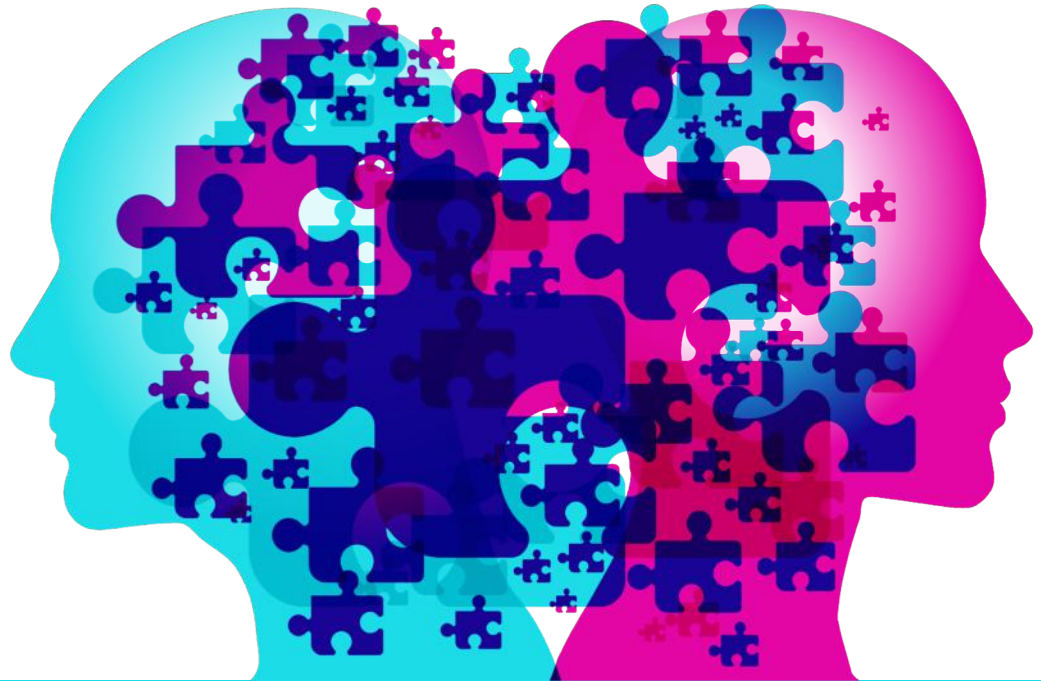


The Impact of Pervasive Technology On the Emotional Wellness of International Students



Presenters



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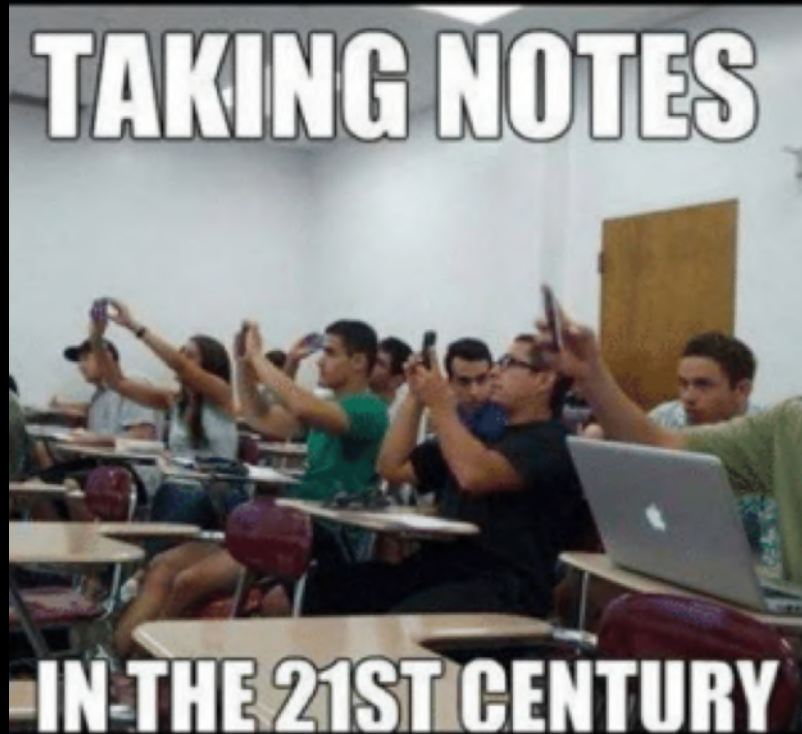


