# Movies for Mental Health
Antelope Valley College

May 7, 2018

n=17 (~60 total attendees)

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

- Not at all
- A little
- A lot
- I don't know

88.2%
11.8%
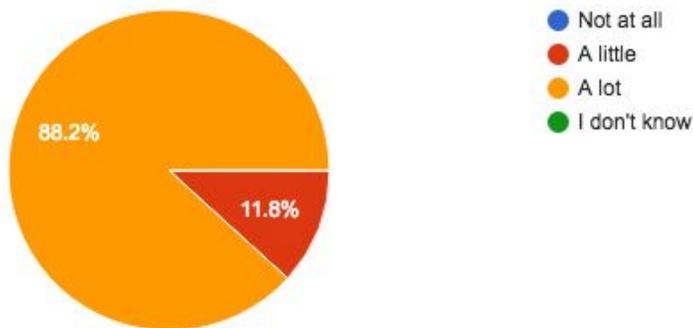
In your opinion, did this event reduce stigma related to mental illness?
17 responses

- Not at all
- A little
- A lot
- I don't know

64.7%
35.3%
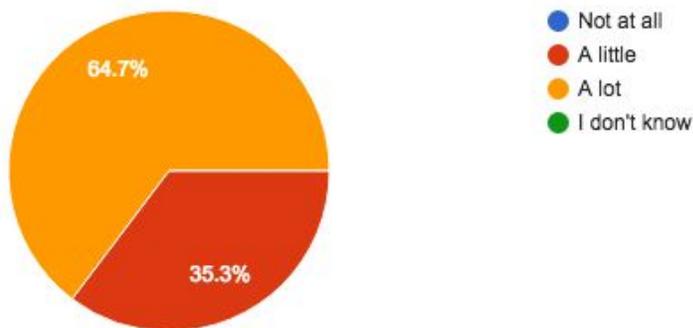
Did you know about your school's counseling services before this event?
16 responses

- No
- Yes

87.5%
12.5%
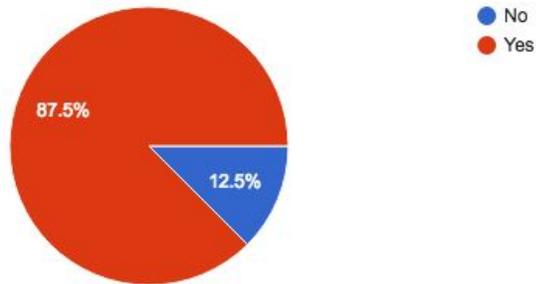
Did you know about Prop 63 / the community-based mental health resources before this event?
17 responses

- No
- Yes

47.1%
52.9%
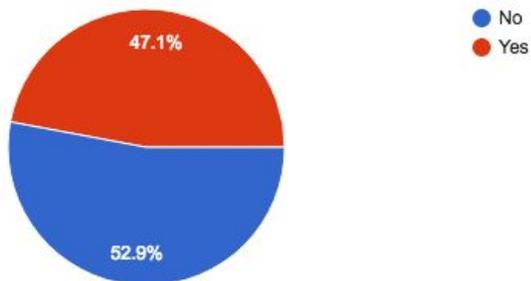
After this event, are you more or less likely to seek support for your mental health?
15 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already see a therapist

13.3%
13.3%
46.7%
26.7%
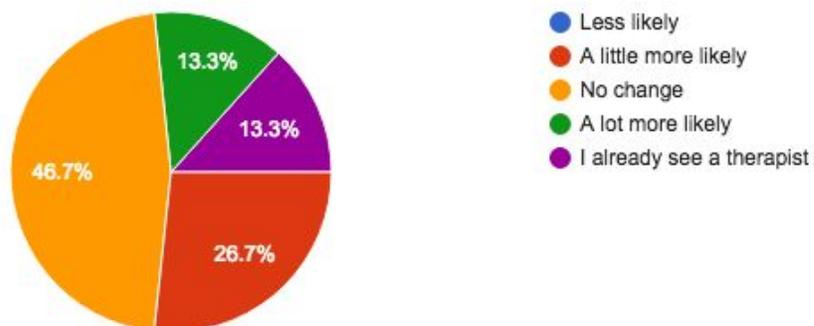
What type of mental health support do you think would be most useful to you?

