 0.801730442857143

00:46:12.155 --> 00:46:13.870 how do you take this great training  
NOTE Confidence: 0.801730442857143

00:46:13.870 --> 00:46:15.434 that you're getting in all these  
NOTE Confidence: 0.801730442857143

00:46:15.434 --> 00:46:16.964 fancy places and make it available  
NOTE Confidence: 0.801730442857143

00:46:17.011 --> 00:46:18.306 to people like your parents?

NOTE Confidence: 0.837731554166667  
00:46:18.310 --> 00:46:19.696 And with that, it was sort of  
NOTE Confidence: 0.837731554166667  
00:46:19.696 --> 00:46:20.649 like crystallized in my mind.  
NOTE Confidence: 0.837731554166667  
00:46:20.650 --> 00:46:21.922 I didn't realize kind of the  
NOTE Confidence: 0.837731554166667  
00:46:21.922 --> 00:46:23.239 journey that I was on, right.  
NOTE Confidence: 0.837731554166667  
00:46:23.239 --> 00:46:24.973 I don't think often we don't  
NOTE Confidence: 0.837731554166667  
00:46:24.973 --> 00:46:26.170 know until looking back.  
NOTE Confidence: 0.837731554166667  
00:46:26.170 --> 00:46:27.130 But thinking about it was like,  
NOTE Confidence: 0.837731554166667  
00:46:27.130 --> 00:46:28.826 of course that is what I've been doing,  
NOTE Confidence: 0.837731554166667  
00:46:28.830 --> 00:46:29.682 trying to like,  
NOTE Confidence: 0.837731554166667  
00:46:29.682 --> 00:46:31.102 help my parents understand mental  
NOTE Confidence: 0.837731554166667  
00:46:31.102 --> 00:46:32.758 health and help people like them.  
NOTE Confidence: 0.837731554166667  
00:46:32.760 --> 00:46:34.636 And So what I discovered at South  
NOTE Confidence: 0.837731554166667  
00:46:34.636 --> 00:46:36.358 Cove was this idea that like,  
NOTE Confidence: 0.837731554166667  
00:46:36.360 --> 00:46:38.789 try and treat people doesn't often work.  
NOTE Confidence: 0.837731554166667  
00:46:38.790 --> 00:46:39.126 You know,  
NOTE Confidence: 0.837731554166667

00:46:39.126 --> 00:46:40.302 they would often drop out of treatment.  
NOTE Confidence: 0.837731554166667

00:46:40.310 --> 00:46:42.497 They didn't want to buy what I was selling.  
NOTE Confidence: 0.837731554166667

00:46:42.500 --> 00:46:43.176 And so I said,  
NOTE Confidence: 0.837731554166667

00:46:43.176 --> 00:46:44.530 rather than beating my head against the wall,  
NOTE Confidence: 0.837731554166667

00:46:44.530 --> 00:46:46.040 maybe if our treatments were  
NOTE Confidence: 0.837731554166667

00:46:46.040 --> 00:46:47.550 excellent and people got better  
NOTE Confidence: 0.837731554166667

00:46:47.607 --> 00:46:49.019 immediately they would come.  
NOTE Confidence: 0.837731554166667

00:46:49.020 --> 00:46:50.220 But that's not the case yet.  
NOTE Confidence: 0.837731554166667

00:46:50.220 --> 00:46:51.546 And you need a relationship and  
NOTE Confidence: 0.837731554166667

00:46:51.546 --> 00:46:52.920 you need motivation and engagement.  
NOTE Confidence: 0.837731554166667

00:46:52.920 --> 00:46:55.290 So I began to shift my focus and I said  
NOTE Confidence: 0.837731554166667

00:46:55.360 --> 00:46:57.799 maybe the the purpose of my life is not,  
NOTE Confidence: 0.837731554166667

00:46:57.800 --> 00:46:59.685 you know, becoming the most  
NOTE Confidence: 0.837731554166667

00:46:59.685 --> 00:47:00.439 outstanding psychopharmacologist,  
NOTE Confidence: 0.837731554166667

00:47:00.440 --> 00:47:02.120 but actually trying to understand the needs  
NOTE Confidence: 0.837731554166667

00:47:02.120 --> 00:47:03.829 of this community that I'm trying to help.



