

MEETING THE MENTAL HEALTH NEEDS OF THE INTERNATIONAL STUDENTS

A PRESENTATION FOR
ENGLISH NEW ZEALAND CONFERENCE

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OUTLINE....

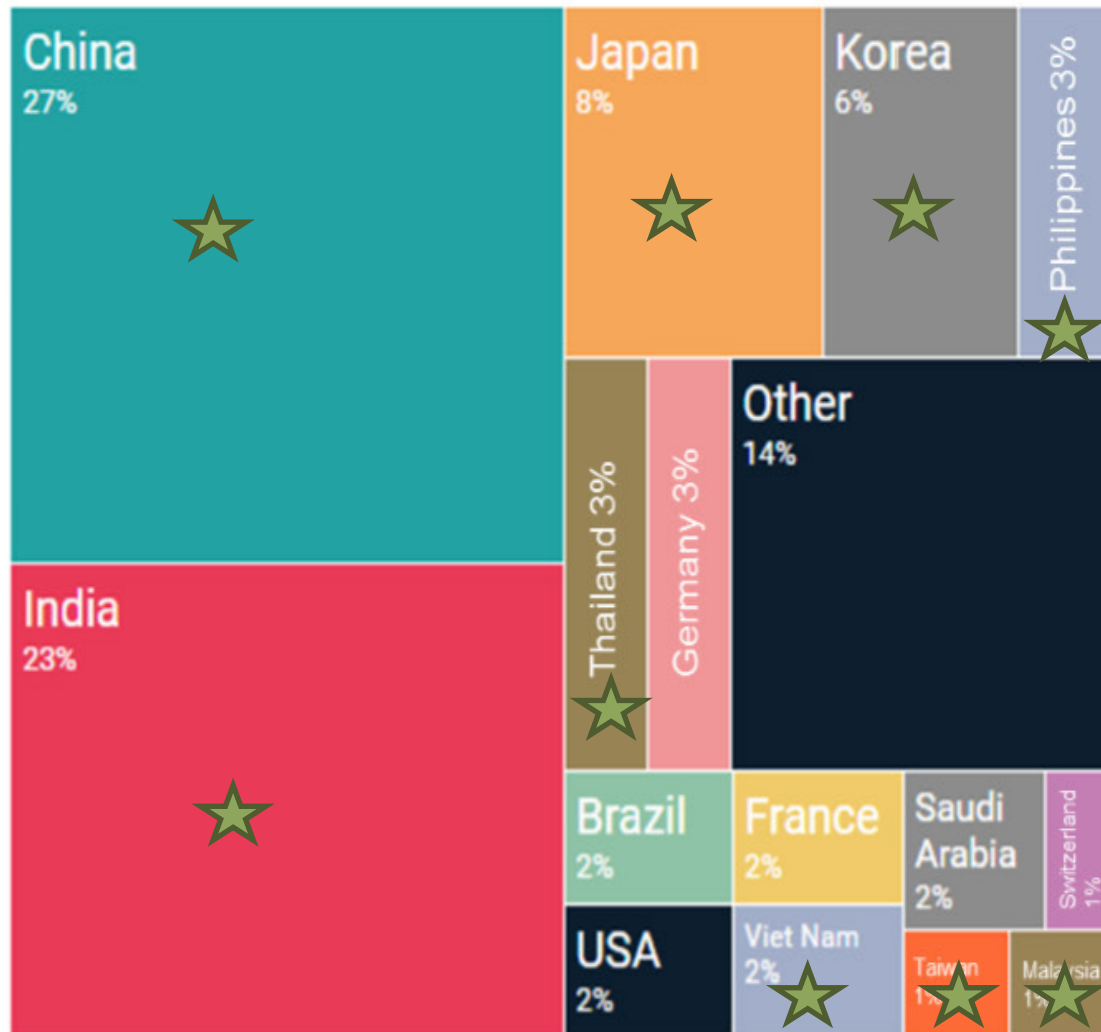
Who are our International Students

Introduction to Mental Health

How to help the Students- some suggestions

Top 15 markets: proportion of enrolments

(Education NZ 2015, full report)

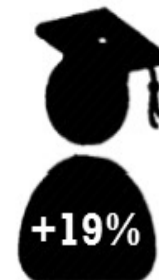


Tuition fee revenue



Tuition fee revenue reached \$1b

Postgraduate Study*



Growth in postgraduate enrolments

50% of international students come from China and India

Developed by Education New Zealand.

