

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

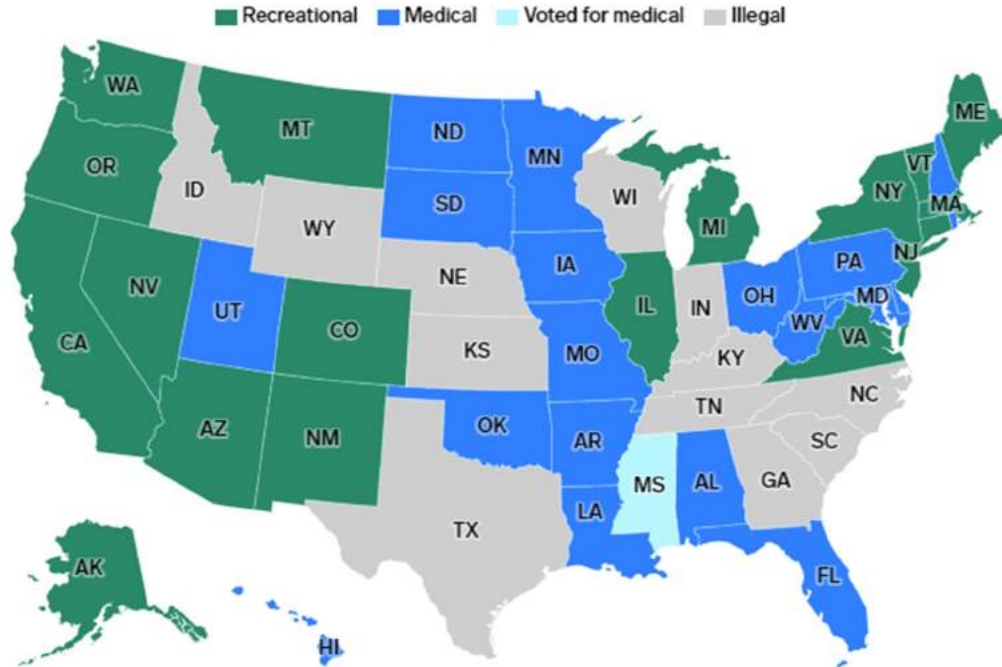
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- Every state has the **minimum age of 21** for **alcohol and tobacco possession and consumption**
- Minimum age to **purchase, possess or consume marijuana is 21** in legal states
- Even though marijuana is legal in certain states, it remains a schedule 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





## ONGOING STUDENT CONTACT

# CAMPUS PROGRAMMING & RESOURCES

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- Counseling & Therapy Sessions
  - 1:1
  - Group
  - Text crisis line
- ATOD Intervention Services
- Recovery Resources
- Overdose Information
- Targeted Resources
  - Community Advising Network (CAN)
- Community Support
  - General mental health & emotional wellness
  - AA, NA & local county resources

# CAMPUS PROGRAMMING & RESOURCES

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## AWARENESS & COMPLIANCE

- Aggie 101 Online Orientation:
  - All new students are required to take Aggie 101, the online module. The “Next Steps” section, directs them to the supplemental required modules – Alcohol Education, DEI and Title IX– hosted on the Everfi platform
- International & Exchange Orientation online
  - DUI & consequences
  - Possession of marijuana & consequences
- Educational “banner”  
in Learning Management System
- Mental Health Calendar
- Aggies Act



It's ok to not be ok. Mental health resources are available for your well-being & success:

**Student Health and Counseling Services:**

530-752-2300

**Office of Student Support:**

530-752-1128

Text "RELATE" to 741741

For emergencies: 911



# CAMPUS PROGRAMMING & RESOURCES

**UC DAVIS**  
STUDENT HEALTH AND  
COUNSELING SERVICES

## We Welcome ALL Students!

**ALL RACES & ETHNICITIES**  
**ALL RELIGIONS**  
**ALL COUNTRIES OF ORIGIN**

**ALL SEXUAL ORIENTATIONS**  
**ALL GENDER IDENTITIES**  
**ALL ABILITIES**

*Regardless of Insurance Provider*

**UC DAVIS**  
STUDENT HEALTH AND  
COUNSELING SERVICES

**Student Health and Counseling Services**

stands for health equity, inclusion and institutional change. **Black Lives Matter. Stop AAPI Hate. Stand with LGBTQIA+ folx.**