NOTE Confidence: 0.837731554166667  
00:47:03.830 --> 00:47:05.786 And then shift the way that  
NOTE Confidence: 0.837731554166667  
00:47:05.786 --> 00:47:07.090 we present our services.  
NOTE Confidence: 0.837731554166667  
00:47:07.090 --> 00:47:08.314 And so knowing that,  
NOTE Confidence: 0.837731554166667  
00:47:08.314 --> 00:47:09.538 you know what motivates  
NOTE Confidence: 0.837731554166667  
00:47:09.538 --> 00:47:10.730 immigrants to come here,  
NOTE Confidence: 0.837731554166667  
00:47:10.730 --> 00:47:12.844 it's usually almost always for their kids,  
NOTE Confidence: 0.837731554166667  
00:47:12.850 --> 00:47:15.046 for opportunities for the next generation.  
NOTE Confidence: 0.837731554166667  
00:47:15.050 --> 00:47:16.514 And so we began to think of this  
NOTE Confidence: 0.837731554166667  
00:47:16.514 --> 00:47:17.889 almost as a marketing challenge.  
NOTE Confidence: 0.837731554166667  
00:47:17.890 --> 00:47:19.530 How do you sort of make the case  
NOTE Confidence: 0.837731554166667  
00:47:19.530 --> 00:47:21.047 for the importance of emotional  
NOTE Confidence: 0.837731554166667  
00:47:21.047 --> 00:47:22.807 Wellness for long term success?  
NOTE Confidence: 0.837731554166667  
00:47:22.810 --> 00:47:23.830 And I always joked that I,  
NOTE Confidence: 0.837731554166667  
00:47:23.830 --> 00:47:24.997 as a psychiatrist,  
NOTE Confidence: 0.837731554166667  
00:47:24.997 --> 00:47:26.942 even trained in Ivy League  
NOTE Confidence: 0.837731554166667

00:47:26.942 --> 00:47:27.720 education institutions.  
NOTE Confidence: 0.837731554166667

00:47:27.720 --> 00:47:29.336 If I were to give a talk and  
NOTE Confidence: 0.837731554166667

00:47:29.336 --> 00:47:30.814 advertise and put a flyer about  
NOTE Confidence: 0.837731554166667

00:47:30.814 --> 00:47:32.344 I'm giving a talk about depression,  
NOTE Confidence: 0.837731554166667

00:47:32.350 --> 00:47:34.089 the room would be maybe 25%.  
NOTE Confidence: 0.837731554166667

00:47:34.089 --> 00:47:34.428 From.  
NOTE Confidence: 0.837731554166667

00:47:34.428 --> 00:47:35.106 If that,  
NOTE Confidence: 0.837731554166667

00:47:35.106 --> 00:47:37.640 like if I give a talk about  
NOTE Confidence: 0.837731554166667

00:47:37.640 --> 00:47:39.260 success and the importance of  
NOTE Confidence: 0.837731554166667

00:47:39.260 --> 00:47:40.556 emotional Wellness for success,  
NOTE Confidence: 0.837731554166667

00:47:40.560 --> 00:47:41.897 then the room is not only full,  
NOTE Confidence: 0.837731554166667

00:47:41.900 --> 00:47:43.174 but there's a line out the door  
NOTE Confidence: 0.837731554166667

00:47:43.174 --> 00:47:44.224 and there's people lining up  
NOTE Confidence: 0.837731554166667

00:47:44.224 --> 00:47:45.148 afterwards to ask questions.  
NOTE Confidence: 0.837731554166667

00:47:45.150 --> 00:47:47.038 So it's really just a matter of framing.  
NOTE Confidence: 0.837731554166667

00:47:47.040 --> 00:47:49.674 And we really deemphasize sort of

NOTE Confidence: 0.837731554166667  
00:47:49.674 --> 00:47:51.430 formal psychiatric diagnosis at  
NOTE Confidence: 0.837731554166667  
00:47:51.504 --> 00:47:53.597 1st until there is that buy in.  
NOTE Confidence: 0.837731554166667  
00:47:53.600 --> 00:47:56.534 So we were founded shortly after  
NOTE Confidence: 0.837731554166667  
00:47:56.534 --> 00:47:59.269 I completed my residency in 2014.  
NOTE Confidence: 0.837731554166667  
00:47:59.270 --> 00:48:01.154 And then really informed by again  
NOTE Confidence: 0.837731554166667  
00:48:01.154 --> 00:48:03.110 the needs of the Community,  
NOTE Confidence: 0.837731554166667  
00:48:03.110 --> 00:48:05.090 one of the cofounders, Lucia Liu,  
NOTE Confidence: 0.837731554166667  
00:48:05.090 --> 00:48:06.749 and the top right was a private  
NOTE Confidence: 0.837731554166667  
00:48:06.749 --> 00:48:07.737 practice psychiatrist who was  
NOTE Confidence: 0.837731554166667  
00:48:07.737 --> 00:48:09.135 getting a ton of referrals of  
NOTE Confidence: 0.837731554166667  
00:48:09.135 --> 00:48:10.250 Chinese water national students.  
NOTE Confidence: 0.837731554166667  
00:48:10.250 --> 00:48:11.254 And she said, hey,  
NOTE Confidence: 0.837731554166667  
00:48:11.254 --> 00:48:13.290 we could like open a business together.  
NOTE Confidence: 0.837731554166667  
00:48:13.290 --> 00:48:14.487 But as we talked about it more,  
NOTE Confidence: 0.837731554166667  
00:48:14.490 --> 00:48:15.980 became much more interested in  
NOTE Confidence: 0.837731554166667

