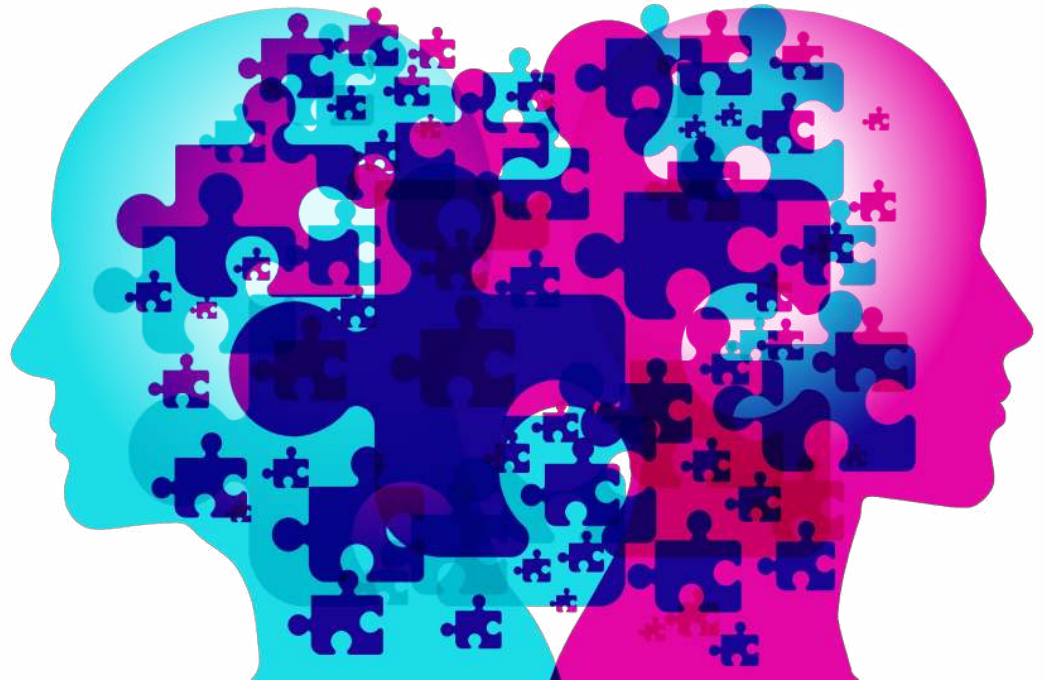


Creating a Culture of Resiliency when it comes to Mental Health for your International Students



Presenters



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Agenda

- Word Cloud Activity
- What's Going On With Our Students
- Signs of Mental Health
- Creating Community & Support
- Resources
- Discussion & Questions



Word Cloud

<https://create.kahoot.it/share/aaie-mental-health-presentation/23b307b0-009f-406f-8d7d-82b969af5415>

What's Going On?

Half of college students reported they had been diagnosed with a mental health disorder at some point in their lifetime

[2022-2023 National Healthy Minds Study](#)

73% of students reported moderate or severe psychological distress according to the 2021 [National College Health Assessment](#)

The percentage of students experiencing mental health problems has increased nearly 50% since 2013

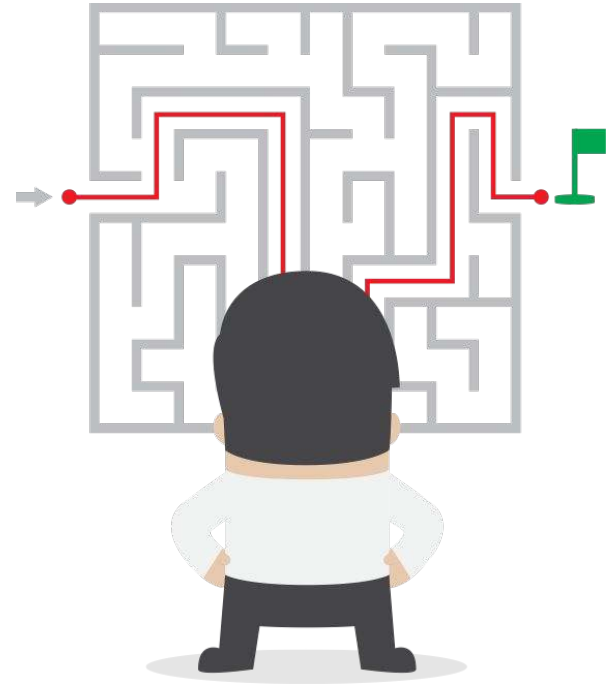
[American Psychiatric Association, Aug 2023](#)



1 in 6 U.S. youth
aged 6-17
experience a
mental health
disorder each year

Source: nami.org
National Alliance
on Mental Illness

Signs of Mental Health



What signs can International Student Advisors notice ?

