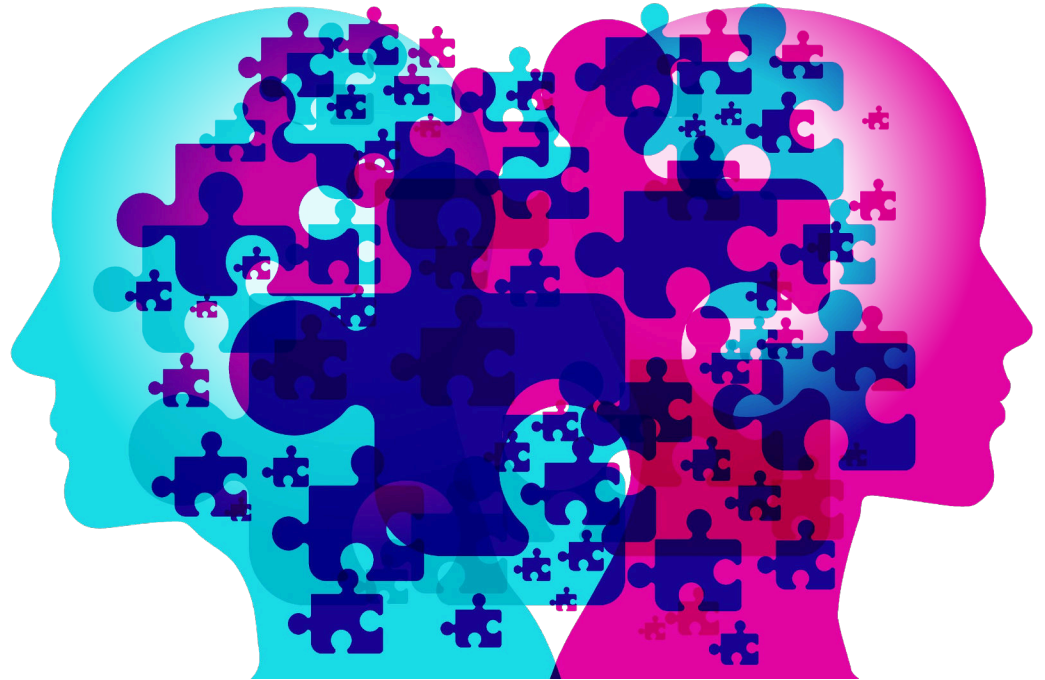


# Training Your International Students

## Emotional and Mental Health Awareness



# Agenda

- What's Going On With Our Students
- Understanding the Challenges
- Programming & Resources
- Questions & Discussion



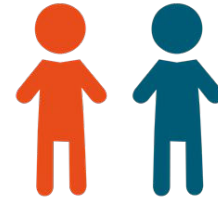
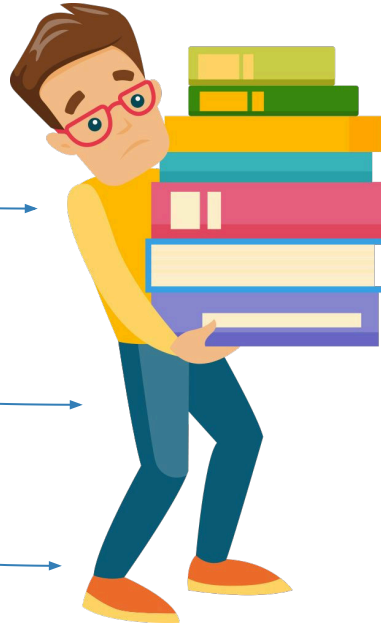
# What's Going On?