This infographic includes data on full-fee-paying, NZ Aid, PhD, foreign research postgraduate and exchange students. It combines the data sources from the Ministry of Education: the Export Education Levy and Single Data Return (SDR) data. Offshore students are included if classified as offshore in the SDR. Link to data source: student numbers (www.educationcounts.govt.nz).

*Postgraduate Study includes Level 8 honours/postgraduate certificate to Level 10 Doctoral degrees. This includes Government funded tertiary providers only.

INTERNATIONAL STUDENTS ARE MORE SUSCEPTIBLE TO DEVELOP MENTAL HEALTH SYMPTOMS

(WANG & MALLINCKRODT, 2006, FORBES-MEWETT & SAWYER, 2016, ZHANG & DIXON, 2003)

- In general, the peak period for onset of mental ill-health is between 12-25 years of age (McCorry, 2011)

For International Students:

- Social-cultural Adaptation
 - The ability to acquire behaviour and skills to facilitate better integration into host culture
- Psychological Adjustment
 - The process of maintaining psychological and emotional well-being

PSYCHOSOCIAL ADJUSTMENT AND MH PRESENTATION

Five unique mental health stressors faced by international students (Haber & Griffins, 2017) :

1. Language barriers:
 - If students struggle with English “*everything else suffers, including their academic performance and their capacity to connect with others*” (Forbes- Mewett & Sawyer, 2016)
2. Acculturative stress/culture shock
3. Unrealistic expectations
4. Crises originating at home
5. Illness

NORMALITY VS ABNORMALITY

INTERPERSONAL
VS
INTRAPERSONAL

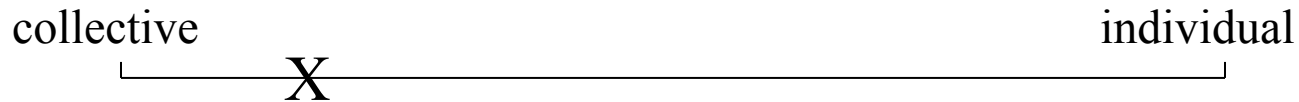
UNDERSTANDING YOUR STUDENTS

“We are not the same”