- How often do they come to your office ?
- Courseload
 - Students who took more credits in the fall semesters experienced more stress (Dusseleir, Dunn, Wang, Shelley, & Whalen, 2005).
- Class Attendance
- Avoidance/Withdraw
 - According to the Substance abuse and Mental Health Services Administration, pulling away from people an usual activities can be a warning sign.
 - How often do you see them around campus ?
 - Where do you see them ?
 - With who ?
- Appearance
 - Has their weight changed ?
 - A study by Mueller et al (2024), found depression leading to weight gain.
 - According to the Substance Abuse and Mental Health Services Administration, eating too much or too little is a warning sign for mental health problems
 - Personal Hygiene ?
- Academic Performance
- Finances
 - Do they fail to or complain about paying living costs and tuition ?

What signs can the student notice ?

- Do students know when they have a problem ?
 - International students have shown less awareness of their need for mental health services than domestic students (Kim et al., 2019).
- What they can look out for ?
 - Sleep Problems
 - Anxiousness
 - Worthlessness
 - Suicidal thoughts
- Creating community and support can help bring this self-awareness
- How does your office educate students about mental health ?

Creating Community & Support



Supporting Your Students

1. Help Create A Community
 1. Connecting students prior to their arrival in the U.S.
 2. Awareness of clubs, teams and organizations on campus
 3. Scheduling events regularly, and especially during holidays/holiday breaks
2. Regular Check-Ins
 1. Being able to identify students who are struggling
 2. Noticeable changes in dress, appearance, demeanor
 3. Being available to talk
3. Internal Training
 1. Identify and respond to students in distress
 2. When and how to connect students to resources (we are not counselors!)
 3. How to listen actively, empathetically, and without judgment

Culture of Care: Supporting Students

Advisors can support students by:

- Being available/open door policy
- Learn how to pronounce names correctly
- At times of crisis, be part of the support team
- Follow-Up
- Support the community, not just the affected student/family
- Knowing resources on/off campus and provide a “warm hand-off”
- Do not avoid difficult conversations
- Taking the time

How to Reduce Stigma

- Dispel the myths: What is mental health and counseling
- Know the facts about cultural differences around counseling
- Invite on-campus counselors/psychologists to orientation and meet & greets
- Educate counselors/psychologists on how to communicate across cultures
- Normalize students' concerns and stress
- Demystify seeking treatment (i.e., types of providers, where to go, what to expect)
- Acknowledge that helping looks different across cultures

Building Bridges

Mental Health outside of the Mental Health sphere:

- Depression screening event on campus/Depression screenings on website
 - Mental Health America
 - MyHealthVet
- Encourage participation at “lunch and learns” focused on stress management, time management, sleep, etc.
- Highlight Counseling Center events through newsletters, social media, etc.
- Know the services offered around campus and in your community, and form connections
 - Support groups/medical practitioners who speak other languages
 - Student Health Center
 - Counseling Center
 - Chapel and community religious/spiritual support centers

Building your “toolkit”: Health Insurance

- Coverage
 - Are your students required to have insurance?
 - Does your plan include coverage for mental health?
 - Substance abuse
 - Pre-existing conditions
 - Network of providers
 - What do students have to pay when they use their plan?
- Telecounseling
- Communicating insurance to students
 - Orientation
 - Documents
 - How to use





Resources

EMOTIONAL & MENTAL HEALTH TRAINING PROGRAMS



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

Activities that encourage dialogue on many of the larger issues such as myths surround seeking help.



Proctor Guide

Complete guide to walk you or your staff through the training, including a full script and talking points.



In partnership with:



The MGH Center for
Cross-Cultural Student
Emotional Wellness



INTERNATIONAL
STUDENT
INSURANCE

<https://administrators.internationalstudentinsurance.com/resources/>

Services & Hotlines

Hotlines

- 988 Suicide & Crisis Lifeline
988
<https://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



Questions?