



JULY 2020 | INAUGURAL ISSUE

# PULSE

The Official Newsletter of NAPAFASA

TO OUR  
COMMUNITY  
PARTNERS,  
NEIGHBORS,  
AND FRIENDS

2020 has truly been a year unlike any other in our lifetime. Confusion and rage have become commonplace, as our social fabric was yanked from under us that unusually balmy Friday in March. Covid rocked the entire globe, and suddenly we all were thrust into a new way of life. As an organization that is steeply rooted in health education and community activism, we've had to recalibrate our methods in order to deliver for our stakeholders. We, like you, rose to the occasion and remained steadfast. We brought together our brightest and most determined individuals, and this newsletter is just one of the ways we intend to translate our mission. Our goal is to not only update you on our current events. We intend to give tailored insight into current social justice themes. NAPAFASA has always advocated for social justice and will continue to do so. Allow us to take the "pulse" of the current climate and convey it in a meaningful way to the community-at-large. Topics that may seem too uncomfortable to address will become much clearer as we, together, raise our collective social awareness. Thank you for your continued support throughout the years!

---

PAGE 3

A Personal Perspective on Current Events

PAGE 4

Census? What's that?

PAGE 5

On Pause

PAGE 6

WeHo Has Lost Its PRIDE

PAGE 7

Comorbidities of Shelter In Place, Mental Health Issues, and Drug Abuse

PAGE 8

Meet the Team

---

---

# 关于美国近期事件的见解

by Huiyu Xie



## A PERSONAL PERSPECTIVE ON CURRENT EVENTS



作者：HUIYU，来自于中国，现就读于USC 公共卫生专业研究生二年级，目前于NAPAFASA进行实习工作，主要从事针对ROSEMEAD的居民的宣传及教育工作，其中包括多单元住宅禁烟条令的宣传、二手烟的危害教育等。

2020是不平凡的一年，在这半年内，发生了许多事情，如：全球范围内的新冠疫情，美国境内多地爆发的“BLACK LIVES MATTER”游行活动等等。在此，我将针对这些事件发表一些个人的见解。

自2020伊始之初，中国首先爆发了新冠疫情，让在外求学的留学生群体们为中国担忧不已。令人庆幸的是，随着中国一系列的防疫措施，疫情很快得到了有效的控制。然而，随之而来的是一场“大流行”席卷全球。3月初，疫情在美国爆发，从最开始每天数百例的新增，到如今7月，日均超过5万的新增病例。如今，美国已有超过300万的确诊病例，10万多的死亡病例，且疫情发展至今，并没有减缓的趋势，这一情形让我感到非常的担忧与害怕。作为留学生，由于之前持续的关注中国疫情进展，早就对新冠病毒有所防备，因此，在美国爆发疫情后，给予了足够的重视，做好防护措施来保护自身安全。但是，由于各种文化差异及国情不同，各国对待疫情采取的行为各异，美国始终未能很好地控制疫情的发展。此外，网络上无法辨别真假的信息，也无时无刻不在影响着大家的判断和心情，带来了许多的负面情绪和压力。对待新冠疫情，在我看来，保持乐观但不轻视的态度，认真做好防护，如：保持社交距离、戴口罩、勤洗手、不参与聚集性活动等，是非常有必要的。由现有的各种数据可以看出，这些防护措施是切实有效的。我由衷的希望大家可以重视疫情的严峻程度，不要抱有侥幸心理，并期待着疫情终将得以控制。

