

INTERNATIONAL  
STUDENTS'  
EMOTIONAL  
WELLNESS

DRUG AND  
ALCOHOL USE



# PRESENTERS

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# AGENDA

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CURRENT CLIMATE



MENTAL HEALTH AND DRUG AND  
ALCOHOL CONNECTION



EXPLORING ENGAGING AND  
EFFECTIVE PROGRAMMING



WHAT'S WORKING AND BEST  
PRACTICES



RESOURCES

# INTERNATIONAL STUDENT MENTAL HEALTH PRIOR TO COVID-19

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- 2010, Mental Health Need, Awareness, and Use of Counseling Services Among International Graduate Students, Journal of American College Health
- 2019 American College Health Association National College Health Assessment





# PSYCHOLOGICAL CONSEQUENCES OF COVID-19

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## Strain on mental health:

- Immigration/Visas
- Finances
- Housing
- Online learning
- Making and maintaining friends
- Discrimination
- Masks / social distancing



## Increased levels of:

- Anxiety
- Fear
- Loneliness / isolation
- Depression
- Post-traumatic stress
- Worry

# COPING WITH COVID-19

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## Drug and alcohol use on the rise across the United States

- [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
- Drug and alcohol consumption has changed
- Have you noticed any changing trends among your international student population?



# A BRIEF OVERLOOK OF LONG TERM EFFECTS

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**Long term mental effects of alcohol  
can include:**

- Increase in risk taking behavior
- Increased anxiety and depression
- Memory problems
- Concentration problems

**Long term mental effects of Marijuana  
can include:**

- Depression
- Increased anxiety
- Paranoia

# STATISTICS

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- Every day, 28 people die in the US as a result of a drunk driving crash.
- According to NIAAA, 53% of college students between the ages of 18 and 22 have consumed alcohol in the last month, and 33% engaged in binge drinking.
- NIAAA statistics estimate that about 696,000 students ages 18 to 24 are assaulted by another student who has been drinking.





# FEDERAL AND STATE LAWS

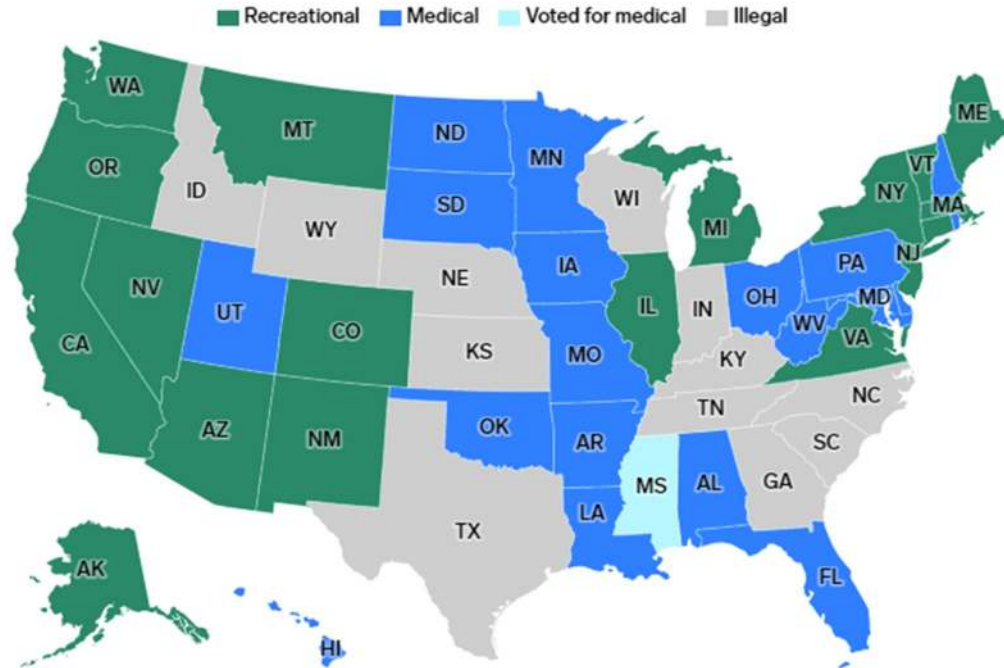
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- Every state has the **minimum age of 21** for **alcohol and tobacco possession and consumption**
- Minimum age to **purchase, possess or consume marijuana is 21** in legal states
- Even though marijuana is legal in certain states, it remains a schedule I drug under federal law. As international students are subject to both state and federal laws, **marijuana usage and possession is illegal for international students**



# CANNABIS

## States where cannabis is legal



Note: Updated as of July 2, 2021.



# CANNABIS

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## Notwithstanding State Laws...

