

# **International Students on Campus: Responding Effectively to Their Mental Health Needs**

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# Today's Agenda

- Introductions
- Brief overview of International Students
- Mental Health Issues – A Common Challenge

# International Students

- Recent data indicated that the USA is among the most popular destination for international students, attracting 17% of all foreign students world wide.
- During 2011/2012 academic year the number of international students increased with a record high of 764,495. Over half of these students were undergraduates.
- International students are coming to the U.S.A. from many countries. Ten countries account for the 67%: China, India, and South Korea are the top three. Other leading countries include Saudi Arabia, Canada, Taiwan, Japan, Vietnam, Mexico, and Turkey.

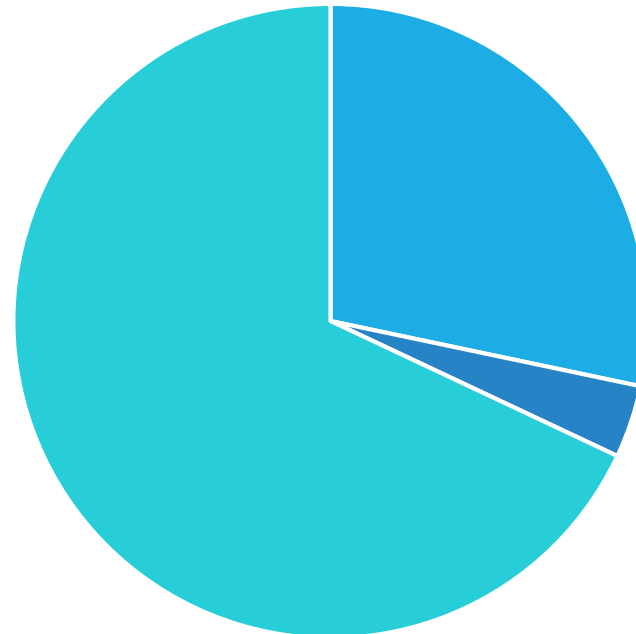
# Where are our students from?

## On-Campus Headcount Enrollment By Students' Origin (Fall 2016)

<u>Institution</u>	<u>Number of Students from Adjacent Counties</u>	<u>Number of Students from In-State</u>	<u>Number of Students from Other States</u>	<u>Number of Students from Foreign Countries</u>	<u>Total On-Campus Enrollment</u>	<u>Percent of In-State Students to Total On-Campus Enrollment</u>	<u>Percent of In-State Students From Adjacent Counties</u>
Alcorn State University	1,061	2,356	669	118	3,143	75.0%	45.0%
Delta State University	1,175	2,691	473	132	3,296	81.6%	43.7%
Jackson State University	4,949	7,004	1,912	302	9,218	76.0%	70.7%
Mississippi State University	2,241	13,864	6,485	778	21,127	65.6%	16.2%
MUW	899	2,002	250	148	2,400	83.4%	44.9%
MVSU	1,116	1,889	529	31	2,449	77.1%	59.1%
University of Mississippi	2,701	11,045	8,615	795	20,455	54.0%	24.5%
USM	<u>3,838</u>	<u>10,250</u>	<u>2,376</u>	<u>463</u>	<u>13,089</u>	<u>78.3%</u>	<u>37.4%</u>
<b>Total</b>	<b>17,980</b>	<b>51,101</b>	<b>21,309</b>	<b>2,767</b>	<b>75,177</b>	<b>68.0%</b>	<b>35.2%</b>

# Overall Campus Headcount Enrollment

% of Overall Enrollment



■ Other States - 28.3% ■ Foreign Countries - 3.7% ■ In-State - 68.0%

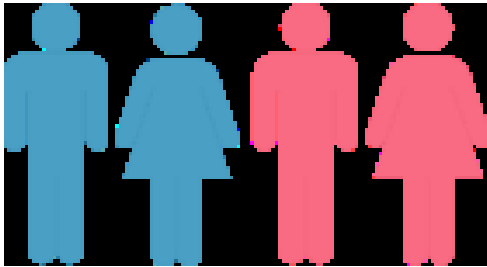
# On Campus Headcount Enrollment By Out-of-State Students' Residence