40% of students so depressed they found it difficult to function

61% of students felt "overwhelming anxiety"

13.9% of entering freshman anticipate a "very good chance" of seeking counselling

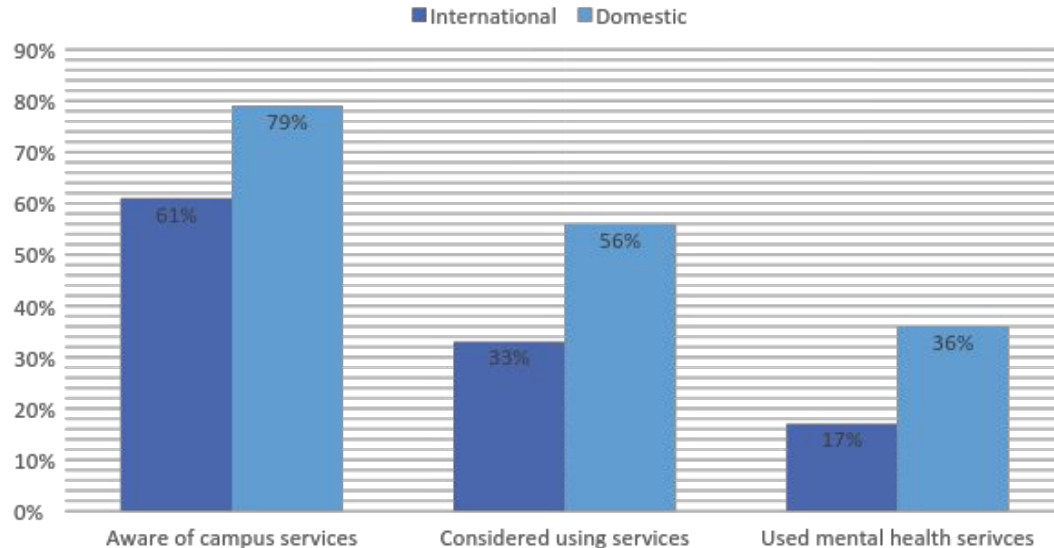
38.5% felt things were hopeless



An estimated 49.5% of adolescents had any mental disorder

# Mental Health Care – Underutilized

Mental Health Need, Awareness, and Use of Counseling Services Among International Graduate Students, *Journal of American College Health*



Source: Hyun, Quinn, Madon, & Lusting, 2010

# INTERNATIONAL STUDENT MENTAL HEALTH

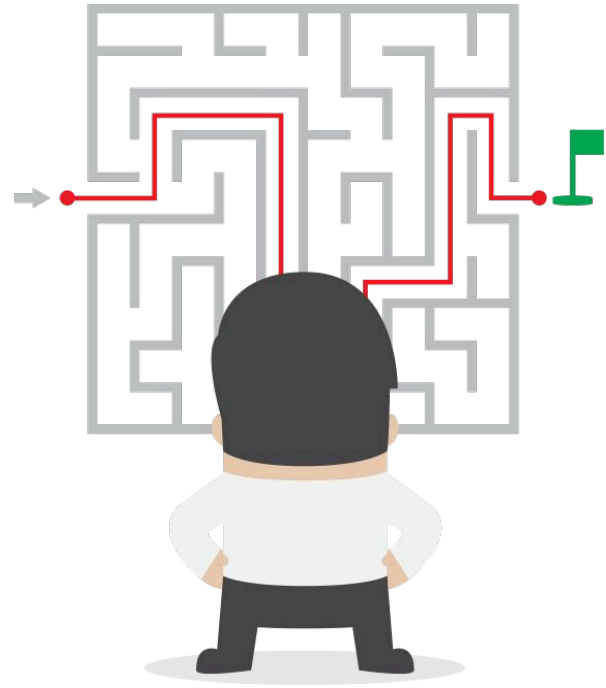
Quantitative study of  
42,428 domestic students  
and 2,423 international  
students from Spring 2017  
ACHA National College  
Health Assessment

**Table 2.** International student status correlates of mental health diagnoses and symptoms of ACHA-NCHA IIC, Spring 2017.

	International	
	OR	95% CI
<b>Mental health diagnoses</b>		
Depression diagnosis	0.84	0.66–1.06
Anxiety diagnosis	0.47***	0.38–0.58
Depression and anxiety diagnosis	0.58***	0.50–0.67
Other diagnosis	0.72**	0.59–0.87
<b>Mental health symptoms</b>		
Ever felt so depressed that it was difficult to function	1.10*	1.01–1.19
Ever felt overwhelming anxiety	0.69***	0.63–0.74
Ever intentionally cut, burned, bruised, or otherwise injured yourself	0.96	0.83–1.12
Ever seriously considered suicide	0.83**	0.72–0.95
Ever attempted suicide	1.37*	1.04–1.82

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ .

# Understanding the Challenges



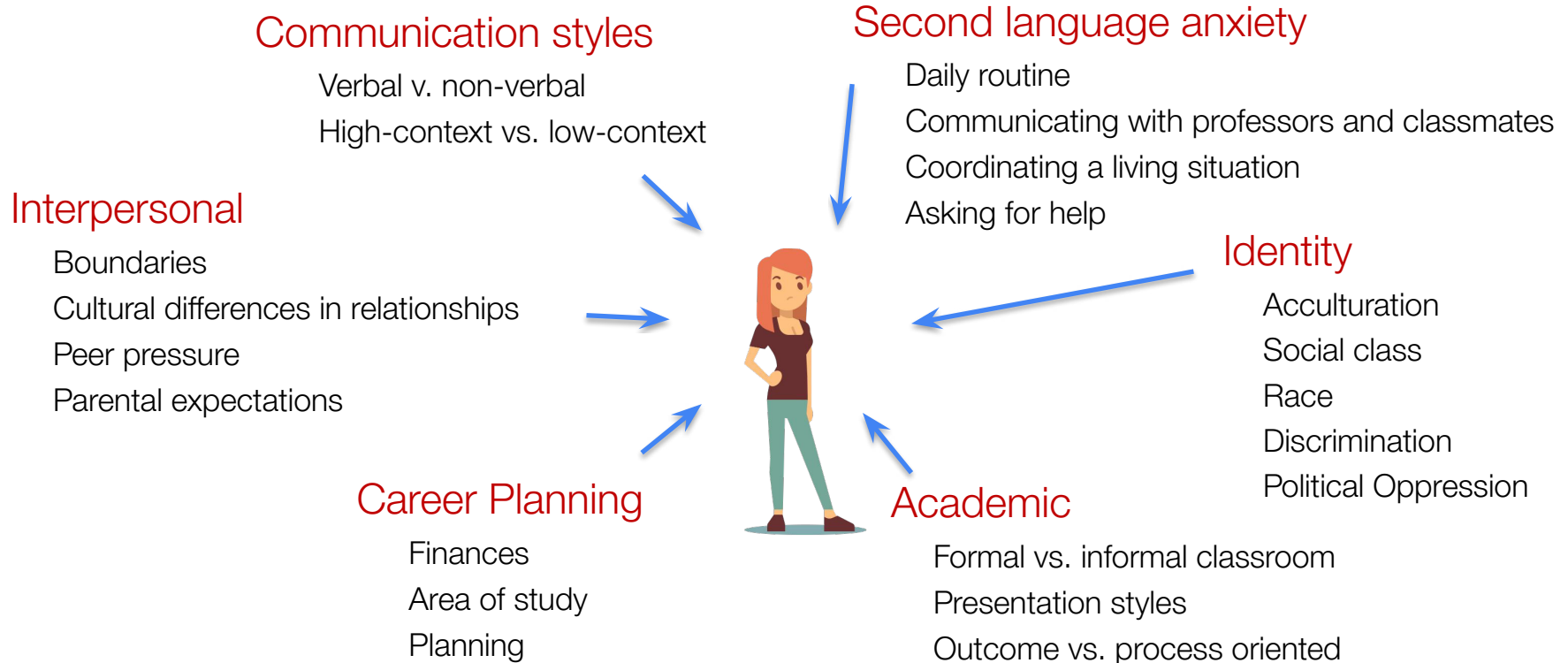
# Culture Impacts All Aspects of Illness

- Expression of symptoms outwardly and inwardly
- Coping skills
- Where and when to seek care
- Management of symptoms
- How they seek help