CULTURAL VARIANCES :MULTI-DIMENSIONAL APPROACH

SOCIAL DOMAIN

Collective Dimension



ADJUSTMENT DOMAIN

Coping

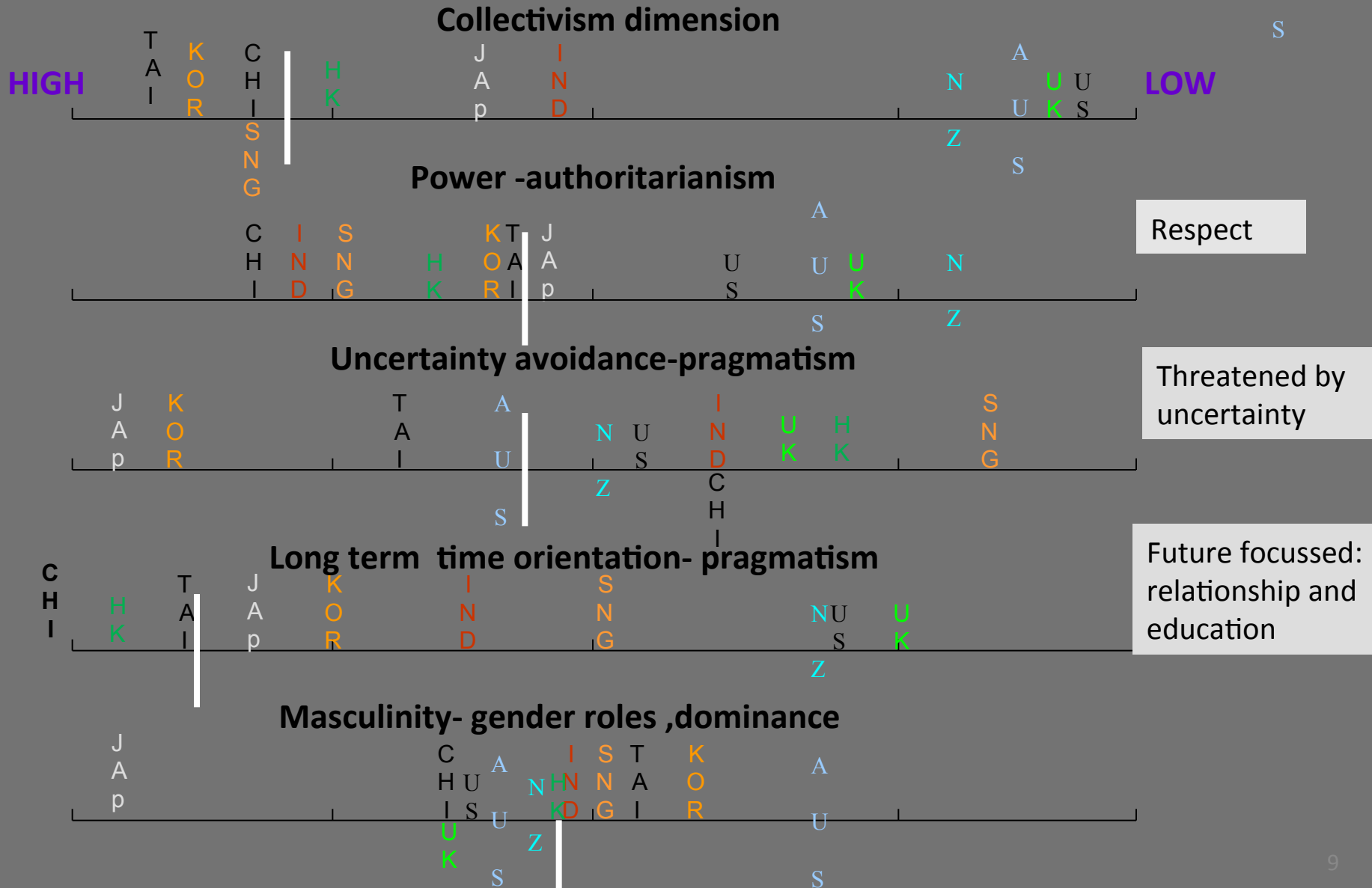