	<u>ASU</u>	<u>DSU</u>	<u>JSU</u>	<u>MSU</u>	<u>MUW</u>	<u>MVSU</u>	<u>UM</u>	<u>USM</u>	<u>Total</u>
Total Enrollment	3,143	3,296	9,218	21,127	2,400	2,449	20,455	13,089	75,177
Total Nonresident	787	605	2,214	7,263	398	560	9,410	2,839	24,076
Nonresident % of Total Enrollment	25.0%	18.4%	24.0%	34.4%	16.6%	22.9%	46.0%	21.7%	32.0%

<b>From Foreign Countries</b>	118	132	302	778	148	31	795	463	2,767
<b>Countries Represented</b>	24	50	60	80	9	12	86	69	139

(Total represents unique countries)

# Mental Health Issues – A Common Challenge



Almost 50% affected in the United States.



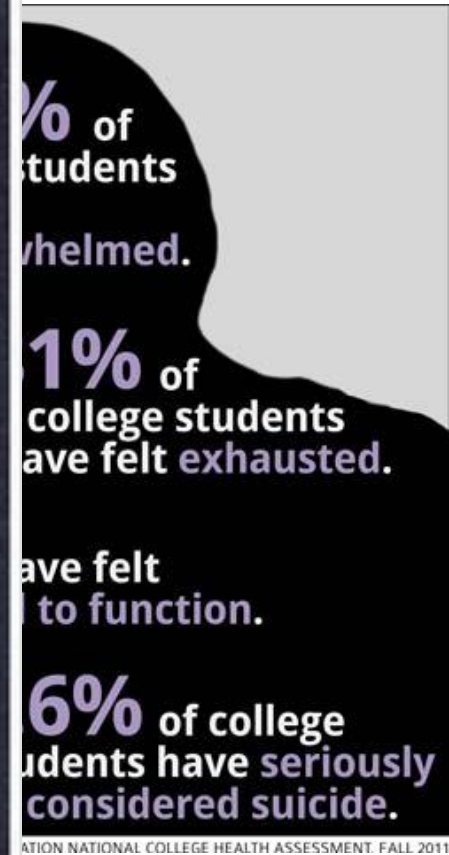
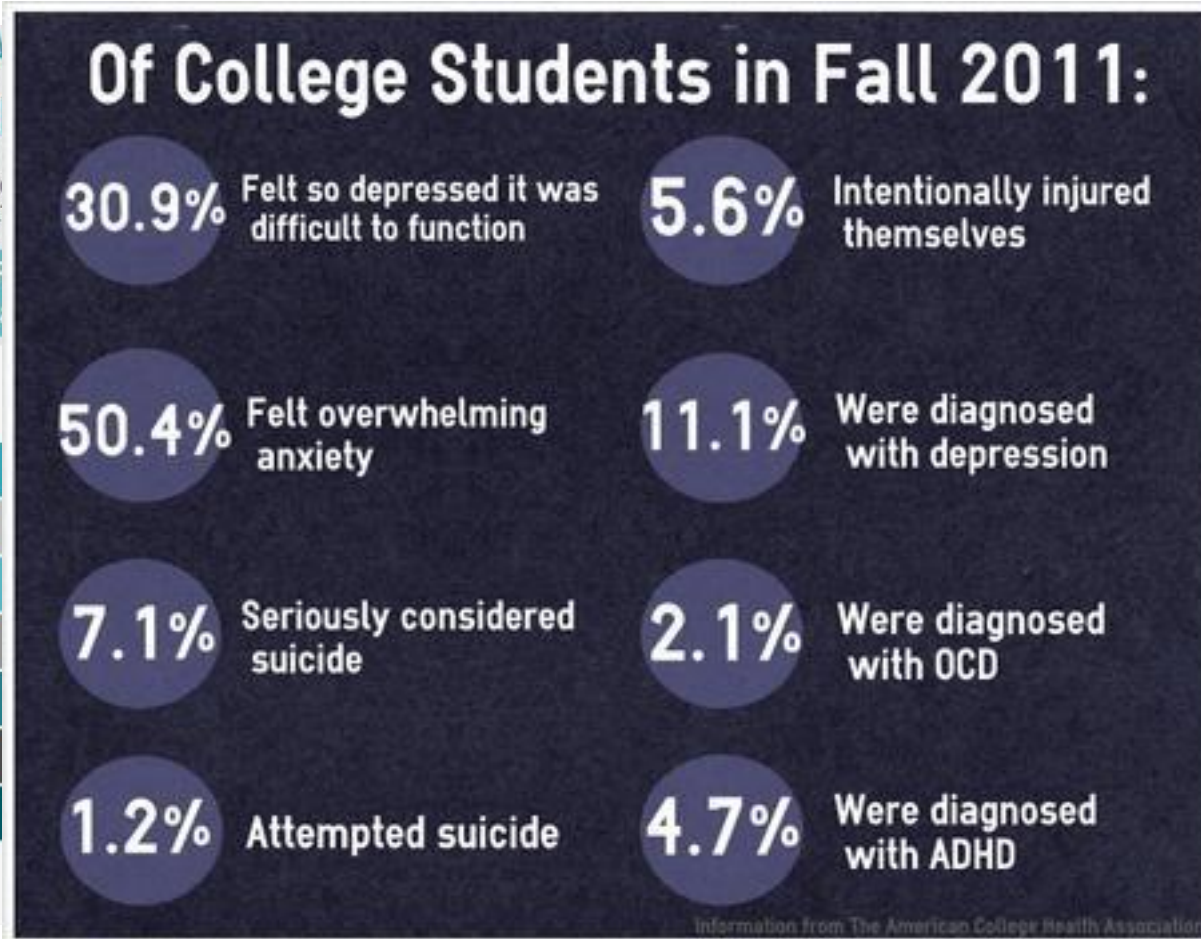
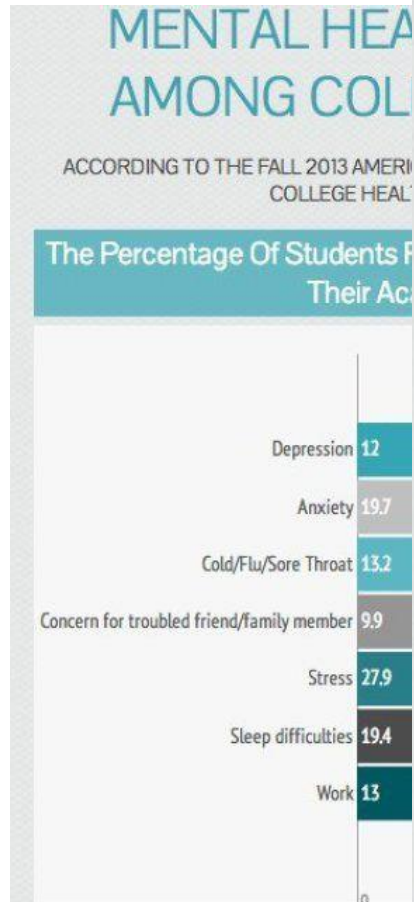
450 million people affected.