# Common Adjustment Issues

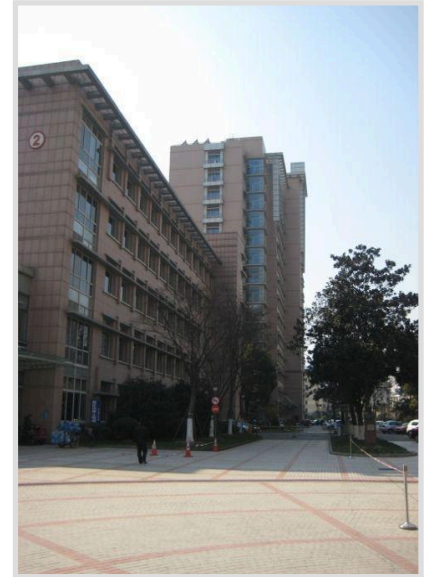
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# Barriers To Treatment

- Lack of mental health literacy
- Unaware of services
- Language barriers
- Role of psychiatry in other cultures
- Stigma (Family & friends)
- Location of counseling center
- US therapists lacking cultural understanding
- Lack of support



Yeung A, Kung W. *Psychiatric News*. 2004; 21(1): 34-36.

Kim BSK, Omizo MM. *Couns. Psychol.* 2003; 31:343-46.



# Resources & Programming

# On and Around Campus

- Health Center
- Counseling Center
- Nearby provider offices (psychiatrists, psychologists)
- Title IX coordinator or designated official
- Campus Security

# 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:

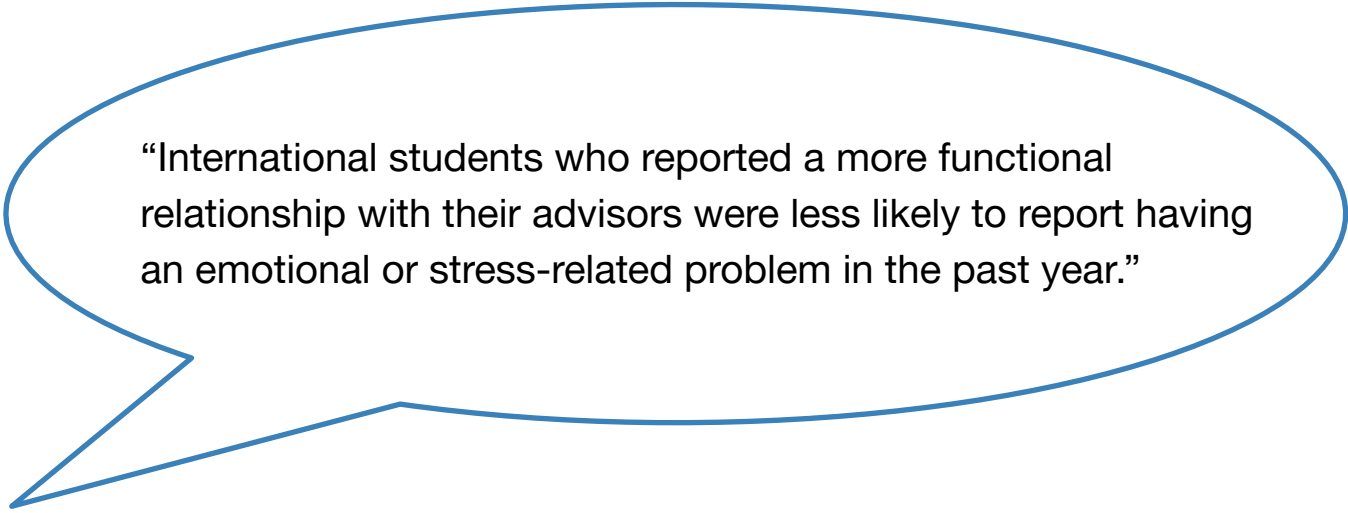


The MGH Center for  
Cross-Cultural Student  
Emotional Wellness



INTERNATIONAL  
STUDENT  
INSURANCE

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



“International students who reported a more functional relationship with their advisors were less likely to report having an emotional or stress-related problem in the past year.”

# Questions?