2020年5月25日，在美国明尼苏达州，46岁的非裔美国人乔治·弗洛伊德因白人警察德里克·肖万的暴力执法而死亡。事件曝光后不少美国市民举行和平示威集会要求公正审讯涉事警员和正视国内根深蒂固的种族歧视问题，但示威很快演变成暴乱，堵路、店铺抢掠、破坏公物等现象蔓延至全美30多个州。作为一名来自中国的留学生，我个人对于抗议游行并不了解，且对于美国白人警察与黑人之间存在的历史遗留问题，也没有深刻的认识，更因为顾虑到疫情的原因，并没有参与到LA地区进行的多场游行活动中。但对于种族歧视问题，我是持有非常坚定的反对意见的，因为不仅是非裔遭受歧视，亚裔也受到过各方面的歧视问题。我目前从事与ROSEMEAD居民相关的健康服务工作，在ROSEMEAD有超过60%的亚裔人口，33%的西班牙裔，在这次示威活动中，ROSEMEAD –这个不常发生游行的城市，也开展了各种抗议种族歧视的活动，并且完全有别于在LA市中心发生的游行。在ROSEMEAD，游行多以和平示威为主，人们只占用人行道或广场作为示威地点，组织者多为学生及当地居民，且游行人群戴有口罩。而LA市中心的游行，其参与人数是ROSEMEAD的数倍，且游行情绪更为激动，暴乱的现象多次发生，更有说法称：“这些抗议游行是病毒的游乐园”，因为大量人群之间有着密集且长时间的近距离接触，且部分参与人并未做好相关防疫措施，这些行为无疑给了新冠病毒可乘之机。此后的几周内，激增的新冠确诊人数也印证了这一说法。对于此次游行活动，我感到非常的矛盾，一方面支持抗议种族歧视活动，另一方面认为在疫情尚未缓解之时，进行这种聚集性活动，是非常不明智的。我呼吁大家在游行中，一定要做好防疫措施，和平抗议。

最后，希望所有人安全、健康，顺利度过2020。

---

# CENSUS? WHAT'S THAT?

**by stacy vo**

Amongst every spam mail, Amazon packages, and advertisements that get sent to our mailboxes, it is easy to overlook a little blue card that the government sends out every 10 years. That little blue card is an invitation to fill out the 2020 Census. But what is the 2020 Census?

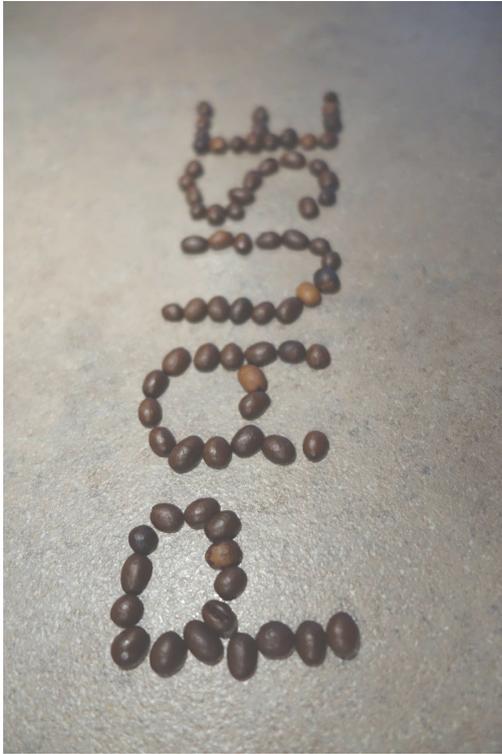
The decennial census is a survey sent to every household and helps the government distribute over 1.5 trillion dollars in federal funding. In order for the federal government to allocate funds to states, they need to first know how many people reside in that state, emphasizing the Census's popular slogan, "Everyone counts". The number of people living in California will then determine how much federal funding California will get for programs including but not limited to MediCal, CalFresh, WIC (Women, Infants, and Children), community health centers, and school meal programs.



The importance of filling out the decennial census can be illustrated in the California Complete Count Report finding that LA county "missed out on an estimated \$650 million in federal funding between 2002 and 2012" due to an undercount in the 2000 Census. 650 million dollars.

The census is already so crucial to helping allocate funds equitably, but is especially important during a public health emergency such as Covid-19 because millions of people have lost their jobs and are now relying on these programs for help with food and health care. A simple survey that takes less than 10 minutes to fill out can help support programs that keep our loved ones, neighbors, and other community members healthy especially during a time filled with so many challenges.

Currently, California's self response rate is at 57.5%, and we can definitely do better. We need to do better as a community to help others, especially those who depend on federally funded programs now more than ever.