# Mental Health Issues & the College Student





# We know the statistics...



AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT, FALL 2011

# But what about International Students and Mental Health?

Let us start with a little quiz.

How many of these conditions have you heard of?

- *Taijin kyofusho*
- *Hikikomori*
- *Hwa-byung*
- *Qi-gong* psychotic reaction.

The first two conditions are mental illnesses largely endemic to Japan.

The second two are endemic to China.

# Stigma - we've got it mapped

Regulations that stigmatise people with mental health problems around the world

time to change

let's end mental health discrimination  
www.time-to-change.org.uk

## UNITED KINGDOM



Until recently, laws prevented people with mental health problems from carrying out jury service or becoming a company director. This was only overturned in July 2013.

## LITHUANIA



Some people with long term mental health problems are unable to own their own home.

## JAPAN



A sign outside a museum in Japan reads 'Those with mental disease are declined to enter the museum'.

In some areas, certain leisure facilities imposed restrictions on those with mental health problems, forbidding them to use the fitness centre.

## Anti-stigma campaigns

in order of initiation

1997 New Zealand  
Like Minds Like Mine  
mentalhealth.org.nz

2009 Canada  
Opening Minds  
mentalhealthcommission.ca

2000 Australia  
Beyond Blue  
beyondblue.org.au

2010 Catalonia, Spain  
Programa de Salud Mental  
decada4.es

2002 Scotland  
See Me  
seemescotland.org

2010 Ireland  
See Change  
seechange.ie

2007 England  
Time to Change England  
time-to-change.org.uk

2011 The Netherlands  
Samen Sterk tegen Stigma  
samensterktegenstigma.nl

2008 USA  
BringChange2Mind  
bringchange2mind.org

2011 Denmark  
One of Us  
one-of-us.nu

2009 Sweden  
Hjärnkoll  
hjarnekoll.se

2011 Wales  
Time to Change Wales  
timetochangewales.org.uk

## KOREA



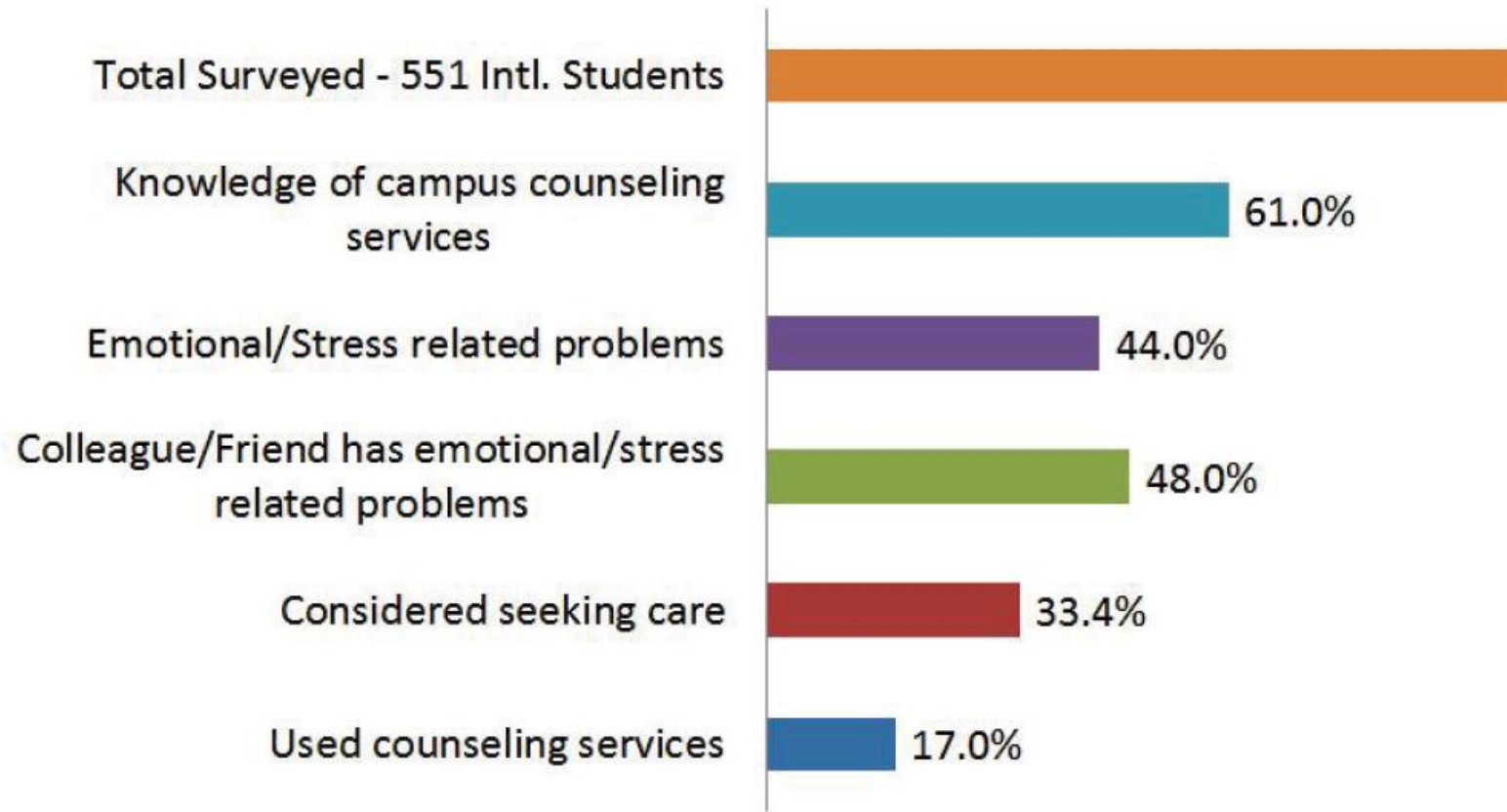
In certain areas, people with mental health problems are not permitted to enter a swimming pool.