00:48:15.980 --> 00:48:17.799 sort of the the academics component  
NOTE Confidence: 0.837731554166667

00:48:17.799 --> 00:48:19.696 of this and how do we understand  
NOTE Confidence: 0.837731554166667

00:48:19.696 --> 00:48:21.444 this and how do we go upstream  
NOTE Confidence: 0.837731554166667

00:48:21.444 --> 00:48:22.951 to try to educate and prevent.  
NOTE Confidence: 0.837731554166667

00:48:22.951 --> 00:48:25.478 So this thing has grown over the  
NOTE Confidence: 0.837731554166667

00:48:25.478 --> 00:48:27.865 past seven or eight years into  
NOTE Confidence: 0.837731554166667

00:48:27.865 --> 00:48:29.056 a diverse coalition.  
NOTE Confidence: 0.837731554166667

00:48:29.060 --> 00:48:30.704 We have lots of folks from  
NOTE Confidence: 0.837731554166667

00:48:30.704 --> 00:48:32.648 around the country and even the  
NOTE Confidence: 0.837731554166667

00:48:32.648 --> 00:48:34.608 world's bringing a diversity of  
NOTE Confidence: 0.837731554166667

00:48:34.608 --> 00:48:36.260 professional perspectives and we  
NOTE Confidence: 0.837731554166667

00:48:36.260 --> 00:48:37.920 are completely volunteer operated.  
NOTE Confidence: 0.837731554166667

00:48:37.920 --> 00:48:40.928 We don't get any support actually from MDHHS.  
NOTE Confidence: 0.865655978181818

00:48:40.930 --> 00:48:42.160 So everything that we do  
NOTE Confidence: 0.865655978181818

00:48:42.160 --> 00:48:43.740 is in our own free time,  
NOTE Confidence: 0.865655978181818

00:48:43.740 --> 00:48:45.678 sort of as a passion project.

NOTE Confidence: 0.865655978181818  
00:48:45.680 --> 00:48:47.576 It's not part of my FTE.  
NOTE Confidence: 0.865655978181818  
00:48:47.580 --> 00:48:50.050 So again, we are educational.  
NOTE Confidence: 0.865655978181818  
00:48:50.050 --> 00:48:52.269 We want to have these engage these  
NOTE Confidence: 0.865655978181818  
00:48:52.269 --> 00:48:53.575 conversations directly with the  
NOTE Confidence: 0.865655978181818  
00:48:53.575 --> 00:48:55.065 Community and hear some photos.  
NOTE Confidence: 0.865655978181818  
00:48:55.070 --> 00:48:58.398 When we could do that prior to COVID?  
NOTE Confidence: 0.865655978181818  
00:48:58.400 --> 00:48:59.800 One of the things that we did  
NOTE Confidence: 0.865655978181818  
00:48:59.800 --> 00:49:01.576 early on was to sort of focus  
NOTE Confidence: 0.865655978181818  
00:49:01.576 --> 00:49:02.981 in on the international student  
NOTE Confidence: 0.865655978181818  
00:49:02.981 --> 00:49:04.460 population because that was a very,  
NOTE Confidence: 0.865655978181818  
00:49:04.460 --> 00:49:07.574 that was again what was being referred to us.  
NOTE Confidence: 0.865655978181818  
00:49:07.580 --> 00:49:09.572 And so wrote this very brief  
NOTE Confidence: 0.865655978181818  
00:49:09.572 --> 00:49:10.657 2 page commentary.  
NOTE Confidence: 0.865655978181818  
00:49:10.657 --> 00:49:13.576 And in jcap, this is literally it.  
NOTE Confidence: 0.865655978181818  
00:49:13.580 --> 00:49:15.708 These are the two pages and interesting.  
NOTE Confidence: 0.865655978181818

00:49:15.710 --> 00:49:17.075 That got picked up not by the  
NOTE Confidence: 0.865655978181818

00:49:17.075 --> 00:49:17.999 mental health community so much,  
NOTE Confidence: 0.865655978181818

00:49:18.000 --> 00:49:19.939 but by the educator community who said,  
NOTE Confidence: 0.865655978181818