## ON PAUSE

by **marielle a. reataza**

As a nonprofit organization that has served the Asian American Pacific Islander (AAPI) community for over 30 years, NAPAFASA has seen what organizing within our community has looked like and could look like. Then, the COVID-19 pandemic hit. Originating from Wuhan, China, it brought serious concerns home, and our community faced new challenges to address, especially with derogatory terms like “kung flu” spread nationwide. We saw an uptick of hate crimes directed towards AAPIs as California braced itself for the Safer at Home directive implemented mid-March. Our communities regrouped just in time for May, nationally recognized as Asian American Heritage Month. Within the last few years, a pervasive theme throughout this month has centered on a collective identity crisis surrounding the damaging impacts of the Model Minority Myth and how our complicity with it does not bring us closer to whiteness. (#BrownAsiansExist.) Seeking help from our Black and non-Black POC allies amid the pandemic, we asked them to stand in solidarity with us.

”

## HOW DOES THE MODEL MINORITY MYTH HARM THE BLACK COMMUNITY?

“

And then as swiftly as we were wrapping up celebrations of our growing progress towards community awareness and identity reclamation, George Floyd was unjustly murdered on May 25th by four Minneapolis police officers--one of whom, Officer Tu Tao, is a member of the Hmong community--an already marginalized group within the larger AAPI community. This, immediately after widespread national awareness of Ahmaud Arbery being gunned down while jogging on February 23rd. This, immediately before widespread national awareness of Breonna Taylor being gunned down in her own apartment by police officers on March 13th. The AAPI community went silent for a quick minute that seemed like forever during these tense times, and understandably so. We needed to regroup. But more importantly, we needed to pause.

At this point, I am left with more questions than answers. How does the Model Minority Myth harm the Black community? How are we complicit when it comes to colorism and injustices towards Black lives? How do we ask for solidarity if we do not share the burden? What does it mean to share the burden? Are we sharing the burden? Solidarity means solidarity. Many have already directed much of our work towards restructuring what it means for AAPIs to stand in solidarity with the Black community, yet more is called for, and rightly so. As our community continues to work on our identity crises and out of this pause, we'll have to continue looking within to find what our history tells us on what to be louder about.

#BlackLivesMatter #AllBlackLivesMatter  
#AsiansForBlackLives #FilipinxForBlackLives



# WEHO HAS LOST ITS PRIDE

**by bel gaines**

The West Hollywood that I have come to love is gone. Though the coronavirus effectively put a nail in West Hollywood's bustling nightlife scene, the city had begun to fade in my heart a few years prior. With social justice smoldering everyone's psyche, I feel it is the perfect time to address the simmering racial undertones that have always plagued this town while offering constructive insight.

This year's Solidarity March would have been a great way to make colored voices heard, yet it never came to fruition. The ensuing fallout led to the seismic split between Christopher Street West and the City of West Hollywood, recently announced on July, 14th. Councilman John Duran said that the relationship between organizers and the city no longer felt like a "comfortable fit." I can relate to the councilman in many ways, for West Hollywood stopped being a "comfortable fit" for me a while ago. To get good service in West Hollywood, it really helps to be white and cis-gendered. Just ask any group of non white/cis trying to get a table at The Abbey (the quintessential, celebrity laden club West Hollywood).

I've personally seen countless gays of color removed from places for practically nothing. For a period of time there was a certain "cantina", denying entry to those wearing fitted caps or sports apparel. Both of which are staples within the black and latino gay community. One could easily parse this into a business trying to strengthen its dress code, yet sadly this was not the case. This was not an attempt to enforce a stricter dress code, as others bar goers were allowed entry wearing shorts and flip flops. This was about sending a clear message to colored people: GO SOMEWHERE ELSE.

This is just one standout memory, as I'm sure similar stories of this nature replay daily within the city. The problem is so systematic and nuanced it is impossible to cover every angle in this space. What happened to me and my friends was mere side effect of systematic hypocrisy that lives within the heart of a gay America. Gay men (white especially) take liberties with social justice issues just because they are gay, and it's time they STOP. Being gay does not automatically make you an ally. Before you blanket social media with clever hashtags, stop and reflect on how you can lend your voice in a broader sense. Online activism is very important, yet we need to make sure it is not just for cool points. We all have a voice, so let's use it with more authenticity.

