



# Students at Risk: Drug and Alcohol Use

and its Impact on International Student Emotional Wellness

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# Presenters



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# Agenda

- Current Climate
- Counseling
- Immigration
- Partnerships & Resources
- Discussion and Q&A



# Current Climate

34% of college respondents struggled with anxiety disorder and 41% with depression according to the [2021 Healthy Minds Study](#).



# Mental Health Crisis

73% of students reported moderate or serious psychological distress according to the [Fall 2021 American College Health Association National College Health Assessment survey](#).



# Impact of COVID

- The efforts made to help minimize the spread of COVID left many students with uncertainty and concern about their health, mental health, and academic futures.
- Post-secondary students were disproportionately affected by the social and economic impacts of the COVID-19 pandemic.
- A survey of more than 16,800 students in 21 countries found that more than half of undergraduates said their mental health had suffered as a result of the COVID-19 pandemic. ([Chegg, 2021](#))



# International Students Hit Even Harder

"International students across the globe have been hit particularly hard by the pandemic due to additional sources of uncertainty," – Cory Owen, EdD, associate dean of students at Yale-NUS College and the author of *Advising International Students with Disabilities*.

"You have the response of any young person living through the pandemic—and doing it in another country far away from their support networks." —Emma Swift, EdM, associate director of the Office of International Education at the University of Vermont and the author of *U.S. Classroom Culture*.

"Isolation, especially for first-year graduate and professional students living off campus, who are far away from families and yet to form their own community locally." – Ling Jin, MA, student development coordinator at Duke University's International House.

# Coping with COVID-19



Drug and alcohol use on the rise across the United States

- 53% of full-time college students ages 18-22 drank alcohol in the last month and about 33% engaged in binge drinking in that same period [NIAAA](#).
- Alcohol consumption increases by 39% between February 2020 to November 2020 across the United States
- NIDA study that analyzes substance use indicates marijuana usage is up amongst college students
- Trends are showing that students are drinking more frequently but in lower quantities per occasion ([Dumas et al., 2020](#); [Graupensperger, Fleming, et al., 2020](#))



# Counseling

# Introduction

Maggie Stutts - Licensed Professional Counselor

- Bradford Health Services: Adult Inpatient Substance Abuse Treatment
  - 28 day program, Medical detox, "Getting Sober"
- Riverbend Center for Mental Health: Adolescent IOP
  - 6 weeks intensive group and ind. therapy, drug screens, court
- UNA Student Counseling Services 2016-Present
  - All the things!



# UNA Student Counseling Services

## Who

- A staff of Clinically Licensed Therapists
  - Coordinators, Graduate Assistants, and Interns

## What

- Offers support services for UNA students to aid in the development of coping skills to manage problems that may affect their health, well-being, and/or academic performance
- Assessments, short-term counseling, group, crisis intervention, and facilitation of referrals



# UNA Student Counseling Services

## When

- Services available during university hours of operation

## Where

- Located in Rice Hall in the heart of the residential side of campus
  - Global Lion Community

## Why

- To help students become and remain successful during their college years as they navigate emotional, mental, physical, and spiritual challenges



# Mental Health and How It Relates To AOD





## 3 Components of Addiction

- Brain Chemistry
  - Mental Health Disorders
- Genetics
  - If addiction runs in a family, student is 40-60% more likely to develop addiction
- Trauma
  - Big T or Little T traumas and impact on ability to cope

# Mental Health and How It Relates To AOD



## What is addiction?

- Chronic relapsing brain disease
- Changes the structure of the brain
- Experimentation  Abuse  Dependency
- Dopamine (a neurotransmitter) is key element of continued use
- The body over time surrenders to the drug and stops making dopamine because the drug is doing the job
- Tolerance is achieved which increases use