Agenda

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



TAKING NOTES

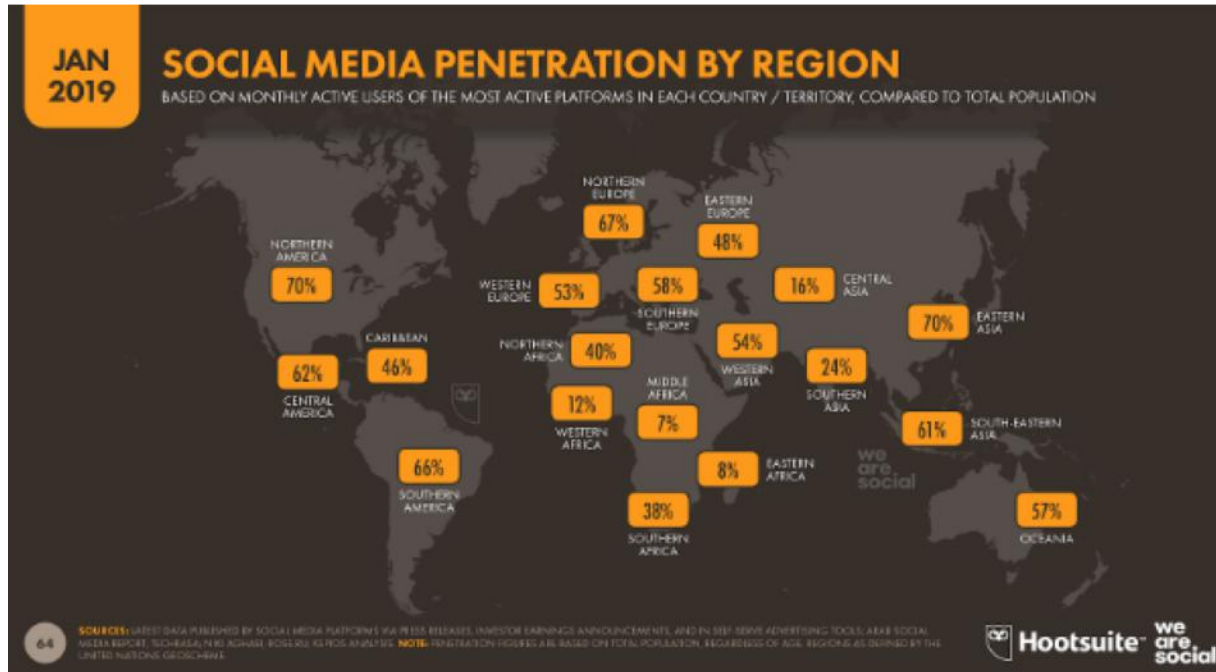


IN THE 21ST CENTURY

What's Going On?



Technology is on the Rise



Source:
<https://www.wearesocial.com/>

Stats on Mental Health & Technology

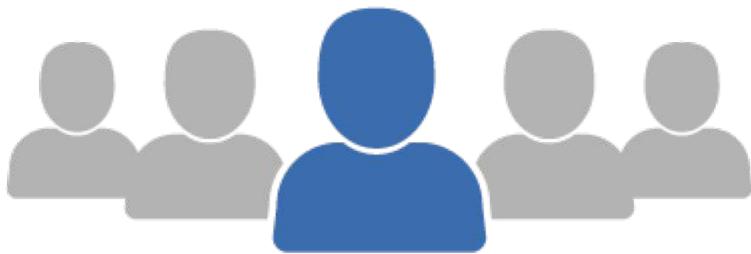
- Individuals who spend more time on social media and less time with others face-to-face report lower well-being and are more likely to be depressed - Lin et al., 2016; Shakya & Christakis, 2017
- College students with insomnia have significantly more mental health problems than college students without insomnia. - American Academy of Sleep Medicine (AASM)
- People that report using 7-11 social media platforms had more than three times the risk for depression/anxiety that their friends who used only two sites had, even after the study was adjusted for the amount of time spent by members of both groups - *Computers and Human Behavior Journal*
- 54% of college age students said that they use cell phones during class to text friends and browse social media - Student Pulse survey by Top Hat.