LANGUAGE DOMAIN

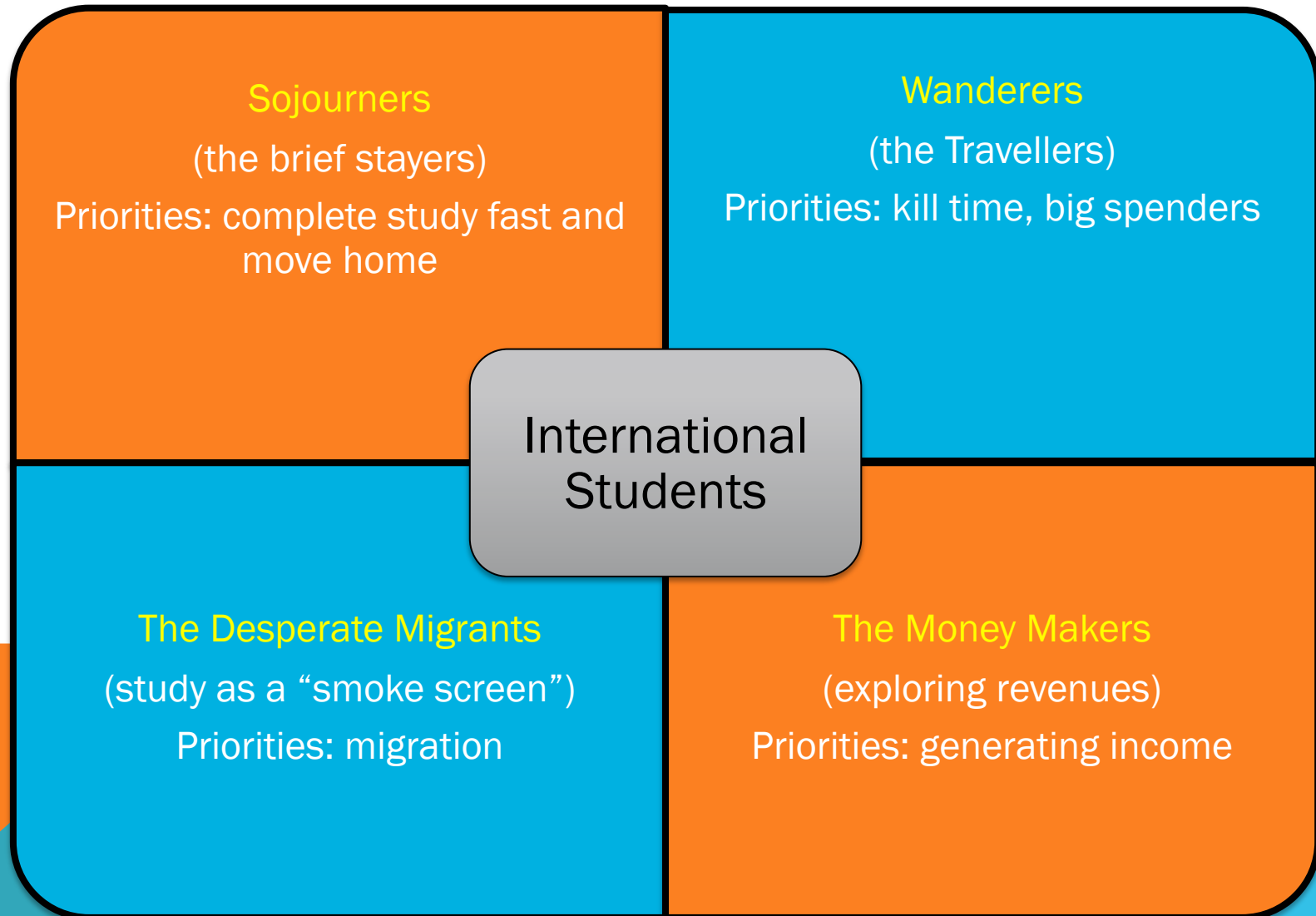
Emotional Expression



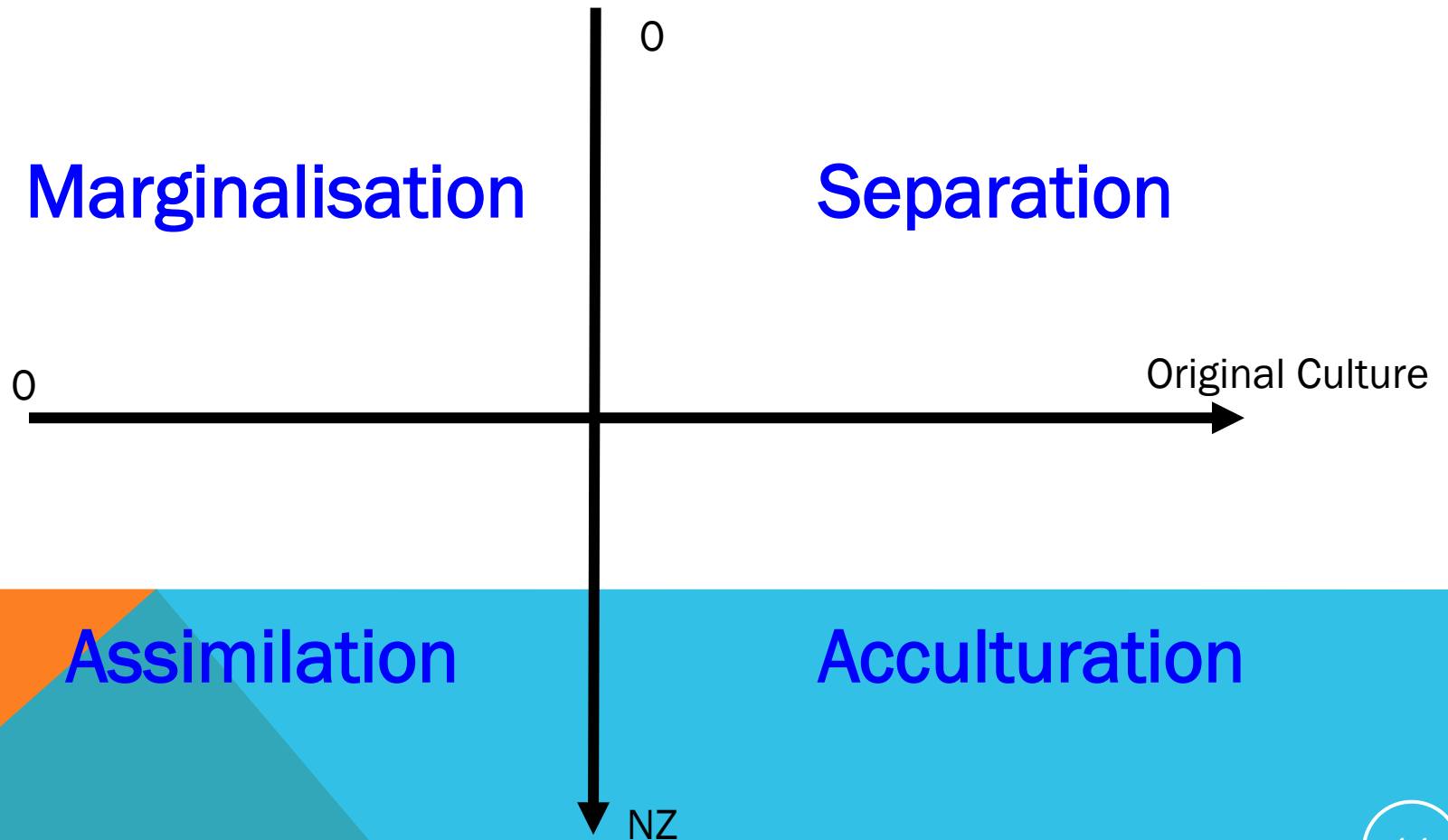
Hofstede World maps for cultural dimensions