00:49:19.940 --> 00:49:21.900 Oh my gosh, we are desperate for this.  
NOTE Confidence: 0.865655978181818

00:49:21.900 --> 00:49:23.436 We're seeing this all the time on campus.  
NOTE Confidence: 0.865655978181818

00:49:23.440 --> 00:49:24.796 We don't know what to do.  
NOTE Confidence: 0.865655978181818

00:49:24.800 --> 00:49:26.252 And so we actually decided to  
NOTE Confidence: 0.865655978181818

00:49:26.252 --> 00:49:28.299 start sort of a consortium program,  
NOTE Confidence: 0.865655978181818

00:49:28.300 --> 00:49:30.244 which is a membership.  
NOTE Confidence: 0.865655978181818

00:49:30.244 --> 00:49:31.895 Based program that schools can joins  
NOTE Confidence: 0.865655978181818

00:49:31.895 --> 00:49:33.554 and actually it's a lot of high  
NOTE Confidence: 0.865655978181818

00:49:33.554 --> 00:49:34.898 schools that like to join because  
NOTE Confidence: 0.865655978181818

00:49:34.898 --> 00:49:36.386 they don't have a lot of supports.  
NOTE Confidence: 0.865655978181818

00:49:36.390 --> 00:49:38.490 And so we do get regular talks,  
NOTE Confidence: 0.865655978181818

00:49:38.490 --> 00:49:39.902 we do case consultation,  
NOTE Confidence: 0.865655978181818

00:49:39.902 --> 00:49:42.020 we don't provide direct clinical care,

NOTE Confidence: 0.865655978181818

00:49:42.020 --> 00:49:43.882 but we can consult to the team

NOTE Confidence: 0.865655978181818

00:49:43.882 --> 00:49:45.411 and we've offered novel things

NOTE Confidence: 0.865655978181818

00:49:45.411 --> 00:49:47.101 like virtual support groups during

NOTE Confidence: 0.865655978181818

00:49:47.101 --> 00:49:48.670 COVID for the students.

NOTE Confidence: 0.865655978181818

00:49:48.670 --> 00:49:51.148 We recently completed our 4th year.

NOTE Confidence: 0.865655978181818

00:49:51.150 --> 00:49:53.670 So been a lot of work but also really

NOTE Confidence: 0.865655978181818

00:49:53.670 --> 00:49:55.931 fun because educators turn out to

NOTE Confidence: 0.865655978181818

00:49:55.931 --> 00:49:58.539 be great students and they love this

NOTE Confidence: 0.865655978181818

00:49:58.539 --> 00:50:00.716 and they they want to delve in.

NOTE Confidence: 0.865655978181818

00:50:00.720 --> 00:50:02.792 We also again sort of trying to

NOTE Confidence: 0.865655978181818

00:50:02.792 --> 00:50:04.630 clarify our mission and what we

NOTE Confidence: 0.865655978181818

00:50:04.630 --> 00:50:06.385 do see ourselves as educators in

NOTE Confidence: 0.865655978181818

00:50:06.385 --> 00:50:08.240 a way to the professionals as in,

NOTE Confidence: 0.865655978181818

00:50:08.240 --> 00:50:09.820 in addition to the Community.

NOTE Confidence: 0.865655978181818

00:50:09.820 --> 00:50:11.020 So starting in 2021,

NOTE Confidence: 0.865655978181818

00:50:11.020 --> 00:50:13.343 we teamed up with the Let's talk  
NOTE Confidence: 0.865655978181818

00:50:13.343 --> 00:50:15.598 Asian American Student Mental Health  
NOTE Confidence: 0.865655978181818

00:50:15.598 --> 00:50:17.402 Conference at Harvard Graduate  
NOTE Confidence: 0.865655978181818

00:50:17.468 --> 00:50:19.460 School of Education run by Josephine  
NOTE Confidence: 0.865655978181818

00:50:19.460 --> 00:50:21.154 Kim at the upper right.  
NOTE Confidence: 0.865655978181818

00:50:21.154 --> 00:50:23.338 The faculty there and Juliana Chen,  
NOTE Confidence: 0.865655978181818

00:50:23.340 --> 00:50:25.146 who's part of our center started to  
NOTE Confidence: 0.865655978181818

00:50:25.146 --> 00:50:26.888 create this sort of curriculum for  
NOTE Confidence: 0.865655978181818

00:50:26.888 --> 00:50:28.706 educators and clinicians who want to  
NOTE Confidence: 0.865655978181818

00:50:28.706 --> 00:50:30.506 better support the mental health of.  
NOTE Confidence: 0.865655978181818

00:50:30.510 --> 00:50:33.534 Asian students and so we this  
NOTE Confidence: 0.865655978181818