## ASIA



Three major airlines in Asia refused to allow passengers with mental health conditions on to a flight unless they were accompanied by a psychiatrist.

# Are International Students Seeking Care?



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

# How is the transition different?

The transition to college can be difficult for students. For international students, this transition can be even more challenging.

- New Place & Culture
- Travel (jetlag)
- Self Manage
- New People
- Communication
- Lack of support system
- Homesickness
- Financial Programs
- Educational System
- Maintaining Status

# What is “culture shock?”

Oberg (1960) defined culture shock as the emotional reactions precipitated by anxiety resulting from loss of familiar social intercourse signs and symbols.

The four stages of culture shock are labeled as:

1. Honeymoon
2. Crisis
3. Recovery
4. Adjustment

# 4 Stages of Culture Shock

- **Honeymoon**: characterized as pleasant emotions (excitement, fascination, and exhilaration).
- **Crisis**: for some, crises emerge as frustration or even hostility toward the host country arises from continuously experiencing cultural gaps, communication difficulties, adjustment problems, prejudice, discrimination, etc.
- **Recovery**: is facilitated by supports that result in relevant learning and successful negotiation of problems (example: improvement of English proficiency, enhanced cultural competence).
- **Adjustment**: success in addressing culture shock is seen when daily experiences no longer trigger anxieties related to the new culture.

# Case Study

A young international student has professed suicidal thoughts and seeks assistance from the university counseling center.

In your small group, brainstorm a list of things to consider at this point.

- Knowledge of mental health in this particular student's country.
- Communication barrier between student and counselor.
- Building rapport with student.



# Case Study

The counseling center has recommended that the student be seen at the local hospital for an evaluation due to the suicidal thoughts. The student agrees and once the student is evaluated the student is then committed to the mental health hospital.

In your small group, brainstorm a list of things to consider at this point.

- Has anyone been contacted on the student's behalf?
- Who are the student's emergency contacts and do we know if they speak English?
- Does the student have health insurance? Does the health insurance cover these expenses?
- What if the student does not have health insurance?

# Case Study

The university has made a decision to suspend the student from school due to the disruptive behavior that has been displayed in class and within the residence halls.

In your small group, brainstorm a list of things to consider at this point.

- What are the immigration consequences related to the student's suspension?
- What if this student does not want to leave school?
- What does leave of absence look like for an international student?
- What are the financial consequences?

# Things to Consider

# Small Group Discussion

- What is one thing that your institution does to best address the mental health needs of your international students?
- How do you help international students overcome the stigma associated with mental health issues and resources?
- What support system does your school have in place to ensure international students are safe and secure?



# Understanding culture & mental health.

- Education is key.

We must educate ourselves on mental health in countries where our students are coming from.

# Resources

- [http://www.who.int/mental\\_health/evidence/atlas/profiles\\_countries\\_a\\_b.pdf?ua=1](http://www.who.int/mental_health/evidence/atlas/profiles_countries_a_b.pdf?ua=1)
- [http://www.nafsa.org/Professional\\_Resources/Browse\\_by\\_Interest/International\\_Students\\_and\\_Scholars/Network\\_Resources/International\\_Student\\_and\\_Scholar\\_Services/Before,\\_During\\_and\\_After\\_a\\_Crisis\\_\\_Questions\\_to\\_Ask/#during](http://www.nafsa.org/Professional_Resources/Browse_by_Interest/International_Students_and_Scholars/Network_Resources/International_Student_and_Scholar_Services/Before,_During_and_After_a_Crisis__Questions_to_Ask/#during)