# Gen Z (iGen) Stats (1995-2012)



**From the book iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy- and Completely Unprepared for Adulthood**

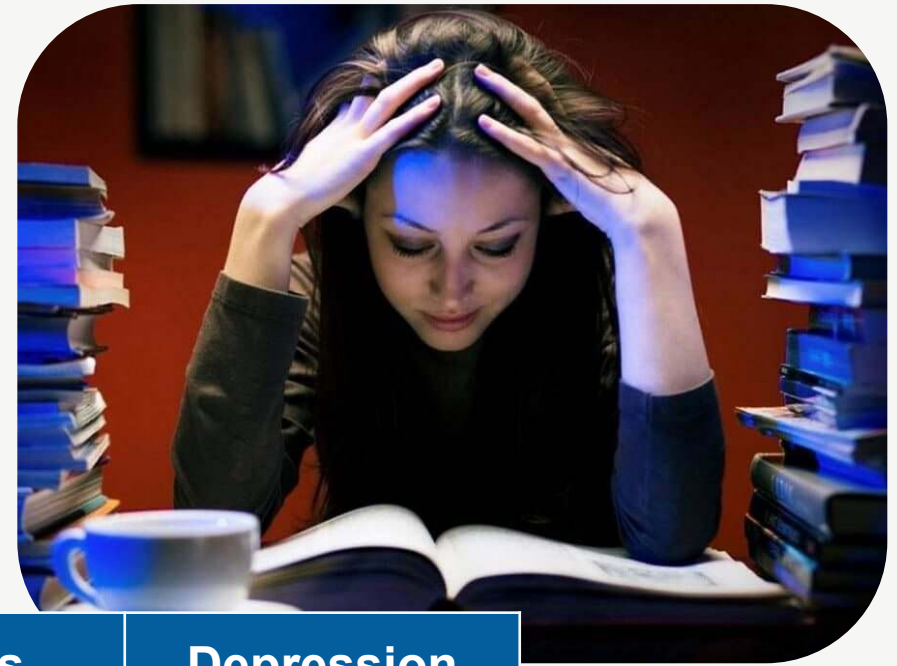
- Raised on technology
- Instant gratification
- Close family dynamic and often dependent on parent approval
- Current student is experimenting less with AOD than previous generations prior to college
- Less face-to-face interaction
- More inclined to stay home

# Gen Z (iGen) Stats (1995-2012)

Globally, there are almost 2 billion iGen. They are the first fully global generation, shaped in the 21st century, connected through digital devices, and engaged through social media.



# SCS Current Campus Stats & Int. Students



Date	Anxiety	Stress	Depression
08/01/2019 - 07/31/2020	69.2%	73.8%	69.2%
08/01/2020 - 07/31/2021	75.9%	69.6%	67.7%
08/01/2021 - 04/01/2022	80.6%	72.8%	71.0%

# SCS Current Campus Stats & Int. Students



Date	Number of Int. Students	Percentage of SCS Students
08/01/2019 - 07/31/2020	1	0.9%
08/01/2020 - 07/31/2021	13	4.1%
08/01/2021 - 04/01/2022	28	7.5%

\*\*2019 -2020 = **1,200%** increase

\*\*2021 -2022 = **115.4%** increase

# SCS Current Campus Stats & Int. Students



Student Conduct, Case Management, Title IX, and CARE Team

Date	Number of Int. Students
08/01/2020 - 07/31/2021	81
08/01/2021 - 04/01/2022	124

\*\*This is an increase of **53.09%**

# Identifying Signs of Distress



## Red Flags

- Isolating/withdrawing behaviors
- Lack of interest in activities
- Dramatic change in sleep, appetite, hygiene
- Expressing feelings of hopelessness/helplessness
- Missing class
- Somatic complaints
- Increased stress/overwhelm and difficulty utilizing appropriate coping skills

# Campus Resources

- Health Services
- Student Rec Center
- Career Center
- Case Management
- Student Engagement
- Success Center
- Disability Support Services
- Mitchell-West Center for Social Inclusion
- Lion Recovery



# Overcoming Stigma

- FYE Classes
- Presence on campus with Mental Health Coordinator
  - Table events and intentional programming
- Satellite office in student union building
- Staff trainings and psychoeducational opportunities