00:50:33.534 --> 00:50:35.550 was last year's curriculum,  
NOTE Confidence: 0.865655978181818

00:50:35.550 --> 00:50:39.150 kind of a initial foray into this topic.  
NOTE Confidence: 0.865655978181818

00:50:39.150 --> 00:50:41.726 This past year we held our second  
NOTE Confidence: 0.865655978181818

00:50:41.726 --> 00:50:43.537 annual conference focused on anti  
NOTE Confidence: 0.865655978181818

00:50:43.537 --> 00:50:45.127 Asian racism and racial trauma



NOTE Confidence: 0.865655978181818  
00:50:45.127 --> 00:50:47.624 and had just an amazing we've had  
NOTE Confidence: 0.865655978181818  
00:50:47.624 --> 00:50:49.464 over 300 participants each year  
NOTE Confidence: 0.865655978181818  
00:50:49.464 --> 00:50:51.040 paying to come to this conference  
NOTE Confidence: 0.865655978181818  
00:50:51.040 --> 00:50:52.815 because they want to do a better  
NOTE Confidence: 0.865655978181818  
00:50:52.815 --> 00:50:54.120 job for their Asian students.  
NOTE Confidence: 0.865655978181818  
00:50:54.120 --> 00:50:55.364 We also directly provide  
NOTE Confidence: 0.865655978181818  
00:50:55.364 --> 00:50:56.608 direct education to community.  
NOTE Confidence: 0.865655978181818  
00:50:56.610 --> 00:50:57.520 We're always trying to figure  
NOTE Confidence: 0.865655978181818  
00:50:57.520 --> 00:50:58.650 out better ways to do that,  
NOTE Confidence: 0.865655978181818  
00:50:58.650 --> 00:51:00.830 so we've created fact sheets.  
NOTE Confidence: 0.865655978181818  
00:51:00.830 --> 00:51:01.105 Um,  
NOTE Confidence: 0.865655978181818  
00:51:01.105 --> 00:51:02.755 that are a little more tailored  
NOTE Confidence: 0.865655978181818  
00:51:02.755 --> 00:51:04.087 culturally and also translated  
NOTE Confidence: 0.865655978181818  
00:51:04.087 --> 00:51:05.440 into different languages.  
NOTE Confidence: 0.865655978181818  
00:51:05.440 --> 00:51:07.064 The idea being that if you took an  
NOTE Confidence: 0.865655978181818

00:51:07.064 --> 00:51:08.679 IH fact sheet and translated it,  
NOTE Confidence: 0.865655978181818

00:51:08.680 --> 00:51:10.090 I think most people would just  
NOTE Confidence: 0.865655978181818

00:51:10.090 --> 00:51:11.970 sort of ignore it or throw it away  
NOTE Confidence: 0.865655978181818

00:51:11.970 --> 00:51:13.618 if you handed it out because they  
NOTE Confidence: 0.865655978181818

00:51:13.618 --> 00:51:15.256 don't see it as representing them.  
NOTE Confidence: 0.921407071818182

00:51:15.260 --> 00:51:18.122 But if you can add in some things that  
NOTE Confidence: 0.921407071818182

00:51:18.122 --> 00:51:19.750 sort of feel more culturally relevant,  
NOTE Confidence: 0.921407071818182

00:51:19.750 --> 00:51:21.920 they will read it and they're interested,  
NOTE Confidence: 0.921407071818182

00:51:21.920 --> 00:51:23.400 but it's about starting that  
NOTE Confidence: 0.921407071818182

00:51:23.400 --> 00:51:24.880 conversation and getting them engaged.  
NOTE Confidence: 0.921407071818182

00:51:24.880 --> 00:51:27.096 We do try to make things that the  
NOTE Confidence: 0.921407071818182

00:51:27.096 --> 00:51:29.065 Community asks for and so as we were  
NOTE Confidence: 0.921407071818182

00:51:29.065 --> 00:51:30.840 doing a series of free webinars.  
NOTE Confidence: 0.921407071818182

00:51:30.840 --> 00:51:33.948 Uh, last year in the the height  
NOTE Confidence: 0.921407071818182

00:51:33.948 --> 00:51:36.939 of the anti Asian violence.  
NOTE Confidence: 0.921407071818182