Major Trends

- Communication
- Sleep
- Physical Activity
- Community
- Cyberbullying
- Self-Esteem
- Body Image
- Depression & Anxiety



1 in 5



College students have
anxiety or depression

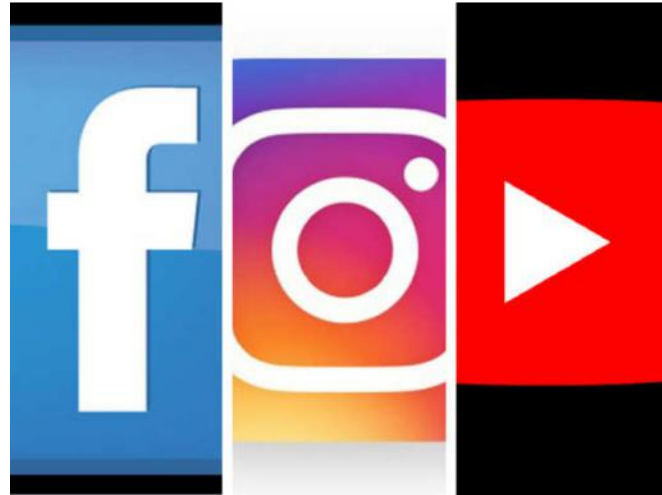
<http://theconversation.com/1-in-5-college-students-have-anxiety-or-depression-heres-why-90440>

College students had
suicidal thoughts over the
past year

<https://sites.psu.edu/ccmh/files/2019/01/2018-Annual-Report-1.30.19-ziytkb.pdf>

Which social media platform was the most negative and positive for users?

- A. Facebook
- B. Instagram
- C. Youtube



Instagram



Instagram has the most negative overall effect on young people's mental health.

- Body image and sleep, increases bullying and “FOMO”, and leads to greater feelings of anxiety, depression, and loneliness
- Self-expression, self-identity, community building, and emotional support

Source: <https://www.psychalive.org/worst-mental-health-instagram-facebook-youtube/>

Facebook



Facebook was found to have similar negative effects to Instagram in the categories of bullying, “FOMO”, body image, anxiety, depression, and loneliness.

- Major negativity on sleep
- Emotional support and community building



YouTube



YouTube was by far the most positive of the social media platforms.

- Major negativity on sleep
- Scored high on awareness, self-expression, and community building.

YouTube was also the only social network where anxiety, depression, and loneliness lessened with use.

