INTERNATIONAL STUDENTS' EMOTIONAL WELLNESS

DRUG AND ALCOHOL USE

PRESENTERS

Lauren Perry
Assistant Director of International Recruitment
Albion College

Sally McLeod
Manager, University Relations
International Student Insurance (ISI)

AGENDA

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

- 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

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

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?

Cheng R. Inside Higher Ed (2020); Liu CH, Pinder-Amaker S, Hahm HC, Chen JA. J Am Coll Health (2020)

A BRIEF OVERLOOK OF LONG TERM EFFECTS

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

- [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.
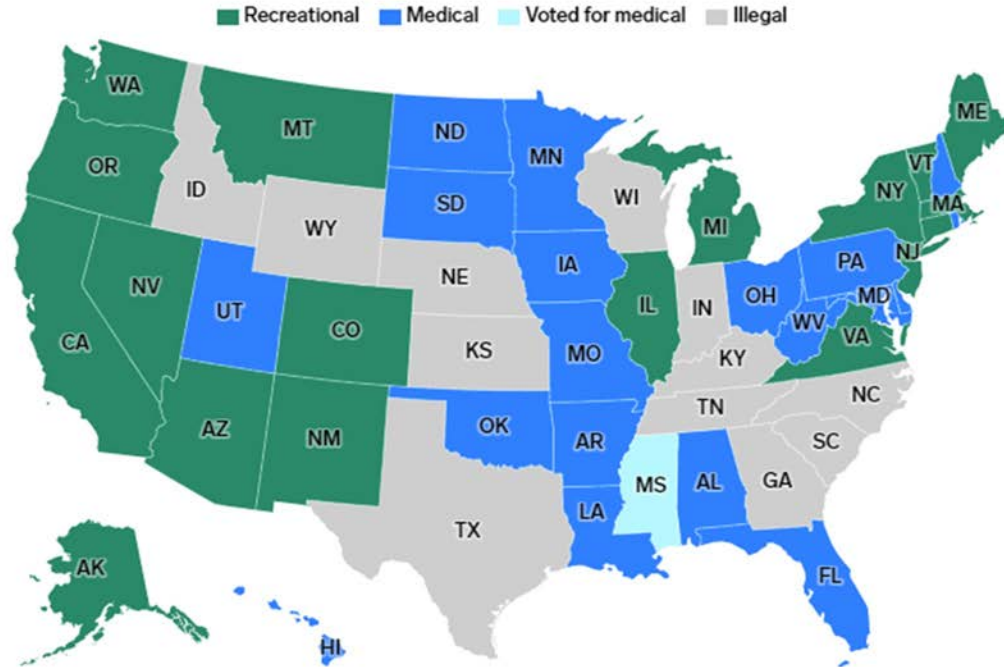
FEDERAL AND STATE LAWS

- 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

Recreational ■ Medical ■ Voted for medical ■ Illegal

Note: Updated as of July 2, 2021.

CANNABIS

Notwithstanding State Laws...

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

CONSEQUENCES

- 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

- 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

ONGOING STUDENT CONTACT

- Counseling & Therapy Sessions
  - 1:1
  - Group and/or Workshops

- Peer Support
  - Mental Health Club (Active Minds)
  - Substance Free Living
  - Peer Education Program

- Office of Integrated Wellness
  - Albion Care
  - Spiritual Life
  - Campus Safety

- Community Support
  - General mental health & emotional wellness
  - AA, NA & local county resources
  - October: National Substance Abuse Prevention Month

CAMPUS PROGRAMMING & RESOURCES

AWARENESS & COMPLIANCE

- Global Brits & Albion-O Orientations
  - DUI & consequences
  - Possession of marijuana & consequences
  - Title IX & consent

KEY STRATEGIES

Find creative ways to collaborate with other stakeholders for effective programming

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

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

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?

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

- 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

Powerpoint Presentation

Video Content

Student Handout

Interactive Activities

Proctor Guide

In partnership with:

ISI

The MGH Center for Cross-Cultural Student Emotional Wellness

MENTAL HEALTH AWARENESS VIDEO

www.internationalstudentinsurance.com/explained/culture-shock-and-stress-video.php

www.internationalstudentinsurance.com/explained/mental-health-video.php

WHERE TO SEEK TREATMENT FOR MENTAL HEALTH OR SUBSTANCE USE

- Student health center

- Counseling center

- Off campus treatment centers

- Telemedicine and other online help

SERVICES & HOTLINES

Alcoholics Anonymous

Substance Abuse Treatment Locator - SAMHSA

The Recovery Village

THANK YOU!