00:51:36.940 --> 00:51:38.650 This was actually a direct comment,

NOTE Confidence: 0.921407071818182  
00:51:38.650 --> 00:51:40.640 anonymous comment from a participant  
NOTE Confidence: 0.921407071818182  
00:51:40.640 --> 00:51:43.750 who said we want help talking to our  
NOTE Confidence: 0.921407071818182  
00:51:43.750 --> 00:51:46.200 kids who are born here about racism.  
NOTE Confidence: 0.921407071818182  
00:51:46.200 --> 00:51:48.216 And I was delighted because I was like,  
NOTE Confidence: 0.921407071818182  
00:51:48.220 --> 00:51:49.724 I never, my parents never talked to me  
NOTE Confidence: 0.921407071818182  
00:51:49.724 --> 00:51:51.640 and you know, we would never have this.  
NOTE Confidence: 0.921407071818182  
00:51:51.640 --> 00:51:53.404 So to see this represented to  
NOTE Confidence: 0.921407071818182  
00:51:53.404 --> 00:51:54.580 me a big change.  
NOTE Confidence: 0.921407071818182  
00:51:54.580 --> 00:51:56.420 And I said yes, we have to respond.  
NOTE Confidence: 0.921407071818182  
00:51:56.420 --> 00:51:57.536 And we all felt that way.  
NOTE Confidence: 0.921407071818182  
00:51:57.540 --> 00:51:59.339 It wasn't just me or our center.  
NOTE Confidence: 0.921407071818182  
00:51:59.340 --> 00:52:02.076 And so we put together sort of a toolkit,  
NOTE Confidence: 0.921407071818182  
00:52:02.080 --> 00:52:03.645 basically to give parents specific  
NOTE Confidence: 0.921407071818182  
00:52:03.645 --> 00:52:05.552 language that they could use and  
NOTE Confidence: 0.921407071818182  
00:52:05.552 --> 00:52:07.256 how webinars and try to disseminate.  
NOTE Confidence: 0.921407071818182

00:52:07.260 --> 00:52:10.950 This for free into the community.  
NOTE Confidence: 0.921407071818182

00:52:10.950 --> 00:52:12.896 We also were lucky enough to be  
NOTE Confidence: 0.921407071818182

00:52:12.896 --> 00:52:14.490 granted a Robert Wood Johnson  
NOTE Confidence: 0.921407071818182

00:52:14.490 --> 00:52:18.048 Grant as a doctor you mentioned.  
NOTE Confidence: 0.921407071818182

00:52:18.050 --> 00:52:19.758 And so this is kind of the  
NOTE Confidence: 0.921407071818182

00:52:19.758 --> 00:52:20.890 focus that we're doing.  
NOTE Confidence: 0.921407071818182

00:52:20.890 --> 00:52:23.155 We're trying to basically build  
NOTE Confidence: 0.921407071818182

00:52:23.155 --> 00:52:25.448 a very practical toolkit to help  
NOTE Confidence: 0.921407071818182

00:52:25.448 --> 00:52:26.882 parents once they've come to the  
NOTE Confidence: 0.921407071818182

00:52:26.882 --> 00:52:28.430 point where they say we need help,  
NOTE Confidence: 0.921407071818182

00:52:28.430 --> 00:52:29.850 which many we are discovering,  
NOTE Confidence: 0.921407071818182

00:52:29.850 --> 00:52:31.022 many parents are they,  
NOTE Confidence: 0.921407071818182

00:52:31.022 --> 00:52:33.067 they quickly move from yes we need  
NOTE Confidence: 0.921407071818182

00:52:33.067 --> 00:52:35.092 to change to tell us what to do and  
NOTE Confidence: 0.921407071818182

00:52:35.157 --> 00:52:37.187 that's what we're hearing a lot now.  
NOTE Confidence: 0.921407071818182

00:52:37.190 --> 00:52:38.963 So we're trying to tell them what to do

NOTE Confidence: 0.921407071818182

00:52:38.963 --> 00:52:40.775 and I think the chat together program.

NOTE Confidence: 0.921407071818182

00:52:40.780 --> 00:52:42.908 Similar trying to equip with direct skills.

NOTE Confidence: 0.877845854

00:52:44.700 --> 00:52:45.950 If we play this film,

NOTE Confidence: 0.72007513

00:52:45.990 --> 00:52:47.950 I think there's time. Film,

NOTE Confidence: 0.72007513

00:52:47.950 --> 00:52:50.550 I think is a is a critical tool.

NOTE Confidence: 0.72007513

00:52:50.550 --> 00:52:53.161 And I'm going to play this trailer

NOTE Confidence: 0.72007513

00:52:53.161 --> 00:52:56.307 from a film called Looking for Luke,

NOTE Confidence: 0.72007513

00:52:56.310 --> 00:52:58.585 which was Co produced by Joanna Chen,

NOTE Confidence: 0.72007513

00:52:58.590 --> 00:52:59.859 our associate director.

