Deconstructing the Invisible Minority and Reshaping Clinical Interventions
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Which is the Largest “Chinatown” in NYC?

Flushing
Queens

Chinatown
Manhattan

Sunset Park
Brooklyn
What’s the Chinese population in the US?

1%  3%  9%  12%
What Makes Chinese invisible?
-- A History Review

First Wave: Chinese Exclusion Act
1882

Second Wave: Immigration and Nationality Act
1940s

Third Wave: Tiananmen Square protests of 1989
1980s

Demographic of Chinese American has shifted
Today
“Chinese Americans Are All the Same”
Misconception # 1

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“Chinese Americans Are All the Same”

High School Graduate

- Asian: 75.3%
- Chinese: 63.9%
- Taiwanese: 96.4%

Per capita Income

- Taiwanese: $38,496
- Chinese: $23,353
- Asian: $26,386

Median Family Income

- Taiwanese: $74,708
- Chinese: $48,411
- Asian: $54,688
Misconception # 1

The Perpetual Foreigner Stereotype

No matter how long Chinese Americans or their families have lived in the country, they are still not seen as “True Americans”, they are still seen as foreigners.
“They Do Not Encounter Major Challenges Because of their Race”
Misconception # 2
They don’t encounter challenges caused by race

- Chinese job candidates in the U.S. were almost twice as likely to receive a call back if they whitened their resumes
- U.S. Department of Labor vs. Palantir Technologies
Misconception # 2

Rates of Discrimination Compared by Race/Ethnicity

US equal employment opportunity commission:
31% Asian-American reported being discriminated against at workplace, but only filed 3% of the complaints
Misconception # 3

The disparities in college admission

Trends of Asian enrollment at Caltech and the Ivy League universities, compared with growth of Asian college-age population; Asian age cohort population figures are based on Census CPS, and given the small sample size, are subject to considerable yearly statistical fluctuations. Source: Appendices B and C.
“Chinese Americans Do Not Need Resources & Support”
Misconception # 3

Any Mental Health–Related Service Use by Individuals

![Bar chart showing percentage of individuals with and without psychiatric disorders by ethnicity.

- Chinese: 31.20% with, 4.71% without
- Pilipino: 34.10% with, 5.80% without
- Vietnamese: 48.46% with, 7.20% without
- Other Asian: 32.99% with, 6.63% without]
Misconception # 3

Study: Help-Seeking in the School Context

- Significantly lower proportion were aware of the services offered
- Higher proportion reported not needing services
- Less likely to report feeling welcome or comfortable accessing services
- Lower proportion reported visiting their school health program to hang out or take a break
- Lower odds of accessing their SHP for condoms
- Higher proportion participated in a support or empowerment group
“Compliments Does Not Count as Stereotypes and Bias”
Misconception # 4
“Compliments Does Not Count as Stereotypes and Bias”

- A stereotype is a stereotype!
- It’s a distortion of how every individual should be
- Long-term effects of stereotyping can be harmful
Let’s take a look on how media portrays Chinese

Oscars host delivers controversial monologue
Meet The Flockers: Rap song shows step-by-step instruction on how to rob a Chinese house
Discussion:

● What’s your reaction?

● Why is it okay to target on Chinese?
Issues that I encountered as a social worker intern

- Satellites Babies
- “Higher achievers” under the pressure of “model minority”
- Seniors
Microaggression

Chinese names were taken down at Columbia University’s dorm.
Racial Discrimination

Microaggressions

Microassaults

Microinsults

Microinvalidations
Texas state representative Betty Brown suggested during House testimony that all Chinese-Americans change their names to ones "we could deal with more readily here."
Clinical Interventions

- Culturally Sensitive CBT
- Cultural Bridging
Let’s destroy the stereotypes


Thank You