

Movies for Mental Health

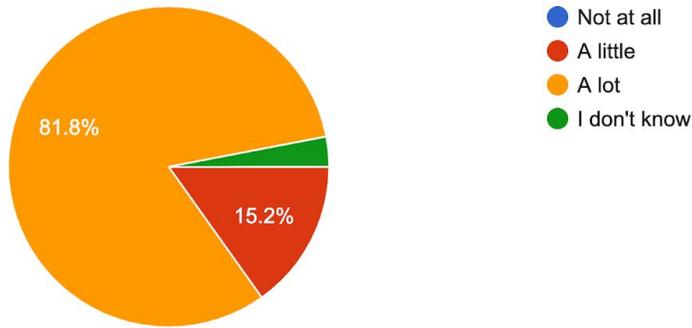
Post-Workshop Evaluations

American River College
September 25, 2019

Number of attendees: 48
Number of evaluations: 33

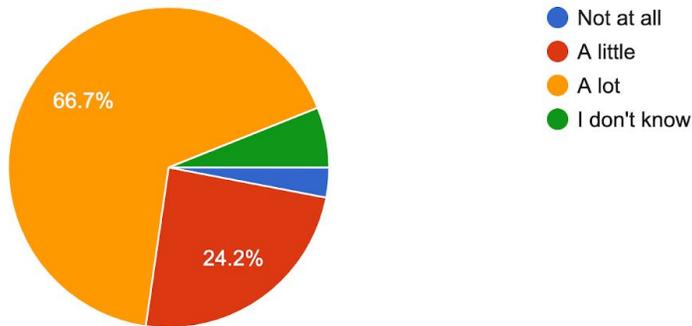
In your opinion, did this event create awareness of mental health issues?

33 responses



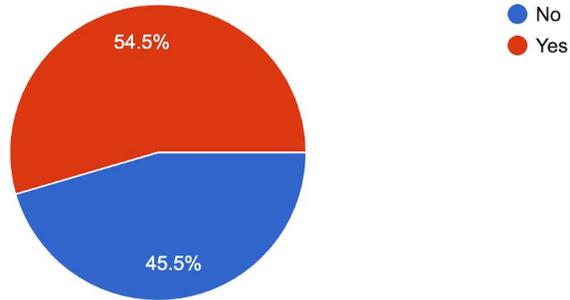
In your opinion, did this event reduce stigma related to mental illness?

33 responses



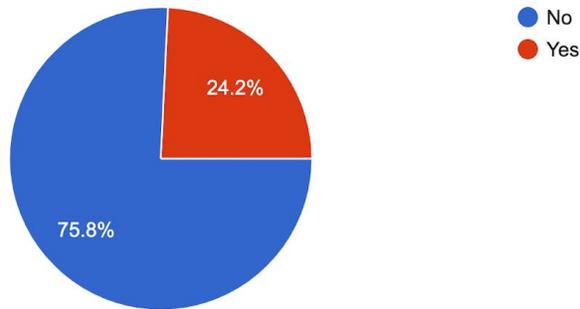
Did you know about your school's counseling services before this event?

33 responses



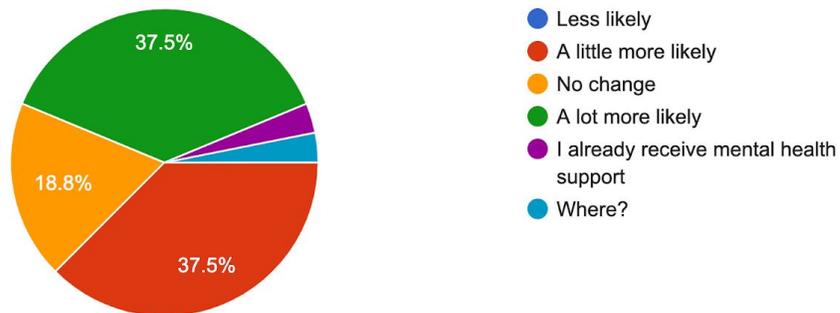
Did you know about the the Mental Health Services Act before this event?