NOTE Confidence: 0.8442737

00:53:06.890 --> 00:53:09.060 Luke was

NOTE Confidence: 0.59306629

00:53:12.470 --> 00:53:14.610 mischievous, dorky, full of energy,

NOTE Confidence: 0.59306629

00:53:14.610 --> 00:53:17.490 extremely silly. He was curious.

NOTE Confidence: 0.59306629

00:53:17.490 --> 00:53:18.666 He found a question that he had.

NOTE Confidence: 0.59306629

00:53:18.670 --> 00:53:19.710 He wouldn't let it go.

NOTE Confidence: 0.59306629

00:53:19.710 --> 00:53:21.229 Questions of life, the purpose of life,

NOTE Confidence: 0.59306629

00:53:21.230 --> 00:53:22.510 the meaning of life.  
NOTE Confidence: 0.59306629

00:53:22.510 --> 00:53:24.430 I think you would have turned  
NOTE Confidence: 0.59306629

00:53:24.496 --> 00:53:26.606 into this really great professor.  
NOTE Confidence: 0.59306629

00:53:26.610 --> 00:53:28.314 He was really smart.  
NOTE Confidence: 0.59306629

00:53:28.314 --> 00:53:30.444 He was a presidential scholar.  
NOTE Confidence: 0.59306629

00:53:30.450 --> 00:53:32.412 Math competition with.  
NOTE Confidence: 0.59306629

00:53:32.412 --> 00:53:34.818 Growing up, you always heard  
NOTE Confidence: 0.59306629

00:53:34.818 --> 00:53:36.952 your parents saying, be like him,  
NOTE Confidence: 0.59306629

00:53:36.952 --> 00:53:39.360 achieve what he does and then all  
NOTE Confidence: 0.59306629

00:53:39.437 --> 00:53:41.700 of a sudden don't be like him.  
NOTE Confidence: 0.59306629

00:53:41.700 --> 00:53:43.860 He's made such a huge mistake.  
NOTE Confidence: 0.895134302307692

00:53:51.300 --> 00:53:54.030 Today I'd like to talk about  
NOTE Confidence: 0.895134302307692

00:53:54.030 --> 00:53:57.440 people and how we relate to them.  
NOTE Confidence: 0.895134302307692

00:53:57.440 --> 00:53:59.068 Everyone has a story.  
NOTE Confidence: 0.895134302307692

00:53:59.068 --> 00:54:02.280 Everyone has a reason for their behavior,  
NOTE Confidence: 0.895134302307692

00:54:02.280 --> 00:54:04.578 whether we know it or not.

NOTE Confidence: 0.895134302307692  
00:54:04.580 --> 00:54:05.854 It was like one of my best  
NOTE Confidence: 0.895134302307692  
00:54:05.854 --> 00:54:07.345 friends and I thought we wouldn't  
NOTE Confidence: 0.895134302307692  
00:54:07.345 --> 00:54:08.830 really go through life together.  
NOTE Confidence: 0.6055595  
00:54:12.670 --> 00:54:13.636 Wait, the biggest question,  
NOTE Confidence: 0.6055595  
00:54:13.636 --> 00:54:14.968 of course, was just why?  
NOTE Confidence: 0.6055595  
00:54:14.968 --> 00:54:16.738 Why would he do that?  
NOTE Confidence: 0.6055595  
00:54:16.740 --> 00:54:17.720 I was completely unaware,  
NOTE Confidence: 0.6055595  
00:54:17.720 --> 00:54:19.554 and I think most of his friends  
NOTE Confidence: 0.6055595  
00:54:19.554 --> 00:54:21.438 were unaware that he was struggling.  
NOTE Confidence: 0.6055595  
00:54:21.440 --> 00:54:23.630 With suicidal thoughts or these  
NOTE Confidence: 0.6055595  
00:54:23.630 --> 00:54:25.820 different questions at the funeral,  
NOTE Confidence: 0.6055595  
00:54:25.820 --> 00:54:27.780 they didn't say it was a suicide.  
NOTE Confidence: 0.6055595  
00:54:27.780 --> 00:54:31.042 They said he died from a chronic  
NOTE Confidence: 0.6055595  
00:54:31.042 --> 00:54:32.615 illness because in the beginning we  
NOTE Confidence: 0.6055595  
00:54:32.615 --> 00:54:34.400 were told not to tell what happened.  
NOTE Confidence: 0.15046015

00:54:47.770 --> 00:54:50.740 Hi, how are you?  
NOTE Confidence: 0.859364190416667

00:54:55.860 --> 00:54:57.988 I've I've seen this film probably 100 times  
NOTE Confidence: 0.859364190416667

00:54:57.988 --> 00:55:00.397 and I cry every time I watch it because  
NOTE Confidence: 0.859364190416667

00:55:00.397 --> 00:55:02.379 it contains so many of these themes.  
NOTE Confidence: 0.859364190416667