*Learn what we are doing and how you can help.*

# CAMPUS PROGRAMMING & RESOURCES



The image shows a screenshot of a website header. At the top, there is a dark blue navigation bar with the following menu items: 'About >', 'Services >', 'Health and Wellness >', 'Resources For >', 'Insurance >', and 'Feedback >'. On the right side of the navigation bar, there is a search icon and the text 'Quick'. Below the navigation bar is a large dark grey banner with the text 'EIGHT DIMENSIONS OF WELLNESS' in white. Above this text are eight circular icons representing different dimensions of wellness: a pink circle with a brain, an orange circle with a briefcase, a yellow circle with a lightbulb, a green circle with a Christmas tree, a blue circle with a piggy bank, a dark blue circle with a heart and pulse line, a light blue circle with three people, and a purple circle with a person in a yoga pose. Below the banner, there are five smaller circular icons with corresponding labels: a green circle with a leaf for 'MENTAL WELL-BEING', a grey circle with a fork and knife for 'NUTRITION AND FOOD', a grey circle with a person walking for 'PHYSICAL ACTIVITY', a grey circle with a martini glass for 'ALCOHOL, TOBACCO, AND OTHER DRUGS', and a grey circle with a diamond shape for 'SEXUAL WELL-BEING'.

About > Services > Health and Wellness > Resources For > Insurance > Feedback > Quick

**EIGHT DIMENSIONS OF WELLNESS**

MENTAL WELL-BEING

NUTRITION AND FOOD

PHYSICAL ACTIVITY

ALCOHOL, TOBACCO, AND OTHER DRUGS

SEXUAL WELL-BEING

<https://shcs.ucdavis.edu/wellness>

# CAMPUS PROGRAMMING & RESOURCES

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**UCDAVIS**  
STUDENT HEALTH AND  
COUNSELING SERVICES

**Therapy Assistance Online**  
Free mobile-friendly help for stress,  
anxiety and depression that fits  
around your busy life...  
*...anytime, anywhere*

**SIGN UP TODAY**  
[thepath.TAOconnect.org](http://thepath.TAOconnect.org)



**AGGIES**  
**ACT** *Be a friend,  
make the call.*



Recover • Inspire • Support • Empower

**Aggie  
RISE**

UC Davis students in recovery

**THE SAFE PARTY  
INITIATIVE**

# THE SAFE PARTY INITIATIVE



## Four Signs of Alcohol Poisoning

Call 911 if you see someone exhibiting behavior that might indicate alcohol poisoning. Find the symptoms here.



## Resources

Find recovery resources, overdose resources, sexual well-being resources and more.



## Aggies Act

Worried a friend in need of medical help due to drugs or alcohol? Be an upstander and a good friend and make the call. Find out about UC Davis' new Good Samaritan policy here.



## Every Second Counts

Become a campus leader equipped with the skills to step up, care for your fellow Aggies and potentially save a life.



## Be An Upstander

Learn what it is to be an Upstander, what kind of Upstander you are, and how you can step in during an overdose.



## Sex and Drinking

Sometimes people drink. Sometimes people have sex. Sometimes they do both at the same time. Check out this page to learn how to be successful while drinking!



# 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

What International Students  
Need to Know About  
Drugs & Alcohol



# 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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**Please complete  
this session  
evaluation  
NOW!**



<https://bit.ly/2022SessionEvaluation>



**Or SAVE LINK now  
and EVALUATE later!**