Types and Expectations



BERRY'S CROSS-CULTURAL MODEL OF ACCULTURATION



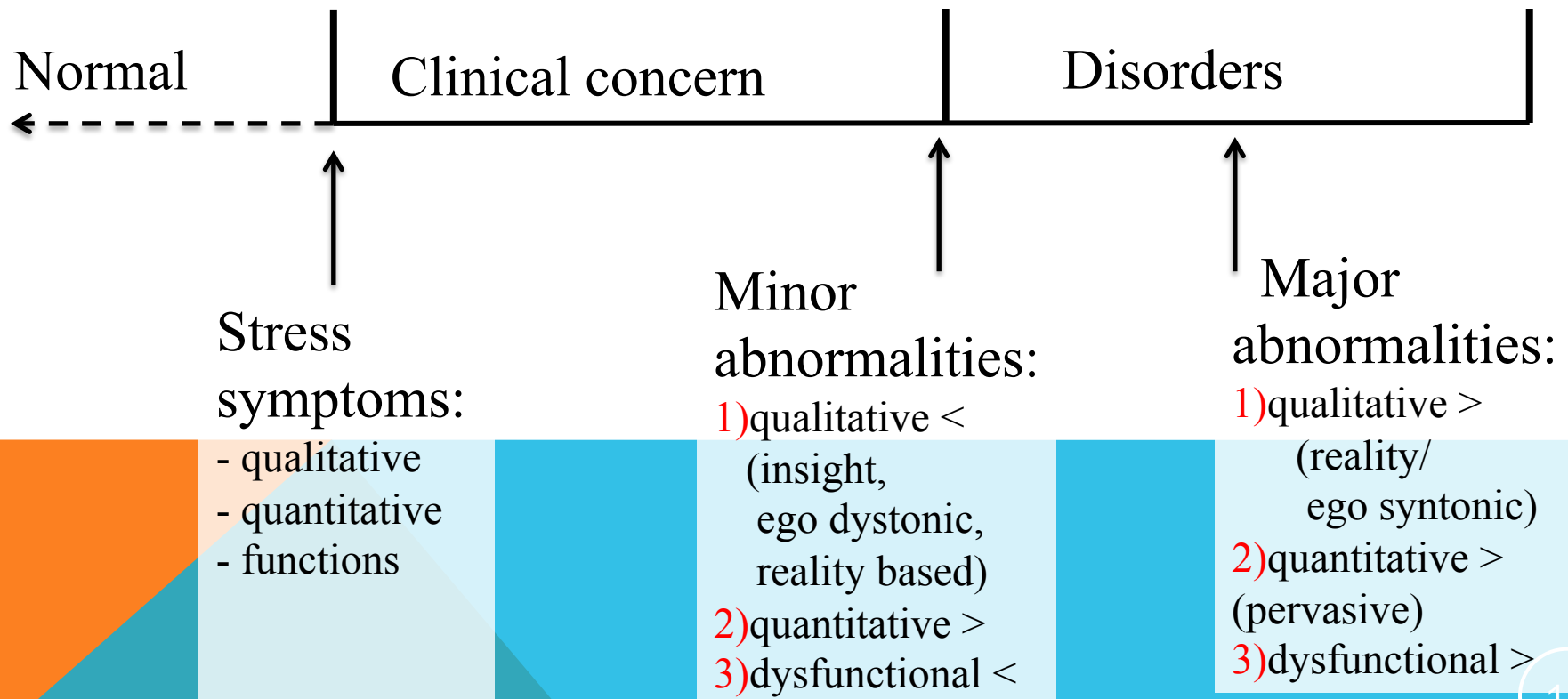
WHAT IS MENTAL ILLNESS

- **is a disease that causes mild to severe disturbances in thought, emotion and/or behaviour, resulting in an inability to cope with life's ordinary demands and routines.**
- **is the term that refers to collectively to all diagnosable mental disorders.**

