



Training International Students on Emotional Wellness & Mental Health Awareness



Presenters



Dawn Adams
Director of International
Student Services



Sutherland Beever
Marketing Manager & Licensed
Insurance Agent



Thom Julian
Director of Student Conduct and
Community Standards



Agenda



- What's Going On With Our Students?
- Understanding the Challenges International Students Face
- Overcoming these Challenges
- Programming That Works
- Resources
- Q&A

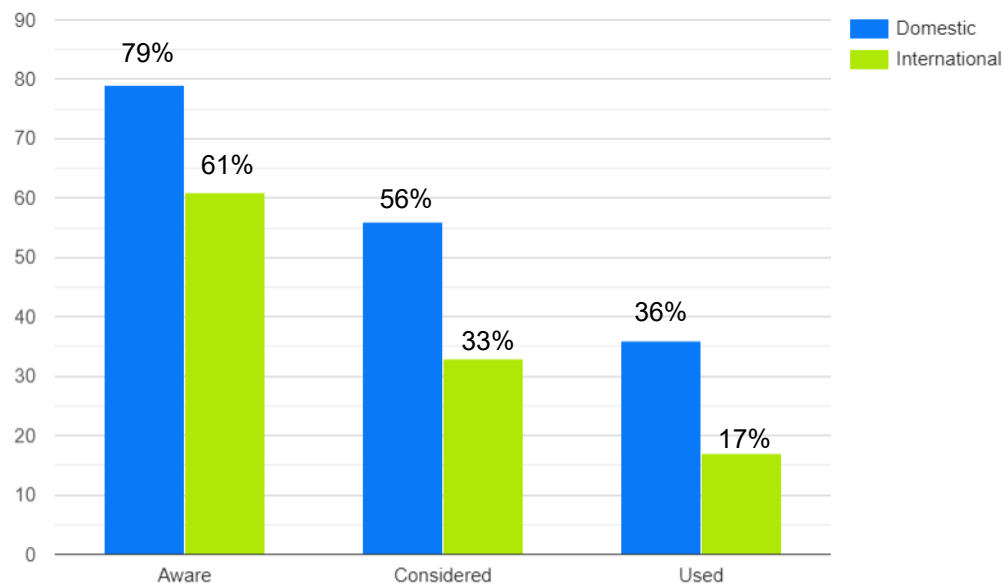


What's Going On With Our Students?

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

61% of students felt
“overwhelming anxiety”

Mental Health Need, Awareness, and Use of Counseling Services Among Graduate Students



Mental Health Services

Understanding the Challenges



Culture Impacts All Aspects of Illness



- Generating symptoms
- Expression of symptoms outwardly or inwardly
- Coping
- Where to seek care
- Management of symptoms
- How they seek help

Common Issues



Communication Styles

Verbal v. non-verbal

High-context vs. low-context

Career Planning

Finances

Area of study

Planning

Interpersonal

Boundaries

Cultural differences in relationships

Peer pressure

Parental expectations



Second Language Anxiety

Daily routine

Communicating with professors and classmates

Coordinating a living situation

Asking for help

Identity

Acculturation

Social class

Race

Discrimination

Political Oppression

Academic

Formal vs. informal classroom

Presentation styles

Outcome vs. process oriented



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



Common Myths

“Only someone from my home country will understand my problem.”

“Counseling is for crazy people.”

“I could lose my student visa.”

“I can handle my own mental health problems.
If I can't, that means I'm weak.”

“Everyone will know
I saw a counselor.”

Overcoming the Challenges





Supporting Your Students

Regular Check-Ins

- Help identify students who may be struggling (Starfish, BIT meetings)
- Noticeable changes in dress, appearance, demeanor may imply a student needs help
- Make yourself available to talk (access 24/7)

Internal Training

- Know and understand your school's protocol with responding to students in distress
- Be conscious of when to connect students to additional resources, like the counseling center
- How to listen actively, empathetically, and without judgement and when possible, have a personal hand-off to other offices
- Create strong collaborations between campus offices (ISS, Counseling Services, ADWE, CSS, CGE, Student Conduct Office) to communicate common goal of wellness