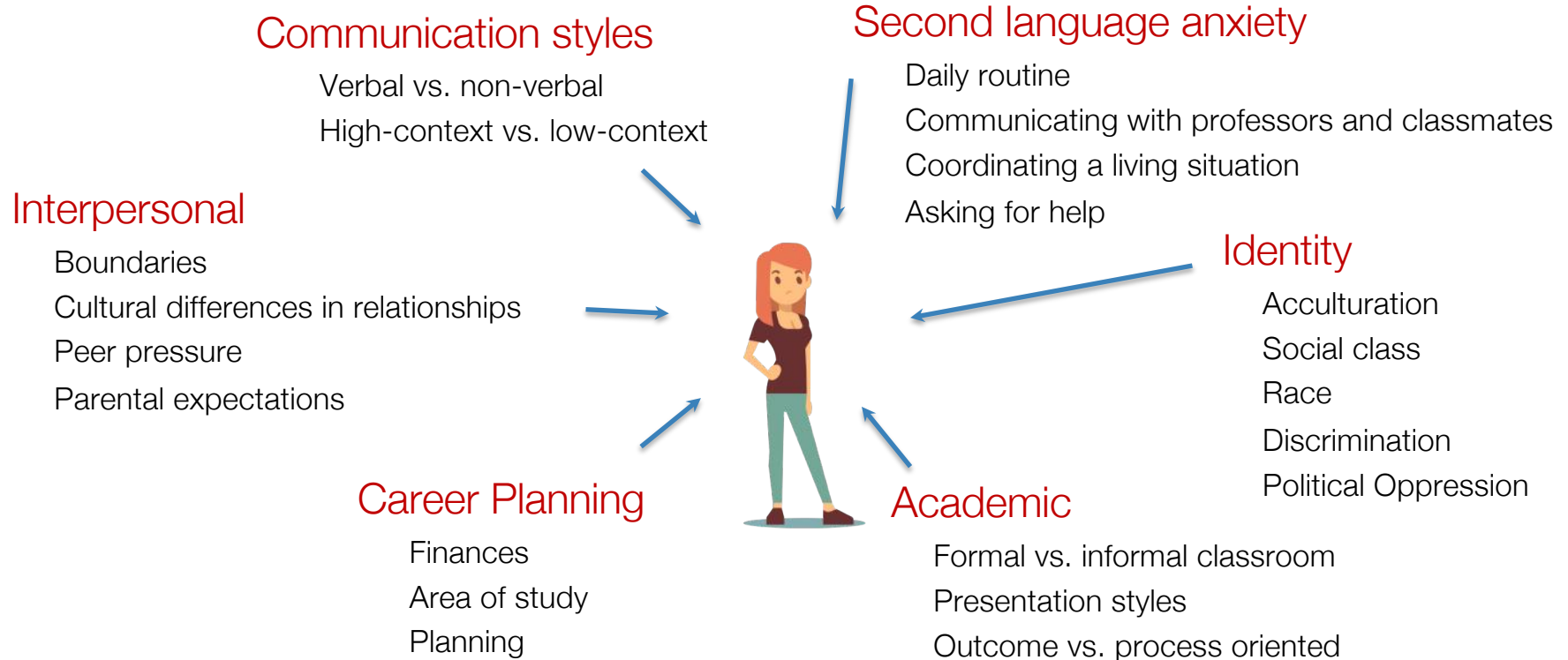


spider-bih FOLLOW

YouTube being down is wack. What am I supposed to do now?
Go outside????



Common Adjustment Issues



Adjustment Issues - Real Life Examples

Washington State University:

- Students failing a class because they can't wake up in time
 - They can't wake up in time because they can't fall asleep
 - They can't fall asleep because they were on social media or anxious
- Isolation during the holidays
 - No busses, cafeteria closed, students gone

Cascadia College:

- Lack of support network in the US
 - Students think they're alone; no one else is experiencing similar issues
 - They don't share with others when they are struggling, leading to further isolation
- Internalized shame and fear of the unknown
 - Students don't seek help because they don't know what counseling is like
 - "Everyone else is doing well (via social media); I am weak for asking for help"

Unique Visa Barriers

- Visas carry a lot of restrictions and expectations
 - Unable to take part-time courses without medical proof
 - Negative news and xenophobic political statements and rumors
- Visa status impacts perceived ability to get help
 - Feeling like a failure, unable to study in US without help
 - Loved ones or institution may retaliate negatively
 - Visa status being terminated and forced to go home early
 - Believes health services only for US students

Result = Students do not seek help until it is a crisis

Overcoming the Challenges



Supporting Your Students

1. Help Create A Community
 1. Connecting students prior to their arrival in the U.S.
 2. Encourage face to face meetings and events wherever possible
 3. Let students know about clubs, teams and organizations on campus
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 and share appropriately
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

“...the quality of the social support system can have both a direct and a buffering effect when international students undergo psychological stress.”

Meirong Liu, “Addressing the Mental Health Problems of Chinese International College Students in the United States,” Advances in Social Work Vpl. 10 No. 1 (Spring 2009), p. 74.

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
- 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

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

Using Technology to your Advantage

Technology can be helpful if used in the correct way!

- Utilize and personalize institutional and online tools to create centralized support (e.g., learning management and early warning systems, online chat spaces)
- Learn how to pronounce names quickly using online tools and workshops
- Create a list of free and accessible self-help health and wellness websites and mobile apps (e.g., self-screenings, anxiety relief, coping skills, mood trackers, etc.)
- Meet students where they are at on social media platforms to advertise events

A balanced mix of online and in-person social interactions is beneficial to students

Building Bridges

Mental Health outside of the Mental Health sphere:

- Depression screening event on campus/Depression screenings on website
- Encourage participation at “lunch and learns” focused on stress and time management, sleep, etc.
- Highlight Counseling Center events through newsletters, social media, flyers, tours, 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
 - Gym/Recreation Center

Breaking Down Barriers

- Find out what counseling or health center fees are – advocate for reduced or eliminated fee for services
- Find out what the wait time to speak to a counselor is, long wait times might require looking off campus
- Provide clear steps about working with a counselor and what to expect
- Help to create alternatives to technology
 - Provide alternative material such as fliers on bulletin boards and in-person tabling
 - Encourage students to see you in person, and tell appropriate people they need help

Programming that Works



Building the Trust – Creating the Connection

“The first day of a student’s orientation is too late to be discussing student mental health for the first time.”