16 responses

Category	Count
On-campus MH support	6 (37.5%)
Off-campus MH support	7 (43.8%)
Traditional / spiritual	4 (25%)
Family	6 (37.5%)
Friends	7 (43.8%)
Professors / mentors	2 (12.5%)
The arts / creativity	8 (50%)
Fitness and physical activity	2 (12.5%)
Online resources	1 (6.3%)
N/A	3 (18.8%)
Writing [Journaling]	1 (6.3%)
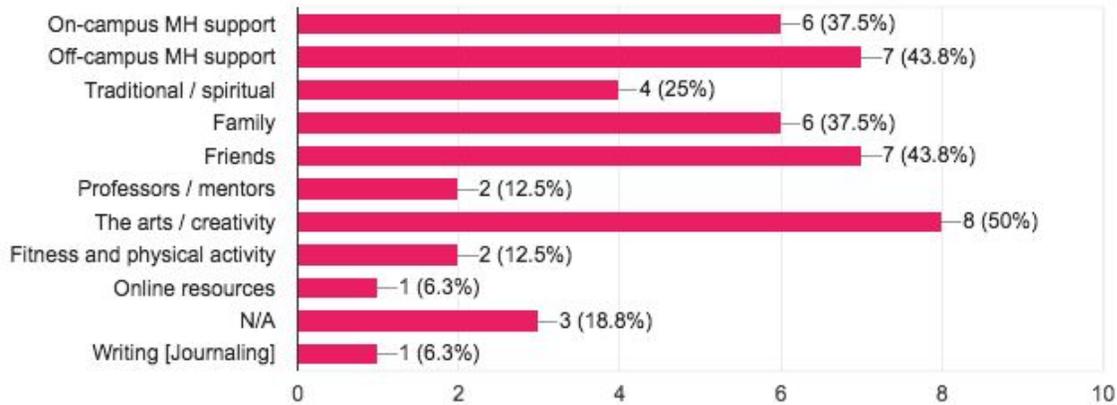
How did you hear about this event?

13 responses

Category	Count
Friend	4 (30.8%)
Professor / Class	0 (0%)
Counselor / MH Club	2 (15.4%)
Posters / Flyers	4 (30.8%)
Online / Facebook / Email	0 (0%)
Vendor	1 (7.7%)
Co-Workers at AVC	1 (7.7%)
I'm a faculty, ally, and advocate.	1 (7.7%)
Just walked in.	1 (7.7%)
Walked past it.	1 (7.7%)
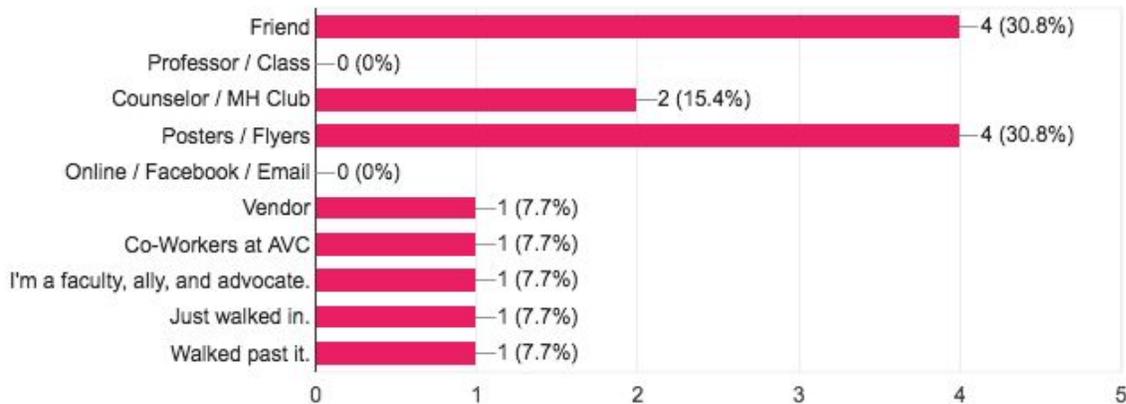
What was your main takeaway?

- How much more stigma (re: mental illness) still exists.
- Amazing to watch the videos that depicted how people feel about their own mental illness.
- The films and how I can/it applies to my life.
- There are many ways.
- Importance of creative expression.
- Everyone has issues related to mental health.
- Mental health is important.
- The videos.

- The Short Film: Little Elizabeth.
- There are many ways to get help.
- Release is available in many ways.
- High quality peer support + education workshop.

How would you describe this event to a friend?
- Intimate, comfortable, awareness.
- That mental health education can help someone talk about their feelings.
- I'd describe it as useful and helpful.
- It's very eye opening.
- Impactful.
- An amazing experience.
- Useful.
- Very understanding and emotional.
- Just awareness of different mental illnesses.
- Beneficial - brave.
- Great EVENT.
- Same as above (high quality peer support + education workshop).
- Powerful & impactful.

What are the biggest barriers to your mental wellness and/or receiving mental health support?
- My biggest barrier to my mental illness (bipolar disorder) is talking about it.
- Stigmas surrounding mental health/embarrassment.
- Tell or describing its effect.
- Family.
- Holding it in.
- Forgiveness.
- Sensitivity to my triggers.
- Uncertain if needed.
- Access.

How can we improve this event in the future?
- N/A
- I loved it. No Changes.
- N/A
- None needed.
- Bigger - more of everything!
- I don't know.
- N/A
- Offer it more often.
- Nothing.