33 responses



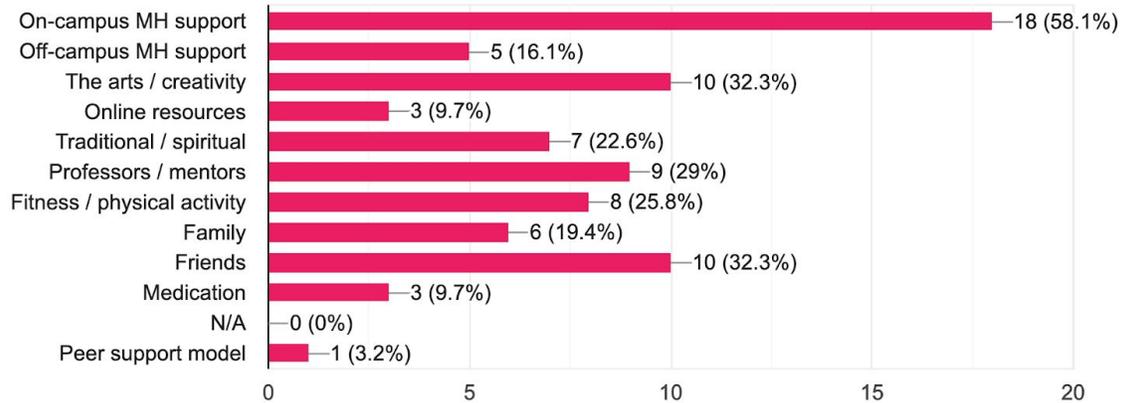
After this event, are you more or less likely to seek support for your mental health?

32 responses



What type of mental health support do you think would be most useful to you?

31 responses



How did you hear about this event?

Professor / class	15
Student Group	4
Email	1
Online / Facebook	2
Posters / flyers	4
Other (work, co-worker, etc.)	5

What was your main takeaway?

(Highlights: see raw data for full list)

Everyone has a story (x3)
 Mental health doesn't discriminate anyone can deal with it (x2)
 Get help, it is out there / services available (x5)
 There are many layers to mental health and illness
 Mental health problem is preventable
 Cultures other than white americans not having terminology for mental health
 It's ok to feel sad on something but if its too much I need to seek help
 You can sit next to someone w/ no knowledge of what they go through (x2)
 That self-care is important to your mental health
 Loved the movies, appreciated the discussions

Be open-minded
 Don't be ashamed/fearful for what you feel
 Stop the stigma (x5)
 We need to talk about it

If you were telling a friend about this workshop, you would describe it as:
 (Highlights: see raw data for full list)

Informative / resourceful (x4)
 Interesting / fun (x3)
 Helpful / very helpful (x4)
 Very conversation-based and dynamic
 A shop that touches on mental challenges
 Compassionate, respectful and understanding
 Insightful (x2)
 Mind opening
 Realistic, simplistic and lots of things to connect with
 Enlightening yet tough /Enlightening (x2)
 Eye opening (x5)
 Inspiring
 Facilitates discussion and awareness
 Welcoming /safe place to share and open up (x4)
 An add at the end...a lotta good movies, free food!
 A workshop where you learn about mental health and their stigma
 Something you should attend
 Uplifting, non-judging, very supportive
 Necessary

How might you use what you learned today?
 (Highlights: see raw data for full list)

Take back and share with others (x5)
 Understand myself and my children better
 Just use it to reflect more on my own situation (x3)
 I might use what I learned to be a little more empathetic
 Write an essay
 I will try to understand people and start to listen to them (x2)
 Terminology
 I can seek help if I need help its okay to do it it's not shameful
 Be more aware of those around you
 To be open with my health realize it's not a negative thing to not be okay
 Be there for someone with mental illness
 I would tell my family and friends about what I have learned
 The importance of being open-minded (x3)
 In classes and students
 Be less sensitive to what's said
 Teach people to ignore the stigma of mental health (x2)
 I will use it on myself and try to look for help and support

