



Drug and Alcohol:

The Impact on International Student Emotional Wellness

Presenters



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Agenda



- Current Climate
- Visa & Immigration Implications
- Speaking with Students
- Insurance Explored
- Resources
- Scenario Debrief
- 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.

Drug & Alcohol Trends Among College Students



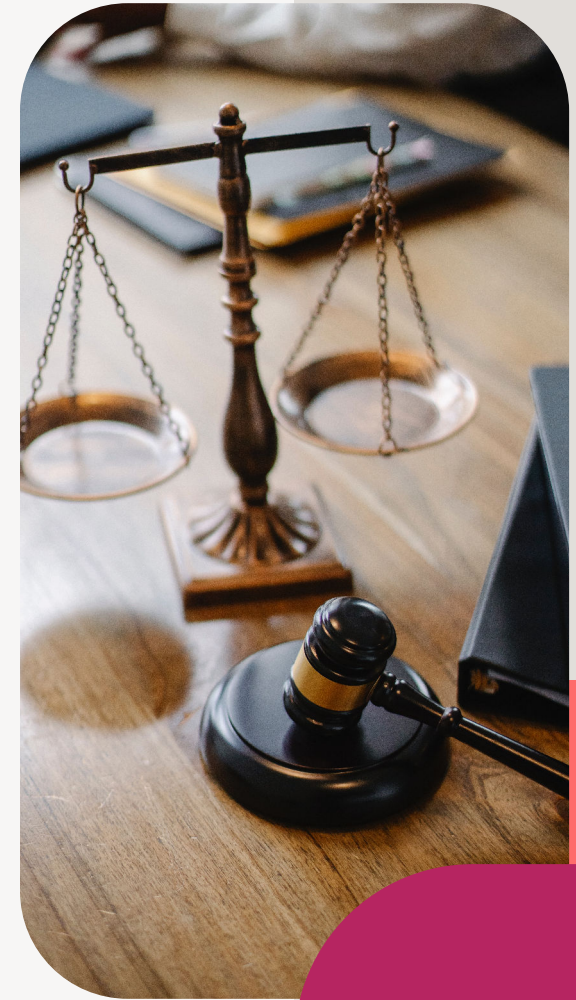
Drug and alcohol use on the rise across the United States

- 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](#))

**What common
issues have you
been seeing
with addiction/
mental health?**



Visa & Immigration Implications



Immigration Concerns



- Misdemeanors or infractions regarding drugs or alcohol can have serious consequences for international students
 - Some immigration consequences do not require that there be a conviction.
 - Consequences may be immediate or can arise years after the event has occurred.
 - Visa revocation at the consular post or port of entry
- Despite residing in a state that has decriminalized marijuana, they must still abide to federal laws.
- Posting on Social Media can lead to issues if an international student is not responsible.

○

Strategies to Speak with Students



- Orientation
- Programming
- Partners on colleges
- Ask, listen & refer



Insurance Explored & Resources

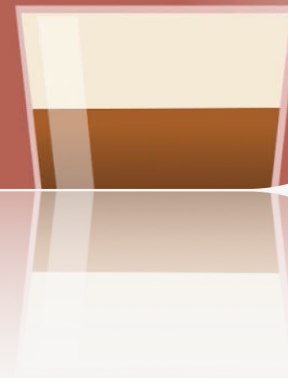
Insurance Considerations

- 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



Drug & Alcohol Video

What International Students
Need to Know About
Drugs & Alcohol



[https://
www.internationalstudentinsur
ance.com/explained/drugs-
and-alcohol-video.php](https://www.internationalstudentinsurance.com/explained/drugs-and-alcohol-video.php)

Training Program

Sexual Assault & Mental Health Training Programs




The screenshot shows the ISI website header with the logo and navigation links: Administrators, Students, Parents/Guardians, and Resource Center. Below the header is a dark blue banner for the "Emotional & Mental Health Training Program". Underneath, there are four resource cards: "Powerpoint Presentation" (a presentation icon), "Video Content" (a video camera icon), "Student Handout" (a document icon), and "Interactive Activities" (a person icon). Each card has a brief description of the resource.

ISI 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.



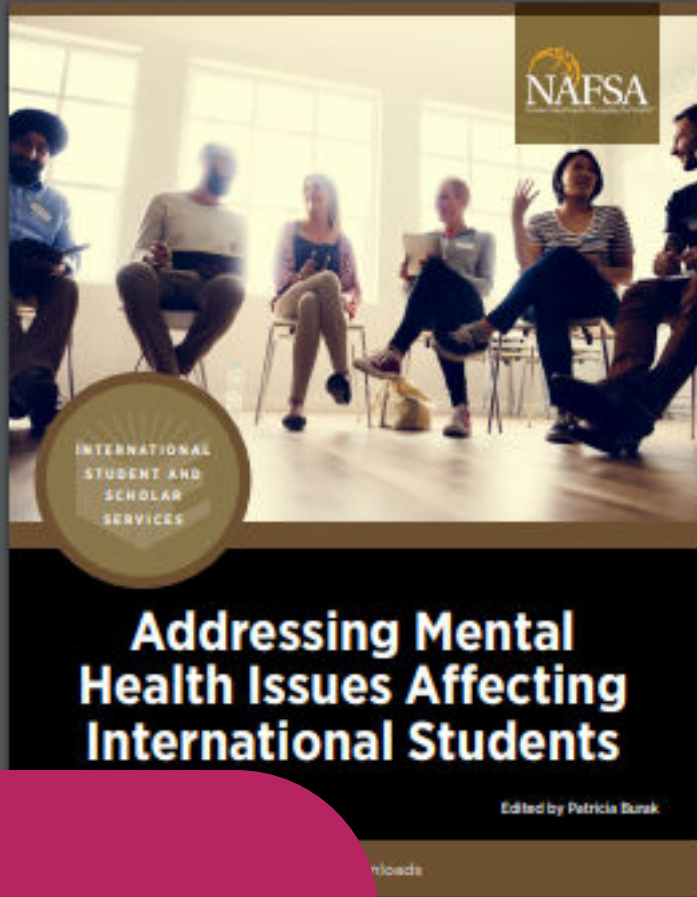
Interactive Activities



Proctor Guide

In partnership with

- MGH Center for Cross-Cultural Student Emotional Wellness
- RAINN
- International Student Insurance



Resources

- Massachusetts General Hospital Center for Cross-Cultural Student Emotional Wellness (MGH CCCSEW)
- NAFSA Booklet: Crisis Management in a Cross Cultural Setting: ISSS
- NAFSA Booklet: Addressing Mental Health Issues Affecting International Students



New York & New Jersey Legal References

<https://dmv.ny.gov/tickets/penalties-alcohol-or-drug-related-violations>

<https://www.mvcc.edu/counseling/pdf/nys-penal-law.pdf>

<https://www1.nyc.gov/site/doh/health/health-topics/naloxone.page>

<https://www.nj.gov/lps/hts/downloads/dui-bro-eng.pdf>

Services & Hotlines

Hotlines

- 988 Suicide & Crisis Lifeline
 - 988
 - 988lifeline.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

Services

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



Scenario & Discussion

Situation:

While advising an international student regarding their request to change majors, you notice empty liquor bottles in the background. Throughout the advising session you get the understanding they want to change their major because they are not passing their classes and seem a little inebriated.

Questions:

- What are your requirements as an international student adviser to assist this student?
- What methods would you use to get more information about their needs?
- What services, if any does your institution offer for students in this situation?





Thank You