



Oregon Public Health Association

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Oregon Public Health Association stands in support of and solidarity with the Asian/Asian-American community.

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Statement from OPHA Board of Directors for Immediate Release

In light of increased violence and other racist, malign acts directed towards Asian and Asian American communities since the onset of COVID-19, and especially over the past several weeks, Oregon Public Health Association (OPHA) stands in support of and solidarity with the Asian/Asian-American community. To our Asian/Asian-American colleagues, we share in your anger and heartbreak and extend our compassion to you. We also extend our condolences to the family and friends of those who lost their lives in the recent tragic shootings in Georgia.

The COVID-19 pandemic has had a uniquely difficult impact on Asian communities across the world. The recent increased incidents of anti-Asian violence including the horrific events that occurred in Georgia, which resulted in the death of 8 individuals, 6 of whom were Asian women, are stark reminders that there is still much work to be done to address racism, xenophobia and hate and to create a society that values the dignity and worth of all people. [Oregon is not exempt from this sentiment of racism](#) against Asian Americans in our own communities.

There is so much pain in this—specifically, the pain of longstanding racism that has only been reinvigorated during COVID-19. In the 19th century, white communities reacted to economic and social anxieties by blaming Asian and Chinese immigrants for the spread of diseases prevalent at the time. This [history](#) goes largely under acknowledged in mainstream discourse, and yet it is the root of where we find ourselves today. At the same time, anti-Asian racism is connected to a broader system of white supremacy that benefits from divisions between communities of color. We must work together and find collaborative solutions to dismantle this system for the benefit of all oppressed groups.

While standing in support with communities harmed by racism is important, we also believe that we must do the work to put action behind our sentiments of solidarity. At OPHA we continue to invest in our own growth to find ways to work toward addressing issues of racism including developing structures within our organization devoted to this work, and working over the past year in service of BIPOC community leaders across the state to develop legislation to [declare racism a public health crisis \(HB 2337\)](#).

Part of doing this work also requires that we interrupt racism when we see it happening. [Hollaback!](#)'s resources and trainings for bystander interventions are key to building skills to do this. However, we need not wait for the perfect words- just the act of saying something to interrupt is important.

OPHA also wants to uplift important resources from local organizations. Community members who have been impacted by a bias-driven incident can refer to [APANO](#) and [Portland United Against Hate's \(PUAH\) "Resilience to Hate Resource Guide."](#) Incidents can be reported to PUAH at www.reporthathepdx.com, the Oregon Department of Justice's Bias Response Hotline at 1-844-924-BIAS, 711 for Oregon Relay, or at StandAgainstHate.Oregon.gov. The "Resilience to Hate Resource Guide" also has references for mental health and victim support resources.

Additional culturally specific resources:

- Asian, Pacific Islander and South Asian American (APISAA) Therapist Directory: <https://www.asianmhc.org/apisaa#oregon> [asianmhc.org]
- Asian American Psychological Association (AAPA): <https://aapaonline.org/> [aapaonline.org]
- Asian Mental Health Collective: <https://www.asianmhc.org/> [asianmhc.org]
- Chinese-American Family Alliance for Mental Health: <https://www.cafamh.org/> [cafamh.org]
- Asian Health and Service Center: <https://www.ahscpdx.org/mentalhealth.html> [ahscpdx.org]
- BIPOC Mental Health Resources: For immediate text support, reach out to Crisis Text Line by texting COALITION to 741741 to connect with a Crisis Counselor for free 24/7. Also, [this document provides further links to mental health organizations](#) [thementalhealthcoalition.org] that are culturally specific, age-group specific and those focused on the needs of LGBTQ individuals.

If you would like additional resources for action and education:

- Initiate courageous conversations regarding biases and complicity. An [implicit bias test](#) is a good place to start.
- [Educate yourself](#) about intersectionality and the diversity of AAPI community, experiences and history.
- Call your representatives to take action [in support of this congressional bill](#).
- Donate to support AAPI communities [nationally](#), and locally ([APANO](#), [Asian Health and Service Center](#), [Oregon Chinese Coalition](#), and [additional organizations](#)).

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Oregon Public Health Association champions the health of all people and all communities. We strengthen the public health profession. We advocate for, and help write the policies that make our streets, buildings, parks, schools and neighborhoods safe and healthy for everyone regardless of their race, ethnicity, sexual orientation or income status. We speak out for public health issues and policies backed by science and work to amplify community voices in addressing health inequities. Established in 1944, we are a broad-based member community advocating at the state level to improve the public's health. Visit us at oregonpublichealth.org. OPHA is the Oregon State Affiliate of the American Public Health Association.