---

# COMORBIDITIES OF SHELTER IN PLACE, MENTAL HEALTH ISSUES, AND DRUG ABUSE

by stacy vo

On March 19th, 2020, Governor Newsom issued an executive order to shelter in place. As schools moved to remote learning and social distancing was emphasized, our youth were forced to adapt overnight. With over 90% of students now out of school, it is more crucial now than ever, as parents, to emphasize the importance of mental health in our own homes. Although COVID-19 impacts on youth have not been specifically studied, we know from studies looking at past pandemics that there are many negative consequences associated with quarantine and school closure. Such consequences include increased risks for acute stress disorders, increased rates of depression, and increased rates of substance use disorders.

This increase in mental health symptoms due to stress and social isolation in relation to shelter in place orders is of concern due to the link between substance use and mental health disorders. Many youth may find themselves using substances to cope with the negative emotions, anxiety, and social isolation they are feeling while at home. Some parents may be skeptical about where their children are getting substances since they are now always at home, but it is noteworthy to bring up the fact that two-thirds of youth who misuse prescription drugs are getting the drugs from their family or friends. The idea that your kids may be using opioids found in your own home is haunting, but should serve as an emergent reminder to talk to your kids about the dangers of drugs and to have open communication with your kids about their mental health.

Some starter tips regarding conversations about mental health/drug use at home

- **Use a neutral tone:** Try to avoid sounding angry, annoyed, offended, disrespected or frustrated in a conversation. Also try to avoid sounding enthusiastic or joyous. This will allow your kid to feel more comfortable about speaking up because they are not pressured to share the same feelings as you about certain topics.
- **Ask questions even if there's nothing wrong:** Instead of only asking "You look sad, what's wrong", practice asking "How was your day" every day
- **Model positive sharing about emotions and challenges:** Practice sharing your own emotions to let your kids know that having emotions are okay and that sharing them is okay too. Talk about something that made you happy/sad/angry that day and share how you overcame that emotion
- **Be aware of your children's reactions to topics** Watch your children's responses and reaction to different topics. If they seem particularly upset or confused about a topic, maybe that's a cue to slow down and discuss that topic more in depth. It's also important to not push your child to talk about topics they aren't ready to talk about yet. If you start seeing discomfort in your child, maybe revisit that topic another day

In the situation that you do find that your kids are having problems with substance use, please remember that your main goal as a parent is to help your kids recover. There are a variety of ways to help substance use disorders, one of which is Medically Assisted Treatments (MAT), which is the use of medications combined with counseling and behavioral therapies to combat against physiological cravings, normalize body functions and brain chemistries, and block the euphoric effects of drugs. Please do not be afraid to ask your provider about MAT and how they can help your loved ones fight against addiction.

As hectic as the outside world may seem right now, there is no better time to pay closer attention to the world that exists right inside our homes.

# The Team

## MARIELLE A. REATAZA, MD, MS

*(she/hers/siya)*

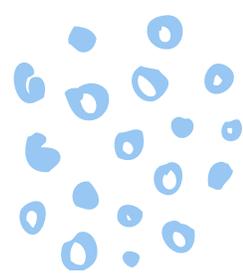
Marielle is the Project Coordinator at NAPAFA SA and works on public health initiatives. She is passionate about intersectional work and finding interdisciplinary solutions to systemic issues.



## HUIYU XIE

*(she/her/hers)*

Huiyu Xie is an MPH student at USC, concentration of biostatistics and epidemiology, and summer intern at NAPAFA SA. She is interested in collecting and analyzing data to help the health educators conduct education in the community and reducing health disparities.



## BEL GAINES

*(he/him/his)*

Bel Gaines is trying to survive the chaos. My time here at NAPAFA SA has been extremely eye-opening. Graduating this year with my MPH, I'm finally getting a chance to spread my public health wings. I'm about social justice, helping others, and living mindfully



## STACY VO

*(she/her/hers)*

Stacy Vo is an MPH candidate at USC and summer intern at NAPAFA SA. She is interested in helping under-served communities and reducing health disparities.