**INPATIENT PSYCHIATRIC TREATMENT OF CHINESE INTERNATIONAL STUDENTS IN THE US: A CASE REPORT**

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**BACKGROUND**: As rates of international students at US universities drop, those from China, comprising one-third of this group, are increasing. The well-documented underutilization of behavioral healthcare services by Asians is similarly reflected in international students, alongside higher rates of mental illness. Contributing factors include language barriers, cultural differences, academic and family pressures and stigma around mental health. In light of several students from China requiring inpatient psychiatric care at the Asian Psychiatry Program at Gracie Square Hospital, we present a case report illustrating challenges faced by behavioral healthcare providers in treating this underserved population.

**METHOD**: We discuss the case of an international student from China, admitted to our program after a serious suicide attempt. The patient reported severe depression and multiple psychosocial stressors: trauma, social isolation, acculturation and financial concerns. A major obstacle to treatment is stigma; therefore, in addition to providing psychiatric treatment for depression, the treatment team conducted a series of family interventions targeting psychoeducation and strategies for managing psychiatric illness. The team also collaborated with the university to provide other sources of support.

**RESULTS**: In preparing for discharge, the options of this patient returning to school or China were carefully assessed. As psychiatric symptoms improved, her psychological responses to stressors informed discharge planning. The decision to return to school with culturally-appropriate psychiatric and psychological services was largely based on her and her family’s motivation to address factors underlying her depression.

**CONCLUSIONS**: New immigrants to the US experience increased risk of mental illness; students from China face additional stressors of academic pressures and stigma. Emphasizing compassion and understanding of patients’ and families’ perceptions of mental health is key to overcoming these obstacles. The Asian Psychiatry Program at Gracie Square Hospital strives to address this by providing patient-centered, culturally competent mental health treatment for patients and their families.

**CONTENT CATEGORY**: Patient Care

**KEYWORDS**: *Psychiatry*, *Immigrant, Student, Suicide, Stigma*