Foreign nationals are subject to federal immigration law, meaning cannabis use **even for medical purposes** is prohibited



# CONSEQUENCES

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- Various school consequences
- Fines and jail time
- Any DUI-related Charge:
  - Possible visa revocation for a DUI / DWI, even if it is a charge or expunged
  - Don't have to leave county
  - Immigration attorney and criminal attorney
- If student leaves the country:
  - Panel physician clearance for visa



# COMMON SUBSTANCE ABUSE WARNING SIGNS

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- Bloodshot eyes / dilated pupils
- Drop in attendance or performance at school
- Sudden change in hobbies, friends or interests
- Secretive or suspicious behaviors
- Sudden mood swings or irritability



# EXPLORING EFFECTIVE AND ENGAGING PROGRAMMING



# CAMPUS PROGRAMMING & RESOURCES

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## AWARENESS & COMPLIANCE

- International & Exchange Orientation
  - DUI & consequences
  - Possession of marijuana & consequences
  - Title IX & consent



# CAMPUS PROGRAMMING & RESOURCES

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- Orientation, Presentation, and Workshops
- eCheckup To Go
- Alcohol Skills Training Program
- BASICS and IMPACT
- Wellness Toolbox
- Collegiate Recovery Community
- Video Library of Trainings
- Zags Help Zags
- Community Well-being Days



# UNIVERSITY OF IDAHO - PROGRAMMING

- Vandal Health Education/Recreation and Wellbeing
  - Student Ambassador COVID outreach program
- Vandals in the Know programming imbedded in Orientation
  - Vandal After Dark - Funding for after hours (after 9pm) student events - up to \$1000
- Counseling and Testing Center
- Targeted Resources - LGTBQIA+, Black Student Office, Latina program, Peer support programs
- Vandal Care Reports - campus wide reporting
- Rebuilding international student clubs
- Food bank, Coat swap, Vaccination clinics,

# University of Idaho

## National College Health Assessment

International Student data  
collected fall 2021

Within the last 12 months, have you  
attempted suicide?

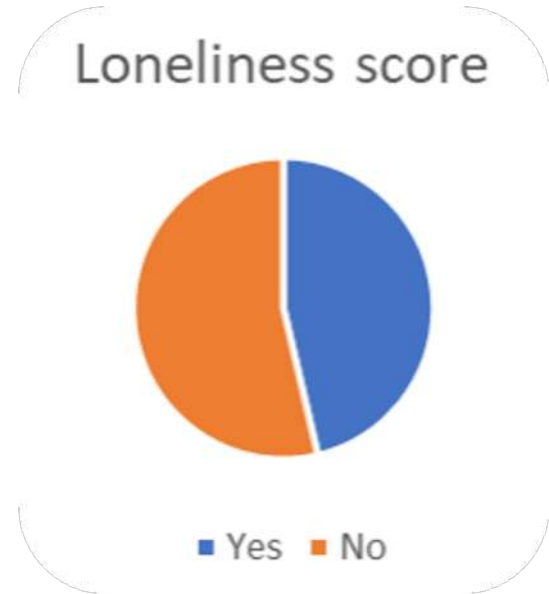


■ No ■ Yes ■ NA

# University of Idaho

## National College Health Assessment

International Student data  
collected fall 2021



# University of Idaho

## National College Health Assessment

International Student data  
collected fall 2021

Food Security Scale score



■ Very low ■ Low ■ High/marginal

# KEY STRATEGIES

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Find creative ways to collaborate with other stakeholders for effective programming



Empower students to seek treatment for addiction and create awareness of free resources and hotlines



Empower students to be aware of federal and state laws for drug and alcohol use



Create a robust programming process which includes at least one to two programs each month



Scale student support and normalize help-seeking behavior by expanding the use of peer coaches and mentors

# NOW WHAT?

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What drug and alcohol programming is currently in place on your campus?



What changes do you anticipate making or what changes have you already made to your programming as on campus learning resumes?



What have you found to be most effective with your programming?



What would you like to implement in your drug and alcohol programming in the future?

# RESOURCES & HOTLINES



# SUBSTANCE USE RESOURCES

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- [Drug & Alcohol Awareness on Campus Training - Traliant](#)
- [Substance Abuse and Mental Disorder Prevention -SAMHSA](#)
- [Marijuana Risks- SAMHSA](#)
- [Alcohol and Other Drugs Prevention Programs - LiveWell](#)
- [DRUG AND ALCOHOL ABUSE PREVENTION PROGRAMS \(DAAPP\) - Texas A&M University](#)
- [Drug and Alcohol Awareness for Study Abroad - Loyola University](#)



# Drug and Alcohol Awareness for International Students



# EMOTIONAL WELLNESS TRAINING

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Powerpoint  
Presentation



Video Content



Student Handout



Interactive Activities



Proctor Guide



In partnership with:



The MGH Center for  
Cross-Cultural Student  
Emotional Wellness

# MENTAL HEALTH AWARENESS VIDEO

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[www.internationalstudentinsurance.com/  
explained/culture-shock-and-stress-  
video.php](http://www.internationalstudentinsurance.com/explained/culture-shock-and-stress-video.php)



[www.internationalstudentinsurance.com/  
explained/mental-health-video.php](http://www.internationalstudentinsurance.com/explained/mental-health-video.php)

# WHERE TO SEEK TREATMENT FOR MENTAL HEALTH OR SUBSTANCE USE

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- Student health center
- Counseling center
- Off campus treatment centers
- Telemedicine and other online help

# SERVICES & HOTLINES

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[Alcoholics Anonymous](#)

[Substance Abuse Treatment Locator - SAMHSA](#)

[The Recovery Village](#)





THANK YOU!

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