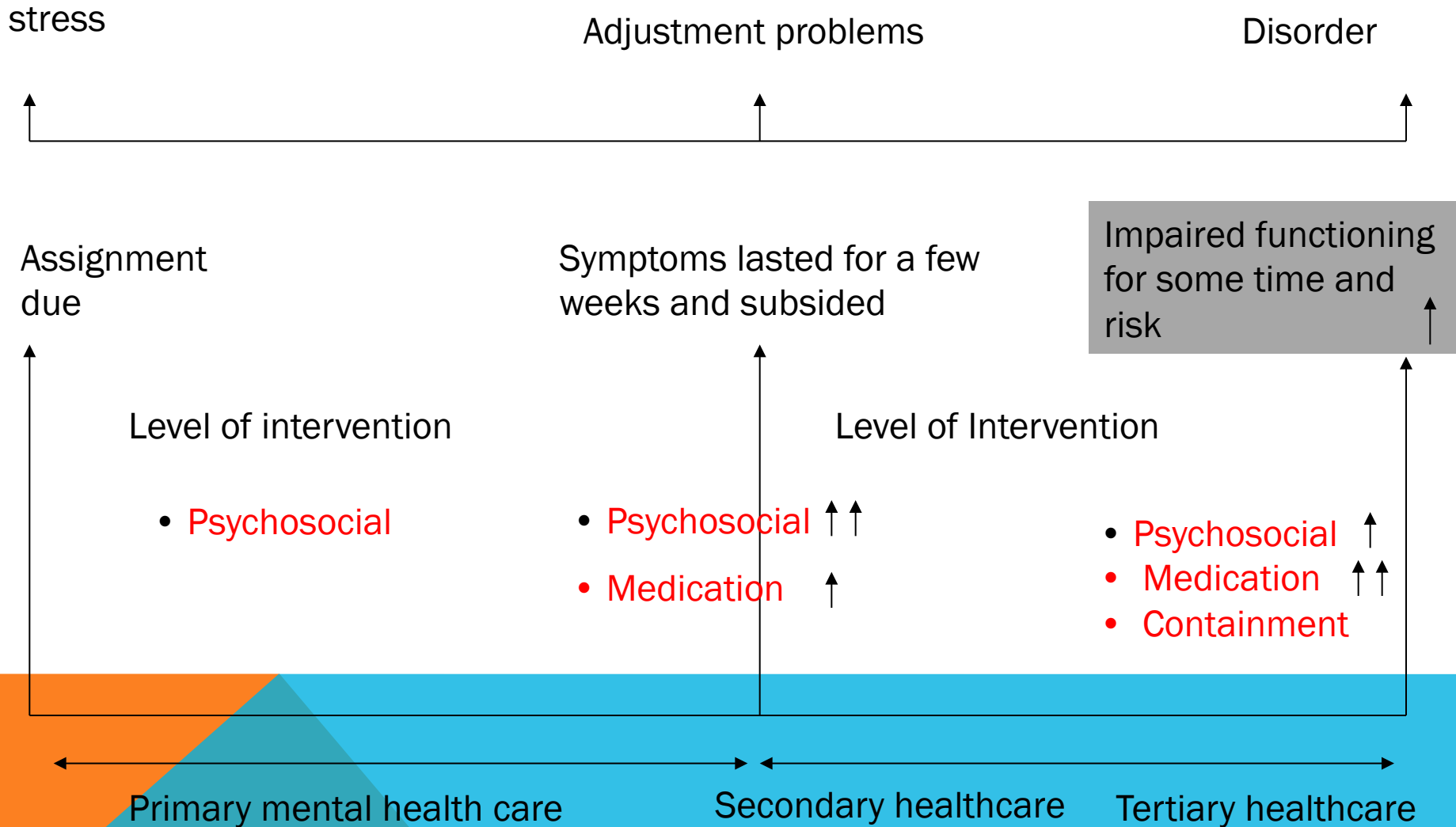
3 Ds:

- Is it psychologically **d**ysfunctional?
- Is it **d**istressing or handicapping to the individual or others?
- Is it associated with a response that is atypical or **d**eviant?