Lee Burdette Williams*

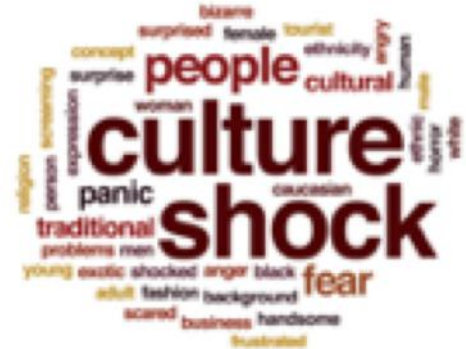
Send or have available on website and in the office:

- **Testimonials** from current students about homesickness, culture shock, stress, anxiety, and depression
- **Quotes** about acceptance of mental health and counseling
- **Materials** about the Counseling/Wellness available on campus with pictures and contact information

*Lee Burdette Williams, “It’s Never Too Soon To Talk About Mental Health,”The Chronicle of Higher Education, 10/14/2016, p. A56.

Mental Health in Orientation

- **Inform** students of challenges and cultural adjustment
- **Invite** Counseling Center or other mental health professionals to introduce mental health support services/host a luncheon and/or include mental health services in campus tours
- **Educate** students about campus/community resources
- Parent and Partner programs
- **Train** your peer leaders and mentors to be knowledgeable about mental health resources and reduce stigma
- **Collaborate** with residence halls on outreach programming



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

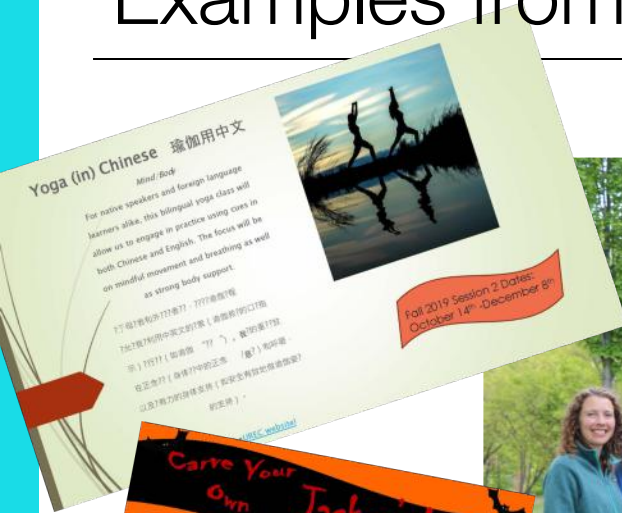
Peer-to-Peer events and activities are vital to help students talk to each other in a safe space. Have faculty/staff present only as needed to present.

Examples from Washington State University

- Peer Mentor Program
 - Email before arrival
 - Essential at orientation
 - Events throughout the year
- International Center
 - “Living Room”
 - Trips
 - Coffee Hour – Counselor Present
 - Coloring
- Weekly Meditation
 - Sleeping
 - Eating
 - Stress mgmt
- Engagement Events
 - Picnic
 - Halloween
 - Thanksgiving
- Bilingual Yoga

