

Dear Medical Students and Medical Education Colleagues,

We are horrified by the alarming increase in assaults against the Asian American and Pacific Islander Community in the Bay Area and around the nation. It is clear by the nature and location of the crimes and speech that precede the crimes that they reflect discrimination and prejudice against people because of their Asian heritage. The attacks and disrespect shown to vulnerable elders in the past six weeks have been particularly gut-wrenching, in the lead-up to the Lunar New Year, a time when the Asian community celebrates and honors family.

Our APAMSA students recommended that in honor of the Lunar new year, a time of restoration and celebration in the Asian American Pacific Islander community, we wait to acknowledge these events until after the holiday but we want to make sure that you are aware of some of the assaults that have happened close to home. On January 28th, 84-year-old Vicha Ratanapakdee, a Thai American, was murdered while on his routine morning walk in the Anza Vista neighborhood of San Francisco. On February 3rd, a 64-year old Vietnamese grandmother was assaulted and robbed in San Jose in broad daylight. The next day, a 91-year-old man was attacked—violently pushed to the ground—in Oakland’s Chinatown. We denounce these and all acts of violence against our community.

Let us be clear -- as a community, our School stands with our Asian communities and against those who seek to injure, kill or sow fear in the communities that have so enriched our city, state, and nation. We also must work to combat speech that marginalizes, blames, stereotypes, or otherwise diminishes the humanity of all of our communities.

As we have with other incidents of sociopolitical and racial trauma, we understand that it may still be difficult for students to concentrate and heal during this time. Therefore, effective February 18-26 we are offering the following guidance for curricular activities.

Foundations 1

February 18-26

- Foundations 1 students who are unable to participate are able to opt out of required curricular activities without consequence (i.e., it does not use a discretionary absence). Students must complete an absence request form if they need to miss a required session.
- Recognizing that many students process and cope best by continuing with work in the curriculum, curricular activities will continue as scheduled and focus on the content of the course.

Foundations 2/Career Launch

- Students are expected to continue attending clinical rotations to support patients and our communities.
- If you are unable to participate in your clinical assignment, please check in with your team members, contact your clerkship director, and notify your academic advisor on the Student Experience Team.

Should you need additional support, everyone on the Student Experience Team, including Medical Student Well-Being, is here for you. You can reach any of us at (415) 476-1216. After hours, this number will also direct you to an urgent line that will connect you to someone on our team. Below you will find our other emergency student support resources.

Take care of yourselves and others,

**Medical Education Deans
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Student Support Resources

- **Medical Student Well-Being Program:** Provides support for our students focusing on mental and physical health, as well as spiritual, financial, environmental, and social well-being. (415) 476-0468
- **Free Psychotherapy and Medication Management:** The staff for this program is especially trained in working with medical students. This service is free to all medical students and will always be confidential. Please schedule an appointment with Howard Rubin, MD or Vittorio Comelli, Psychologist via email or by calling 415-476-0468.
- **UCSF Student Health & Counseling:** (415) 476-1281, option 2
- **Student Experience Team and Medical Student Dean on Call (after hours issues):** (415) 476-1216, option 1
- **CARE Advocate:** (415) 502-8802 or email: care@ucsf.edu
- **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- **National Crisis Text Line:** 741-741
- **MedPeers Program:** Connects medical students with peers who have completed at least three years of medical school. Email medpeer@ucsf.edu and the MedPeer on call will respond within 12-24 hours.

Medical Student Wellbeing Program

Medical Student DEI Programs