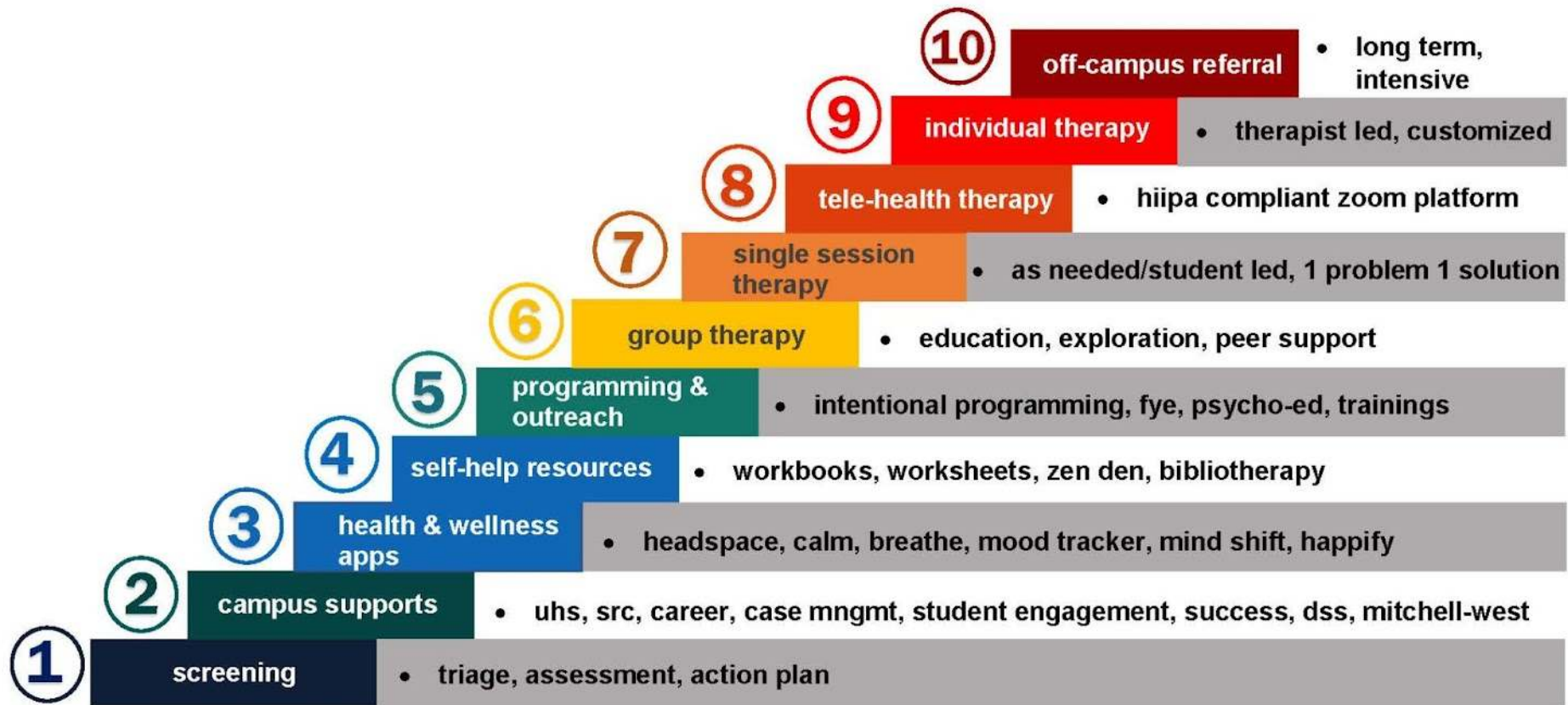


# STEPPED CARE MODEL

TIME & ENERGY INVESTED BY STAFF

HIGH

LOW



LEVEL OF STUDENT AUTONOMY/SELF-ADVOCACY

HIGH

LOW

# Immigration

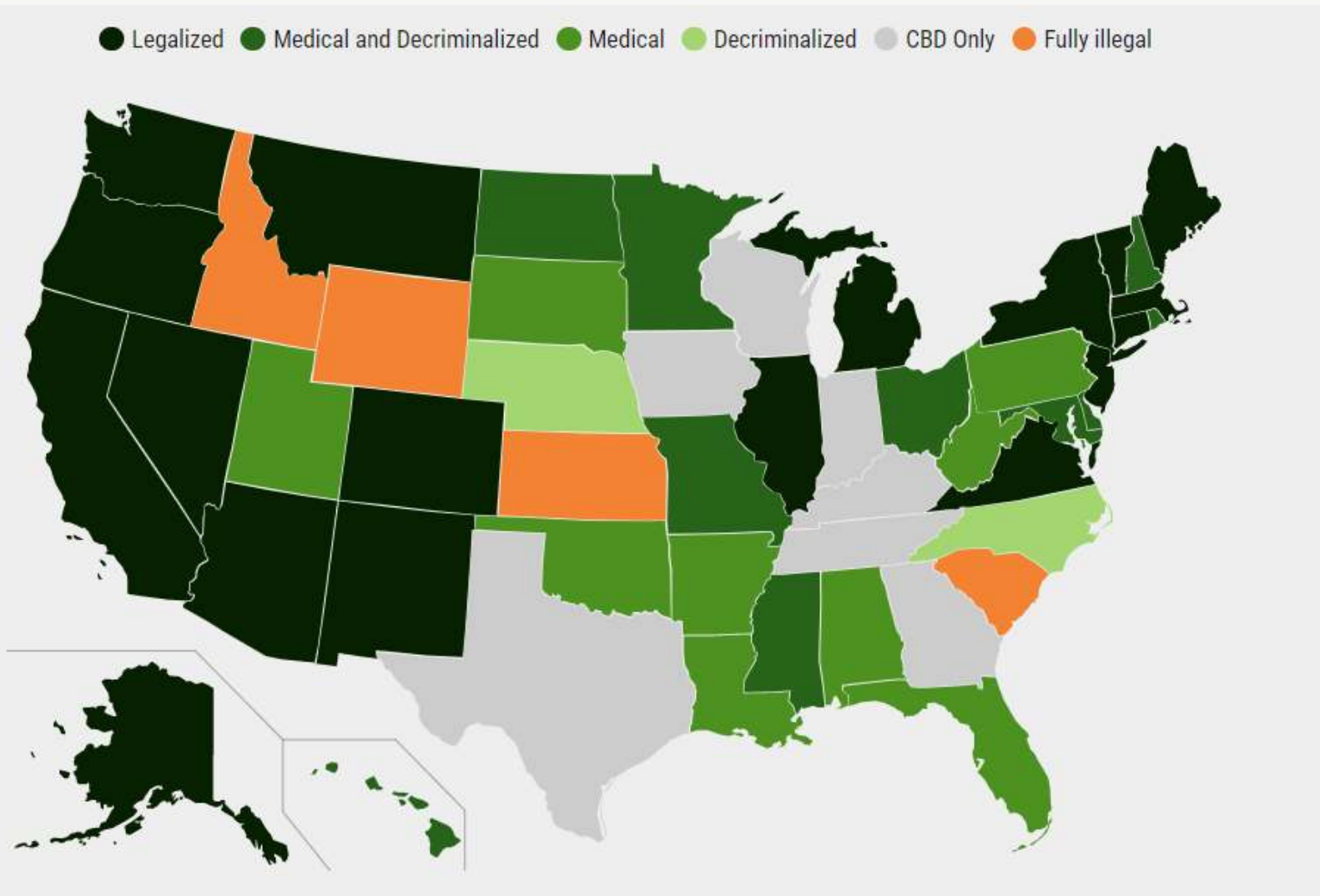


# Laws - Drugs, Alcohol, Tobacco



- Challenges
  - Legality of Drugs, Alcohol, and Tobacco in Home Country vs. U.S.
  - Legality at State Level (or County Level) vs. Federal Level
- Age Limits
  - In Alabama, Alcohol and Tobacco age limit is 21.
  - For majority of the world, Alcohol and Tobacco age limit is 18.

# Marijuana Laws



- In Alabama, Medical Marijuana became legal in May 2021 under SB 46, the Darren Wesley 'Ato' Hall Compassion Act

\*Map from disa.com

# Marijuana Still a Federal Crime



- Official U.S. policy is that Marijuana is illegal.
- "...an applicant who is involved in certain marijuana-related activities may lack good moral character if found to have violated federal law, even if such activity has been decriminalized under applicable state laws... federal law classifies marijuana as a "Schedule I" controlled substance... may lead to immigration consequences." - [USCIS Issues Policy Guidance Clarifying How Federal Controlled Substances Law Applies to Naturalization Determinations](#)

# Consequences of Alcohol and Drug Arrests



- A number of consequences are possible with a student's immigration record if arrested or convicted for alcohol or drug violations.
- The most serious concerns are for
  - Refusal of a new visa
  - Problems at the port of entry
  - Termination of SEVIS Record
  - Cancelled visa
  - Deportation

# Admissibility



- A person who is inadmissible to the United States:
  - cannot be issued a visa;
  - cannot be admitted to the United States or granted permanent residency because of this undesirable characteristic or behavior.
  - A 212(B)(3) waiver for non-immigrants for inadmissibility is possible.