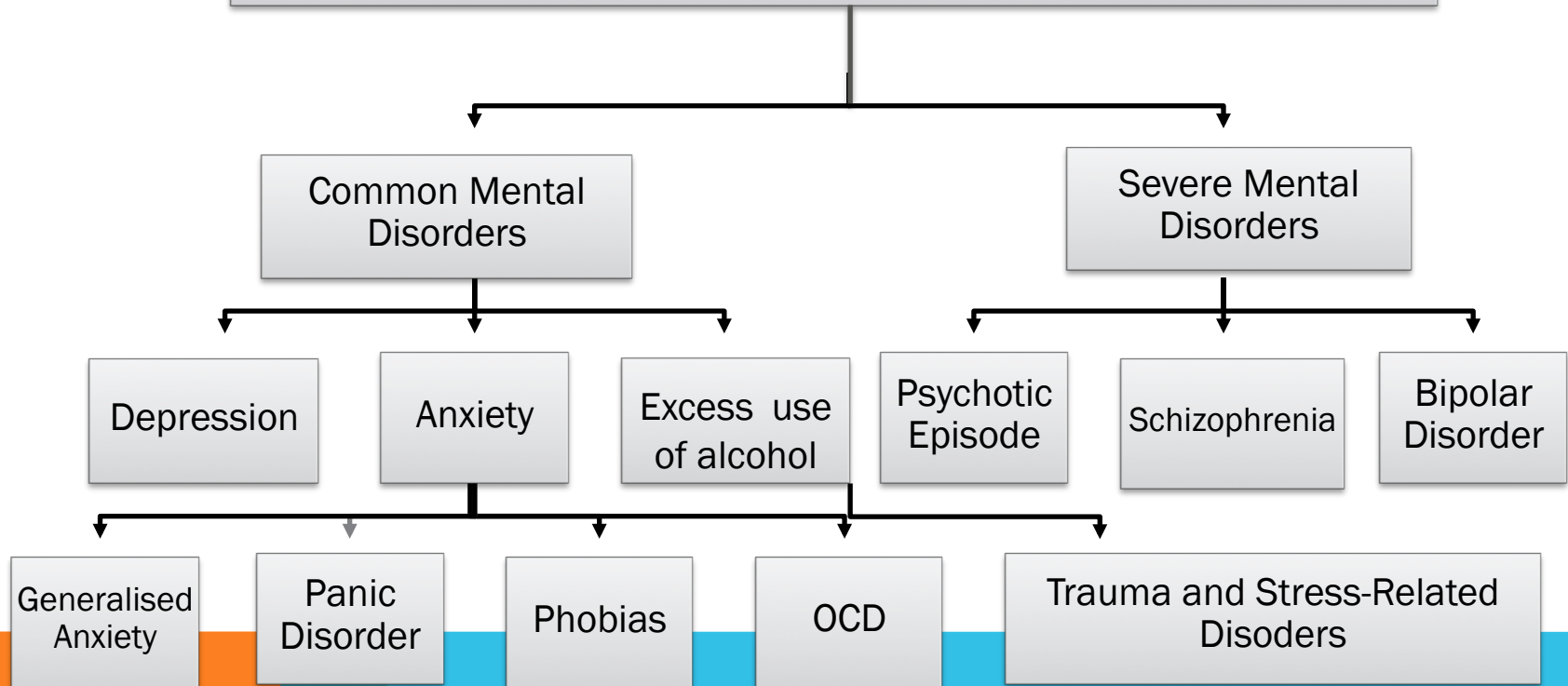
MENTAL HEALTH CONCERNS, MENTAL ILLNESS AND MENTAL DISORDERS



When to intervene



Mental Disorders



Mental Disorders

Neuro-
developmental
Disorders

ASD

ADHD

Eating Disorders

Anorexia
Nervosa

Bulimia
Nervosa

ARFID

MENTAL HEALTH WARNING SIGNS

Behaviour

- Anger, conflicts with no good reasons.
Frequent absences from classes.
- Academic deterioration, social withdrawal
- Peers/teachers concerns
- Intermittent or persistent change of behaviour
- Hyperactivity
- Dramatic change in eating, sleeping habits and concentration span