Supporting Your Students

If a student does need to talk

- Demonstrate empathy
- Paraphrase what a student has said, to ensure you're understand correctly
- Ask open ended questions
- Be clear about what you do and don't have to report to the Title IX coordinator
- Consider student's reaction when responding
- Consider how you will handle discomfort delivering/receiving information
- Don't avoid because it's uncomfortable (ex: suicide)
- Be positive
- Understand when a student should be directed to counseling services
- Understand limits of confidentiality

Raising Wellness & Awareness



Mental Health Discussions During Orientation



- Inform students of challenges and cultural adjustment - help them understand they aren't alone
- Include testimonials from current students about homesickness, culture shock, stress, anxiety, and depression
- Try to incorporate quotes about acceptance of mental health and counseling (like “Common Myths”)
- Mention any support groups/medical practitioners who speak other languages
- Explain available counseling services, friends and roommates may need support

Mental Health Discussions During Orientation



- Invite counseling center or other mental health professionals to introduce mental health service
- Discuss what to expect when students visit the counseling center
- Provide print material from the counseling center, if possible

These offices are also great to mention:

- Ombudsperson Office
- Dean of Students
- Child and Family Studies on campus
- Chapel and community religious/spiritual support centers
- Alcohol, Drug and Wellness Education Office



On Campus Programming

- Buddy/Peer mentor programs (Raider Pals)
- Workshops (e.g., “Decoding U.S. Culture”, “Lost in Translation”, “Culture Shock”)
- “Let’s Talk” Drop-in Hours
- University 101-type courses
- Social organizations/student clubs (AIS)
- Summer/Holiday programs
- Friendship family programs (Community Friends)
- Discussion/Support Groups
- Creative initiatives (e.g., “Welcome to My World Photo Exhibition”)
- Weekend activities to get students off campus (Amish Country, Food Tours, Shopping Trips)



Programs that Work

- Destress Fest
- Mocktails
- Therapy Animals
- Drop-In Hours at various campus locations
- Collaborations with Chaplain and Counseling Services
- Activities at the Nature Center
- Weekend Community Service opportunities



Marketing Your Program

How many of your international students want to go to a special event where they are going to talk about mental health?

Instead, think about ways to approach the topic indirectly:


- Making friends in the US
- Managing stress
- Time management
- Eating healthy
- Staying fit on campus



Marketing Your Program

FOUNDATIONS

Coping with Post-Election Stress while at Home



Facilitated by:
Chino Okonkwo, LCSW

Tuesday, December 20
Student Multipurpose Room (105)
6:30 - 7:30 pm

Pizza will be provided!

This program is a Diversity and Civic Engagement program or a Health and Wellness program

Juilliard

STRESS RELIEF COLORING


De-stress with some relaxing coloring and snacks!

Tuesday, October 3rd
6-7pm in the
Morse Student Lounge

This event is taking place in recognition of National Mental Illness Awareness Week (October 1st-7th)

Juilliard diversity
advocates

#DearNextPresident



Join the video series/hashtag campaign & have your voice heard.
Create a message for the next POTUS & let him/her know your pressing concerns & issues

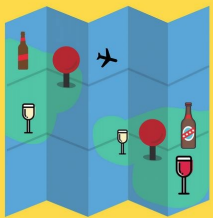
Wednesday,
Oct. 28th 1-2 pm
Morse Student Lounge

Juilliard diversity
advocates

Office of International Advancement

FOUNDATIONS

IN DIFFERENT ALCOHOL CULTURES



**MONDAY OCTOBER 17TH
12.15-1.15 PM, SMR**

These programs are Diversity & Civic Engagement Foundation Programs

Juilliard



Resources



Emotional Wellness Training



Powerpoint
Presentation



Video Content



Student Handout



Interactive Activities



Proctor Guide



The MGH Center for
Cross-Cultural Student
Emotional Wellness

 **International**
Student Insurance



Mental Health Awareness Video



<https://www.internationalstudentinsurance.com/explained/mental-health-video.php>



Additional Resources

NAFSA Resources:

- Crisis Management in a Cross Cultural Setting: ISSS
- Addressing Mental Health Issues Affecting EA Participants
- Mental Health Issues and International Students

Other Resources:

- Massachusetts General Hospital Center for Cross-Cultural Student Emotional Wellness (CCCSEW)



Additional Resources

National Suicide Prevention

1-800-273-TALK

The Trevor Project (LGBTQ)

1-866-4-U-TREVOR

Crisis Text Line

Text “home” to 741-741



“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.”