# Removability



- A person becomes removable based on the circumstances of their entry or behavior before or after entry and may be deported if apprehended by ICE or stopped at the Port of Entry.
- Grounds for removability are very narrow - unlikely to apply to a simple DUI but may apply to drug trafficking.

# Does the Arrest or the Conviction lead to Termination?



- Generally, arrests have no impact on status or removability, but will likely impact student in many ways.
- However, a conviction for a felony DUI, multiple DUIs, or drug-related offense is generally a removable offense and would be a cause for termination of status.
- If a student is arrested, it is highly advisable to have the student inform their defense attorney to consult with an immigration attorney.
- Defense attorneys are obligated to consult with an immigration attorney to determine the immigration consequences of a criminal matter, pursuant to *Padilla v. Kentucky* 130 S.Ct. 1473 (2010).

# DOS View on DUI/DWI



- In 2016, the US State Department updated [9 FAM 403.11-3\(A\)](#).
- Under this rule, DOS will revoke visas for any non-immigrant arrested for a DWI/DUI, and in order to obtain a new visa prior to any future return to the U.S., students will need to be cleared by a panel physician after a medical screening.
- DOS sees driving under the influence as “an indication of visa ineligibility under INA 212(a)(1)(A)(iii) for a physical or mental disorder with associated harmful behavior that is likely to pose a threat to the property, safety, or welfare of the applicant or others in the future.”
- Visa revocation does not mean that status is terminated or that you should terminated their SEVIS record.

# Education Programming

- Work with your Student Conduct or Dean of Students to talk to students about this during orientation – don't leave the topic undiscussed to avoid "no one told me."
- Work with your colleagues on campus to let them know of the potential special impact of violations to international students.
- Remind students at regular intervals , and have a system in place to reach out to students when campus violations or arrests are noted.
- If there is an arrest or conviction:
  - Have student come as soon as possible for advising.
  - Refer student to an experienced attorney.
  - Have student sign a FERPA release/waiver if lawyer needs info.
  - Advise on immigration consequences.





# Partnerships & Resources

# Community Partners




- Counseling Centers
- Local mental and behavioral health facilities
- Outpatient treatment options
- Support Groups
  - Alcoholics Anonymous
  - Narcotics Anonymous
  - Campus Recovery Programs
- Religious centers/churches

# Insurance Considerations

- Health insurance should cover mental health
  - Verify coverage (i.e., internal limits, day maximum, etc.)
  - Includes coverage for substance abuse
  - Injuries/illnesses as a result of intoxication/drug abuse
  - Suicide/attempted suicide
  - Provider network
- Telecounseling
  - Increasing in popularity
  - Ask if telecounseling is part of your telemedicine program
  - A range of programs available through insurance plans or independently
  - Some have additional resources/screening surveys



# Emotional Wellness Awareness Training Program


 **INTERNATIONAL  
STUDENT  
INSURANCE**

Administrators ▾ Students Parents/Guardians Resource Center ▾

## Emotional & Mental Health Training Program

**Powerpoint Presentation**

Professionally designed presentation to walk your students through the training.

**Video Content**

Two videos on mental health awareness and student perceptions on culture shock and stress from around the world.

**Student Handout**

A downloadable student guide take-away, or we can supply hard copies, to distribute to students.

 **Interactive Activities** **Proctor Guide**

# Services & Hotlines

## Hotlines

- National Suicide Prevention
  - 1-800-273-TALK (988 hotline starting in July)
  - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- The National Domestic Violence Hotline
  - 1-800-799-SAFE
  - <http://www.thehotline.org>
- It Gets Better Project (LGBTQ)
  - 1-866-4-U-TREVOR
  - [www.itgetsbetter.org/pages/get-help](http://www.itgetsbetter.org/pages/get-help)

## Services

- Crisis Text Line
  - <http://www.crisistextline.org/>
  - Text 741-741



# Discussion Q&A





**Thank You**