

## Resources from SFDPH Trauma-Informed Systems (TIS)

Dear Community,

We continue to stand in solidarity with you in this time of uncertainty and instability in our nation and the world at large. Fighting this pandemic has brought people together to rally for personal protective equipment (PPE) donations to hospitals, support local businesses to help keep them afloat, and work hard to remain connected to one another in this time of social isolation.

But there is another fight that we need to rally for, and that is the fight against racist rhetoric and violence that has emerged against Asians and Asian Americans in our nation because of misplaced blame for this pandemic.

This week's email update offers resources related to the TIS principle of **Cultural Humility & Equity**.

### Cultural Humility & Equity

*We come from diverse social and cultural groups that may experience and react to trauma differently. When we are open to understanding these differences and respond to them sensitively, we make each other feel understood and equity is enhanced.*

[How to Respond to Coronavirus Racism](#) This article from *Teaching Tolerance* provides a four-step process for speaking up against bias: Interrupt, Question, Educate and Echo.

[Confronting Racism and Supporting Asian American Communities in the Wake of Covid-19](#) This article from the Urban Institute identifies five strategies policymakers and public officials can take to mitigate the racism and xenophobia spreading in the wake of COVID-19, prevent further misinformation, and support vulnerable Asian American communities.

[Stop APPI Hate](#) If you or someone you know is a victim of discrimination related to the coronavirus pandemic, you can report it at this online reporting center, developed by the Asian Pacific Policy and Planning Council and the Chinese for Affirmative Action. With this information, organizations will develop targeted education and media campaigns and provide resources to those affected (Source: [Nonprofits launch site for Asian Americans to report coronavirus-related racism](#)).

We hope you find these resources to be beneficial. By practicing cultural humility and equity in our daily lives, we can work to build tolerance and acceptance of ourselves and our communities and come out of this difficult time stronger.

In solidarity,

The Trauma-Informed Systems Team at San Francisco Department of Public Health

## Additional Resources from SFDPH TIS

- The Trauma-Informed Systems team is offering regular guided *Mindful Moments* on Mondays, Wednesdays and Fridays at 11:45am. Please join us using this [zoom](#) link. You can also check out our [YouTube](#) channel for recordings of the Mindful Moments.
- During these stressful times it can be helpful to reflect on the [TIS Principles and Competencies](#) that offer a framework for how we treat ourselves and each other.
- For more information about Trauma Informed Systems at DPH, contact [TIS@sfdph.org](mailto:TIS@sfdph.org) and check out our website at [www.sfdph.org/TIS](http://www.sfdph.org/TIS)

