

# INTERNATIONAL STUDENTS' EMOTIONAL WELLNESS

DRUG AND ALCOHOL ABUSE



# PRESENTERS

---



**Eric Bloodworth**

Marketing Coordinator  
International Student Insurance (ISI)



**Connor Blay**

Digital Marketing Coordinator  
[InternationalStudent.com](https://InternationalStudent.com)

# 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
- 2017 American College Health Association National College Health Assessment



# INTERNATIONAL STUDENTS' STRESSORS

---

- Academic challenges and setbacks
- Anxiety and depression
- Financial stressors
- Homesickness
- Immigration regulations
- Internet challenges
- Isolation
- Physical wellbeing
- Time difference
- Unstable Living conditions

Cheng R. Inside Higher Ed (2020); Liu CH, Pinder-Amaker S, Hahm HC, Chen JA. J Am Coll Health (2020)

# 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
- [NIDA study](#) that analyzes substance use indicates marijuana usage is up amongst college students
- Small University of Washington study indicates that alcohol use may be down
- Drug and alcohol consumption has changed
- Have you noticed any changing trends among your international student population?

# 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

# 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



- 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?



# ONGOING STUDENT CONTACT

- Check in
- School programs
- Community programs

# 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?

---



In reviewing the frequency of drug and alcohol programs at your institution, is there some room to grow as far as how often you offer some of these programs?



Do you have a fairly well rounded mix of existing wellness related programs that you can use as opportunities to further develop and grow international students' perception of mental wellness and decrease the negative connotation around these programs?



Are you using your existing technology resources to create platforms which can increase knowledge around wellness and treatment options for international students?



Have you reached out to your international student population to find out if they have had increased stressors due to resuming on campus activities and learning?

# RESOURCES & HOTLINES





# RETURNING TO CAMPUS RESOURCES

---

- Back to School After COVID-19: Supporting Student and Staff Mental Health Toolkit is designed to help guide conversations to include a trauma-informed, equitable, and compassionate lens to providing mental health supports to every member of the school community.
- Behavioral Health Impacts During & After COVID-19: What to Expect and Ways to Prepare for the Return to In-Person Learning presents information on (1) what has happened in the last year, (2) what to expect as students return to school, and (3) ways to prepare at the staff, building, and district levels. It is designed to help guide schools and district teams to consider an array of strategies and considerations to keep in mind as schools bring students back into the school building in a way that prioritizes everyone's mental health and wellness.
- Strengthening School Communities for a Safe, Supportive Return: Part 2 is a presentation that covers strategies and best practices for school systems to promote student AND staff resilience, wellbeing and success following COVID-related school closures, as well as, promote cross-state networking and shared learning about best practices, successes and challenges of supporting student and staff resilience and wellbeing during learning modality transitions.
- The Managing Anxiety & Return to School webinar series is part of The Back-to-School Series - Supports for Staff, Students & Families During COVID-19 which is a series of webinars on concrete strategies to strengthen connections, promote mental wellness and resilience, and support everyone in the return to schools during a global pandemic.

# 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:

**RAINN**

Leading the National Effort to End Sexual Violence

 **International**  
Student Insurance

# EMOTIONAL WELLNESS TRAINING

---



**Powerpoint  
Presentation**



**Video Content**



**Student Handout**



**Interactive Activities**



**Proctor Guide**

In partnership with:



**The MGH Center for  
Cross-Cultural Student  
Emotional Wellness**

 **International**  
Student Insurance



# 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

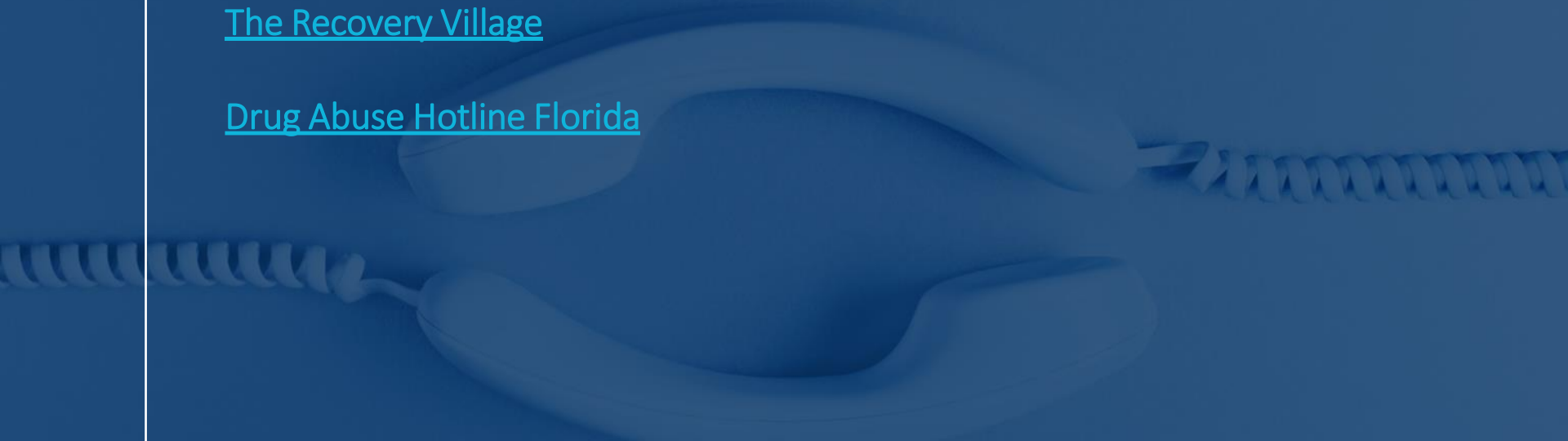
---

[Alcoholics Anonymous](#)

[Substance Abuse Treatment Locator - SAMHSA](#)

[The Recovery Village](#)

[Drug Abuse Hotline Florida](#)



THANK YOU!

---

