

Impact of Anti-Asian Racism on Mental Health and its Implications for Settlement and Community Workers

Last Updated: March 22, 2023

Project Origins

As anti-Asian racism resurged during the COVID-19 pandemic, the ACCT Foundation founded the ACT2EndRacism coalition, a national network of 50+ organizations to respond to racist headlines.

One of the first initiatives of the ACT2EndRacism coalition was the launch of a reporting line, available online and through text message in 7 Asian languages. 25% of reports requested support. However, when we attempted to make external referrals to service providers, including settlement agencies, many were not prepared to assist those who experienced racism.

Key Project Activities

Activity	Timeline
Research - Literature Review & Ethics - Online Survey, Focus Groups, 1-1 Interviews	Sept – Dec 2022
Research Analysis & Training Program Development	Jan – April 2023
Training Program Pilot	May – Aug 2023
Evaluation & Knowledge Sharing	Aug 2023 – March 2024

Our Pilot Training Program

Through self-directed online learning activities, virtual discussion forums, and live Zoom sessions, participants will:

- Learn about historical and contemporary realities facing Asian Canadians in Canada
- Gain theoretical grounding to inform critical analyses of anti-Asian racism
- Examine research on Asian Canadian experience with racism, its impact on their well-being, and their access to informal support and formal services
- Explore research-informed strategies to prevent and respond to anti-Asian racism
- Develop culturally responsive, trauma-informed practices to support victims of racism
- Integrate and apply new learnings through the use of case studies

Register now!

- 15 hours training over a 4 week period
 - 11 hours self-directed online learning activities and virtual discussion forums
 - 4 hours facilitated live Zoom sessions
- Cohort 1: **Monday May 15 – Friday June 9, 2023**
- Cohort 2: **Monday July 10 – Friday August 4, 2023**



Register in our free pilot training program now via the QR code!

Only 100 spots available.