Major?
6 responses

Year
15 responses

- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Sex/Gender
15 responses

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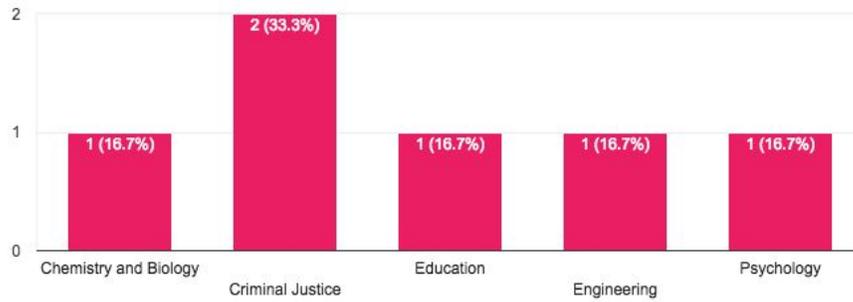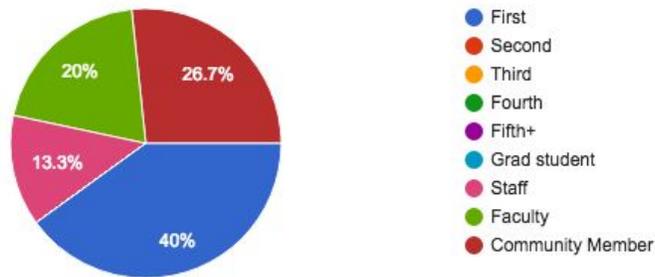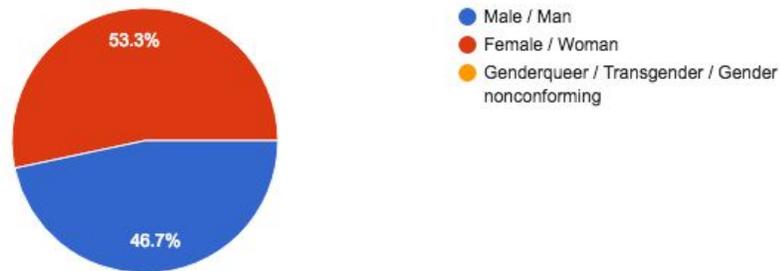
Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Asian / Asian American	Multi-Racial
5	4	2	1	2
36%	29%	14%	7%	14%

Before / After Surveys

Students were asked to agree or disagree with the following statements on a scale of 1 (not at all) to 5 (absolutely). They did so before the workshop, and immediately after. The chart below demonstrates the average ratings students gave for each question, comparing their ratings before the workshop to their ratings after the workshop.
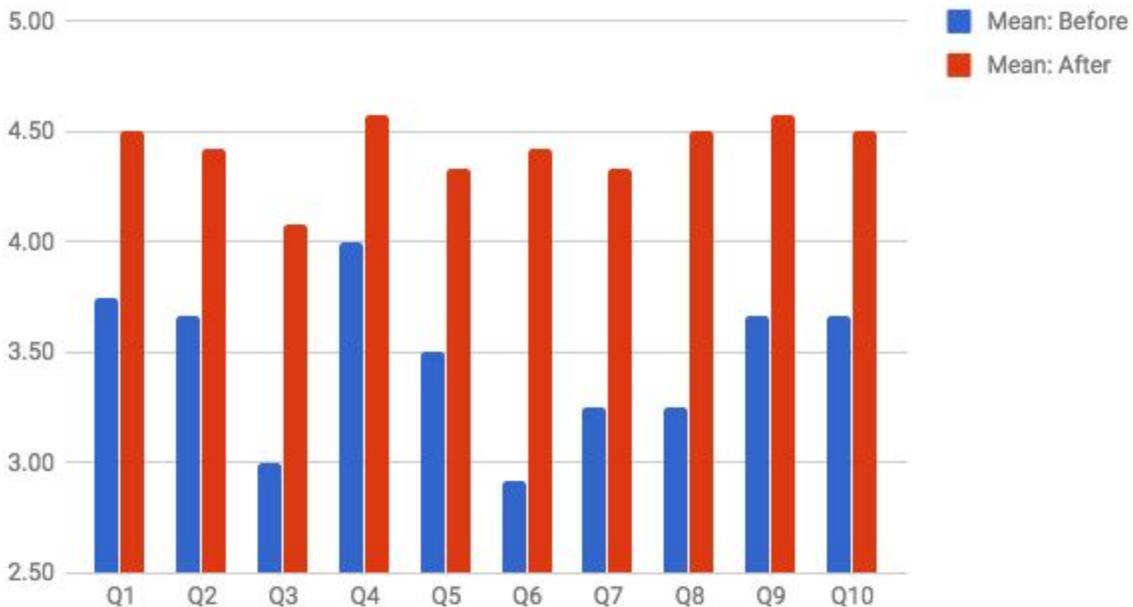
Q1: I would feel confident describing what "mental health" is to another person.
Q2: I have an understanding of what it might be like to live with a mental illness.
Q3: I know how to look for and identify signs that I or someone else might need mental health support.
Q4: I can name specific reasons why someone would choose to not get mental health support when they need it.
Q5: I can give examples of how mass media and popular culture influence the way people think about mental health.
Q6: I can explain what stigma is, and how it relates to mental health.
Q7: I know of at least one specific on-campus mental health resource available to me.
Q8: I know of at least one specific community / off-campus mental health resource available to me.
Q9: I know of specific ways that the arts and creativity can raise awareness about mental health issues.
Q10: I am likely to reach out for support for my mental health if / when I need it.