Examples from Washington State University

Peer Mentors



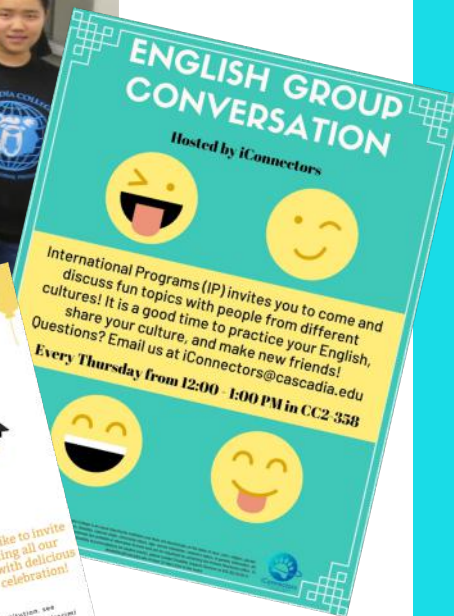
Examples from Cascadia College

- Orientation pre-arrival and in-person presentations & workshops
- 1-on-1 student “check-in” meetings with international student advisors
- College 101 mandatory course
- English Group Conversation and cultural clubs
- Intercultural events (e.g., “Global Student Connections,” “Intercultural Night Market”)
- Communication initiatives (e.g., “Mental Health Monday” social media posts, International Education Week photo contest, interactive bulletin board and tabling)
- C.A.R.E. (Consultation, Assessment, Response, Education) Team
- Trainings and workshops for staff/faculty

Examples from Cascadia College



iConnectors & Elite Volunteers





Resources & Hotlines

Pre-departure, Orientation, Online

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

Download online at
[International Student Insurance](https://www.internationalstudentinsurance.com/emotional-wellness-training)

Student Info Page



Emotional & Mental Health Awareness
— for —
International Students

Emotional wellness is the ability to **be aware of our feelings** and accept them. It means having an **optimistic approach**, and is a key part of long-term success and happiness.

Emotional wellness means you:

-  Are aware of your thoughts and feelings
-  Have a positive attitude
-  Express emotions in a healthy way
-  Seek help when you need it
-  Set priorities
-  Accept mistakes and learn from them
-  Maintain good boundaries with others
-  Overcome setbacks and learn from failures
-  Feel at peace most of the time

What is mental health?



Mental Health Awareness for International Students

THERAPIST PSYCHOLOGIST PSYCHIATRIST

< Watch this video for an overview of mental health >

www.internationalstudentinsurance.com/explained/mental-health.php

Resources

NAFSA Resources

Addressing Mental Health Issues Affecting International Students

<https://shop.nafsa.org/detail.aspx?id=202E>

Crisis Management in a Cross Cultural Setting: ISSS

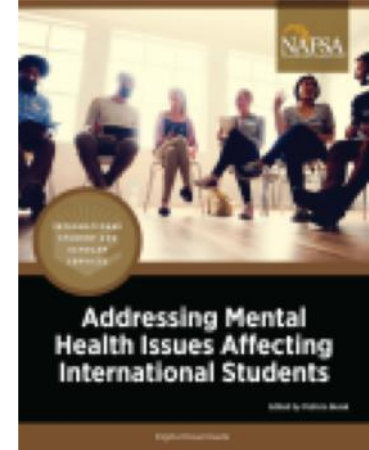
http://www.nafsa.org/wcm/Cust/Custom_Cart/Product_Detail.aspx?prodid=450

Other Resources

Massachusetts General Hospital Center for Cross-Cultural Student Emotional Wellness (MGH CCCSEW) <https://www.mghstudentwellness.org/consortium>

Do Not Disturb: How I Ditched My Phone and Unbroke My Brain: <https://www.nytimes.com/2019/02/23/business/cell-phone-addiction.html>

Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked: <https://www.amazon.com/Irresistible-Addictive-Technology-Business-Keeping/dp/1594206643>



Washington State University



The screenshot shows a web browser displaying the 'Health Promotion Overview' page. The browser's address bar shows the URL 'cougarhealth.wsu.edu/health-promotion/'. The page has a dark blue sidebar on the left with the Washington State University logo and a list of navigation links. The main content area is white and contains the following text:

Health Promotion Overview

We provide community strategies and programs to support individual and community well-being, including [enhancing mental wellness](#) and [reducing violence](#) and substance abuse.

Workshops for students

We provide workshops to support student health, happiness, safety, and success.

- [Submit an outreach request form](#) to bring a customized workshop to your group.
- First-year and incoming students have [mandatory programs](#) they need to take.

For any questions about programs and outreach, please [contact us](#).

Stress reduction and mental health education

Emotional wellness is a lifelong process of developing awareness and acceptance of one's feelings. Emotional wellness helps you have satisfying relationships, deal with conflict, and bounce back after challenging or stressful times.

