

INTERNATIONAL STUDENTS' EMOTIONAL WELLNESS

DRUG AND ALCOHOL USE



PRESENTERS



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AGENDA



CURRENT CLIMATE



**MENTAL HEALTH AND DRUG
AND ALCOHOL CORRELATION**



**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
- Small University of Washington study indicates that alcohol use may be down
- [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

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.
- 1 in 5 college aged women have been sexually assaulted. Most of these assaults include alcohol or other drugs.

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

CONSEQUENCES

- Various school consequences
- Fines and jail time
- Possible visa revocation for a DUI / DWI, even if it is a charge or expunged

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
- Peer Support
 - Mental Health Club
 - Peer Advocates in Wellness (PAW)
- Wellness Fair
 - Wellness Workshop Series
- Targeted Resources
 - BIPOC
 - LGBTQIA+
 - Anti-Racist for allies
- Community Support
 - General mental health & emotional wellness
 - AA, NA & local county resources

CAMPUS PROGRAMMING & RESOURCES

AWARENESS & COMPLIANCE

- International & Exchange Orientation
 - 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 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?



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





RETURNING TO CAMPUS RESOURCES

- [Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit](#)
- [Behavioral Health Impacts During & After COVID-19: What to Expect and Ways to Prepare for the Return to In-Person Learning](#)
- [Strengthening School Communities for a Safe, Supportive Return: Part 2](#)
- [The Managing Anxiety & Return to School](#) webinar series is part of [The Back-to-School Series](#)

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](#)

SEXUAL ASSAULT AWARENESS TRAINING



Powerpoint Presentation

Comprehensive, professionally designed presentation to walk your students through the program.



Video Content

Two videos on sexual assault awareness and student perceptions from around the world.



Student Handout

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



Interactive Activities

Activities that allow students to form into groups and learn about sexual assault & consent.



Proctor Guide

Complete guide to walk you through the program and how to present the session to students.

SEXUAL
assault
AWARENESS & SAFETY
for
INTERNATIONAL STUDENTS



IN PARTNERSHIP
WITH:



EMOTIONAL WELLNESS TRAINING



Powerpoint
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Video Content



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In partnership with:



The MGH Center for
Cross-Cultural Student
Emotional Wellness

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!