00:55:02.380 --> 00:55:04.846 I'm talking about the breakdown in  
NOTE Confidence: 0.859364190416667

00:55:04.846 --> 00:55:06.244 communications the tragedies and the  
NOTE Confidence: 0.859364190416667

00:55:06.244 --> 00:55:08.343 families and and so many so many so  
NOTE Confidence: 0.859364190416667

00:55:08.343 --> 00:55:10.035 much admiration for the parents who  
NOTE Confidence: 0.859364190416667

00:55:10.035 --> 00:55:11.881 are actually willing to talk about it  
NOTE Confidence: 0.859364190416667

00:55:11.881 --> 00:55:13.705 as opposed to keeping it on the rug.  
NOTE Confidence: 0.859364190416667

00:55:13.705 --> 00:55:15.460 I know we're overtime so I'll I'll wrap up.  
NOTE Confidence: 0.859364190416667

00:55:15.460 --> 00:55:17.500 We also do a lot of research our  
NOTE Confidence: 0.859364190416667

00:55:17.500 --> 00:55:18.956 Director of Research Cindy Lou  
NOTE Confidence: 0.859364190416667

00:55:18.956 --> 00:55:21.021 actually have just won an R1 and  
NOTE Confidence: 0.859364190416667

00:55:21.087 --> 00:55:23.055 R21 to look at discrimination and.  
NOTE Confidence: 0.859364190416667

00:55:23.060 --> 00:55:24.492 Racial socialization and Asian



NOTE Confidence: 0.859364190416667  
00:55:24.492 --> 00:55:26.282 parent and youth mental health,  
NOTE Confidence: 0.859364190416667  
00:55:26.290 --> 00:55:27.076 which is amazing.  
NOTE Confidence: 0.859364190416667  
00:55:27.076 --> 00:55:28.910 Again, I think it was actually very  
NOTE Confidence: 0.859364190416667  
00:55:28.965 --> 00:55:31.101 rare to receive an R1 focused on Asian  
NOTE Confidence: 0.859364190416667  
00:55:31.101 --> 00:55:32.629 American mental health in the past.  
NOTE Confidence: 0.859364190416667  
00:55:32.630 --> 00:55:34.328 So I think things are starting  
NOTE Confidence: 0.859364190416667  
00:55:34.328 --> 00:55:36.171 to change because of all of  
NOTE Confidence: 0.859364190416667  
00:55:36.171 --> 00:55:37.467 this outcry that's happened.  
NOTE Confidence: 0.859364190416667  
00:55:37.470 --> 00:55:38.678 Finally, it's focus #3.  
NOTE Confidence: 0.859364190416667  
00:55:38.678 --> 00:55:40.490 We are not our clinical program.  
NOTE Confidence: 0.859364190416667  
00:55:40.490 --> 00:55:42.458 We all have full time jobs as clinicians  
NOTE Confidence: 0.859364190416667  
00:55:42.458 --> 00:55:44.053 and educators and there's just no way  
NOTE Confidence: 0.859364190416667  
00:55:44.053 --> 00:55:45.790 we all see patients in our practices.  
NOTE Confidence: 0.859364190416667  
00:55:45.790 --> 00:55:46.528 But it's really,  
NOTE Confidence: 0.859364190416667  
00:55:46.528 --> 00:55:48.250 this is a huge problem and I  
NOTE Confidence: 0.859364190416667

00:55:48.308 --> 00:55:50.058 run the outpatient division MGH,  
NOTE Confidence: 0.859364190416667

00:55:50.060 --> 00:55:52.335 so I know you know the critical  
NOTE Confidence: 0.859364190416667

00:55:52.335 --> 00:55:53.310 lack of services.  
NOTE Confidence: 0.859364190416667

00:55:53.310 --> 00:55:54.836 And so it's really thinking about what  
NOTE Confidence: 0.859364190416667

00:55:54.836 --> 00:55:56.311 are the creative ways that we can  
NOTE Confidence: 0.859364190416667

00:55:56.311 --> 00:55:57.716 actually get folks into the care that  
NOTE Confidence: 0.859364190416667

00:55:57.716 --> 00:55:59.268 they need when they're ready to get it.  
NOTE Confidence: 0.859364190416667

00:55:59.270 --> 00:55:59.930 So with that,  
NOTE Confidence: 0.859364190416667

00:55:59.930 --> 00:56:00.590 I will stop.  
NOTE Confidence: 0.859364190416667

00:56:00.590 --> 00:56:02.489 Thank you so much and please stay in touch.  
NOTE Confidence: 0.859364190416667

00:56:02.490 --> 00:56:05.000 We'll open up for questions.