Confused thinking/speech

- Preoccupation with certain thoughts
- Irrelevant and illogical talks, disrupted memory

Mood

- Low, high, apathetic
- Anxiety and fear

Addiction issues

- smoking
- substance abuse
- gambling related problems

Other symptoms

- Signs of psychosis- D and H
- Extravagance

Risk

- Potential or imminent
- Signs of self harm or acting out

Signs of CHANGES

Lasting for a period of time

Collateral information

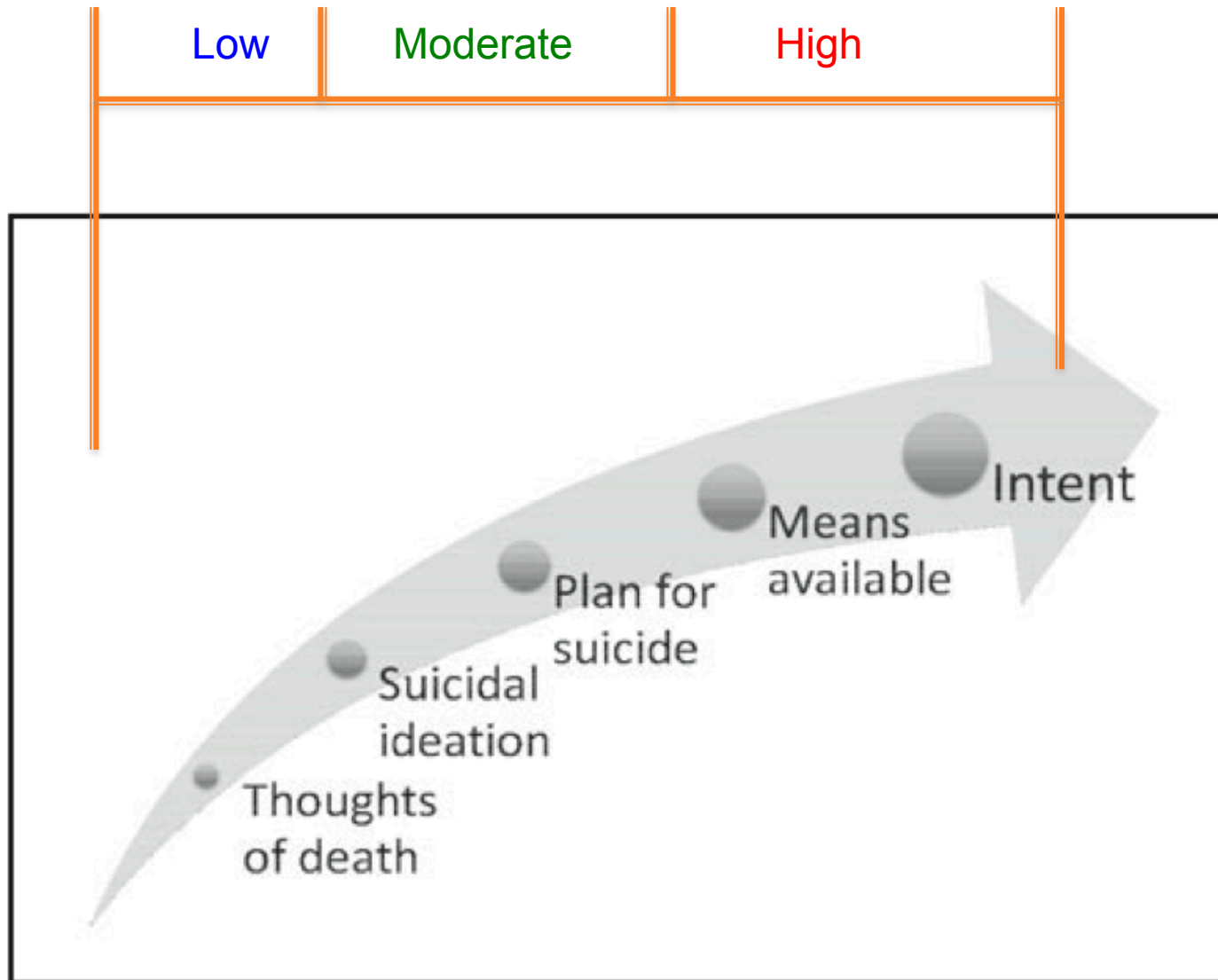


FIGURE 1. Hierarchy of suicide assessment.

THANK YOU

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