What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

Stigma (x7)
 Knowing where to start
 My constantly comparing myself to others and brushing off my issues as not important
 Being misunderstood by family members
 The biggest barrier would be a lack of free time (x2)
 My anxiety / timidity / stress (x2)
 I don't know where to find affordable resources
 Not finding a cure or a solution
 Who to turn to
 Afraid may be the person will not understand them
 Being portrayed as weak, judgement (x3)
 Parents telling me I'm the cause
 The biggest barrier is my culture
 Acceptance
 No access
 I can only see my therapist once a month

How can we improve this event in the future?

Honestly, everything was great! (x3)
 Look a bit deeper on how mental illness can make certain situations more difficult
 By more promotions online
 Can't think of any it seemed good (x2)
 More movies
 More longer, two hours is not enough
 By providing notes
 More advertising
 Make sure people they can come without others knowing
 Give out flyers with links to films to share with those who didn't attend
 It was amazing. Nothing. Our host was fantastic!
 Not have the event during transfer day - use the mic, very hard to hear in the back
 Don't include the end part "panel" sorry!
 It's already perfect
 Bring someone to talk about his personal experience with mental illness
 Better announcements
 More mental health professionals

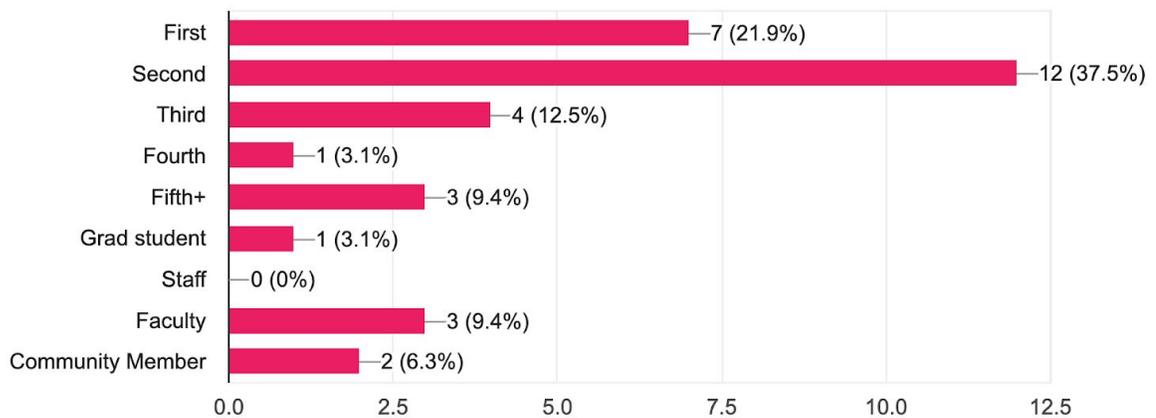
Major

Social Sciences	1
Business	1

General Science	1
Funeral Services	1
Art	2
Paralegal	1
English	1
Automotive Technology	1
Nursing	2
Psychology	5
Political Science	1
Human Services	1
Social Work	1
Sociology	3
Kinesiology	1
Biological Science	1
Undecided / Other	2

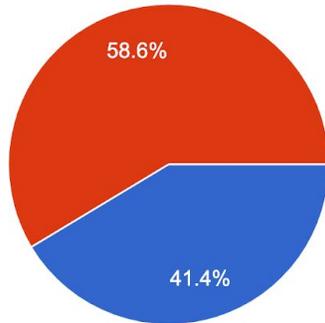
Year

32 responses



Gender Identity

29 responses



- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Race / Ethnicity		
Asian / Asian-American	1	3%
Black / African / African-American	3	9%
Hispanic / Latinx	10	32%
Indian / South Asian	1	3%
Middle Eastern	2	6%
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	10	32%
Multiracial	4	12%
Other	1	3%