Stress reduction program highlights:

- **Stress Management:** College students frequently deal with high levels of stress. Learn how to identify symptoms of stress early and techniques to reduce stress before it becomes unmanageable. Participants learn mindfulness and ways to change their mindset about stress to use it as a tool instead of a trigger.
- **Mindfulness and Meditation:** You've heard about all the incredible effects of mindfulness and meditation – greater health, longevity, concentration and focus, satisfaction with life, happiness, emotional regulation and so much more! Join us to learn how to use meditation basics throughout the day and reap these positive, stress reducing benefits.

Mental health education and training:

- **Mental Health First Aid:** This certification course teaches participants to recognize the signs and symptoms of mental illness and how to help someone experiencing a mental health crisis.
- **Campus Connect Suicide Prevention Training:** This training teaches participants warning signs of suicide and how to respond appropriately.

Cascadia College

Welcome!

The Counseling Center staff provides various services to meet the needs of students, parents, faculty, and staff. Counseling Center offers confidential, short-term counseling to enrolled UWB and Cascadia students free of charge. We offer same day crisis appointments, individual counseling, group counseling and couples counseling. Please [contact us](#) with any questions or to get started with an appointment!

Crisis Services



Counseling Services



Self Help Resources



Workshops & Groups



Mental Health Screening



Mental Health & Academic Support



<https://www.uwb.edu/studentaffairs/counseling>

CASCADIA COLLEGE BOTHELL

Registration Class Schedule Key Dates CANVAS Student Toolbox Library Search Cascadia

DISCOVER CASCADIA PROGRAMS & DEGREES FUTURE STUDENTS CURRENT STUDENTS

MENTAL HEALTH WELLNESS

Cascadia College > Advising and Counseling > Mental Health Wellness

MENTAL HEALTH WELLNESS

MENTAL HEALTH AND WELLNESS

On Campus Resources

- Cascadia College Counseling Services at UW Bothell Counseling Center
- Care Team

Advising and Counseling

Academic Advising

Career and Transfer Services

Counseling

Disability Support Services

Forms & Degree

Worksheets

High School Completion

Kodiak Corner

Running Start

Veterans' Services

Underage Student

Admission

Mental Health & Wellness

Housing Insecurity

<http://www.cascadia.edu/advising/mentalhealth.aspx>

Services & Hotlines

Hotlines

National Suicide Prevention

1-800-273-TALK

www.suicidepreventionlifeline.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

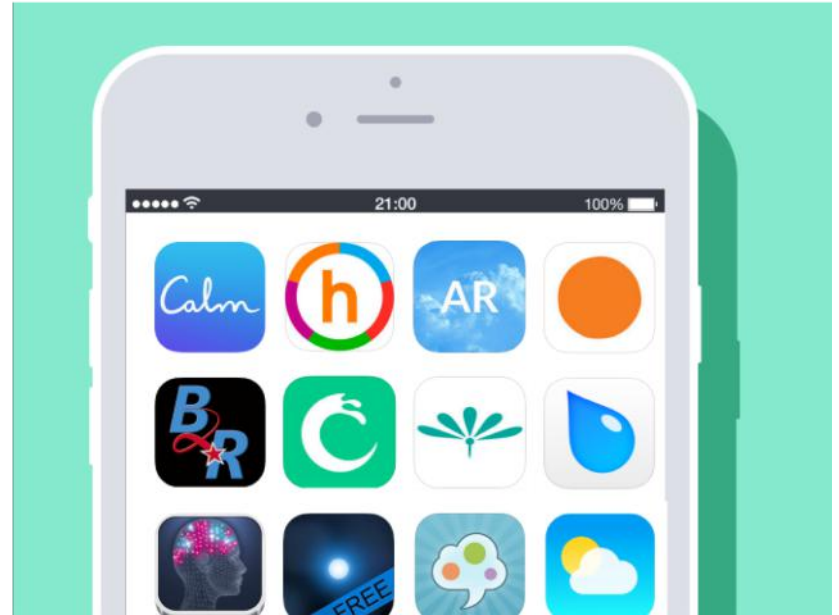
<http://www.crisistextline.org/>

Text 741-741



Anxiety Apps

- Headspace
- Happyify
- Calm
- Acupressure
- Talk Space
- Sleep Time
- Relax & Rest Guided Meditations
- Stop, Breathe, and Think
- Colorify



Questions?

