

Movies for Mental Health

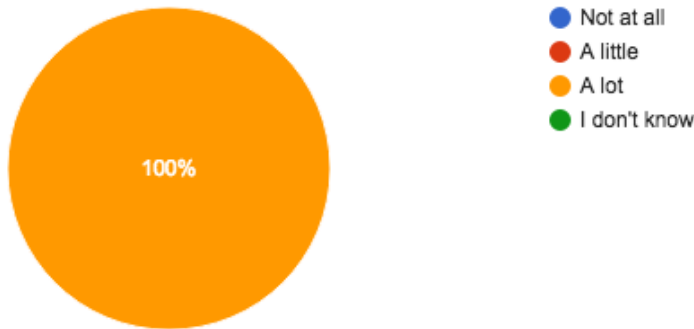
Post-Workshop Evaluations

Bakersfield College – Delano Campus
October 16, 2018

Number of attendees: #45
Number of evaluations: #10

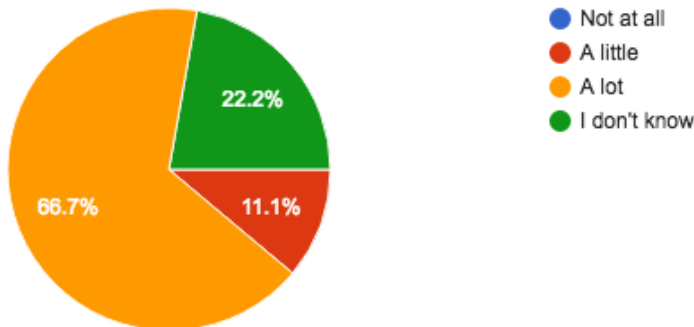
In your opinion, did this event create awareness of mental health issues?

10 responses



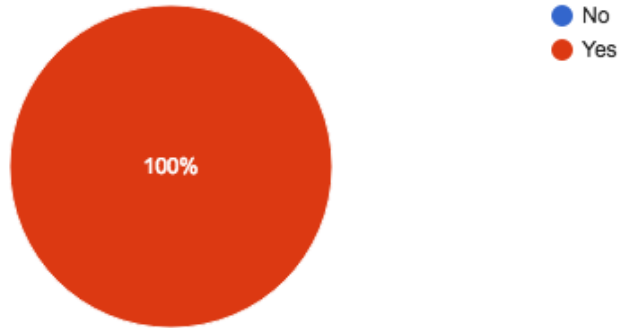
In your opinion, did this event reduce stigma related to mental illness?

9 responses



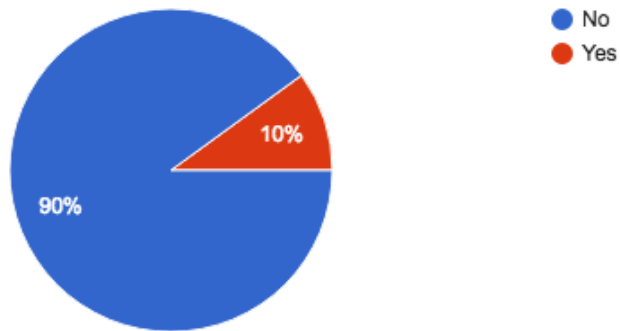
Did you know about your school's counseling services before this event?

10 responses



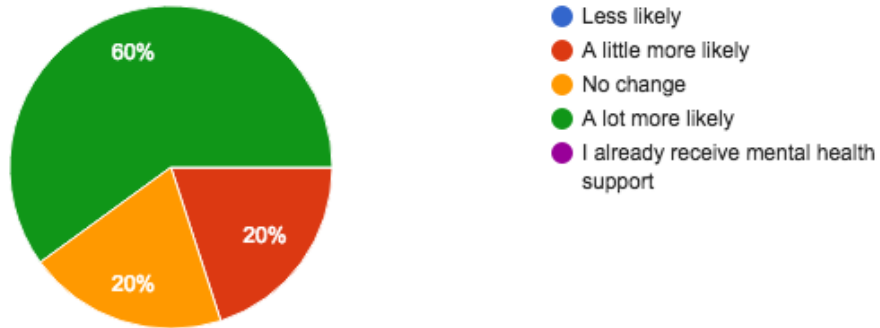
Did you know about the Mental Health Services Act (Prop. 63) before this event?

10 responses



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

10 responses



| What type of mental health support do you think would be most useful to you? | |
|--|---|
| On-campus MH support | 6 |
| Off-campus MH support | 2 |
| Traditional / spiritual | 1 |
| Family | 4 |
| Friends | 4 |
| Professors / mentors | 1 |
| The arts / creativity | 4 |
| Fitness / physical activity | 4 |
| Online resources | 2 |
| Other | 0 |

| How did you hear about this event? | |
|------------------------------------|---|
| Friend / Word of Mouth | 3 |
| Email | 2 |

| | |
|-----------------------|---|
| Poster / Flyer | 2 |
| Student Health Center | 1 |
| Other (BBHH) | 1 |

What was your main takeaway?

- Stigma is very internalized.
- The pain & struggle that people go through
- People have a past you don't know about so a word/phrase can potentially end up killing them.
- There is a common thread
- Eye opening, encouraging
- Mental Health is important.
- Services are there when I choose to use them.
- The movies
- It was organized.

If you were telling a friend about this workshop, you would describe it as:

- Great way to open a conversation on campus
- Very helpful
- Helpful, brings awareness
- Transformative
- Yes, educational
- Insightful
- Movie & discussion
- Very applicable

How might you use what you learned today?

- More info in my toolbox when I am out in the community
- Be able to identify & help people who are not well
- When I or someone need helps, I would intervene to help in some type of way.
- To be more aware of challenges students face while in college.
- Speak out more
- Working w/ other
- Spread the word

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

- Stigma
- The lack of time
- Pride, “don’t need it”
- Taking time out of my schedule for self-care.
- Shame
- Time
- Labeling

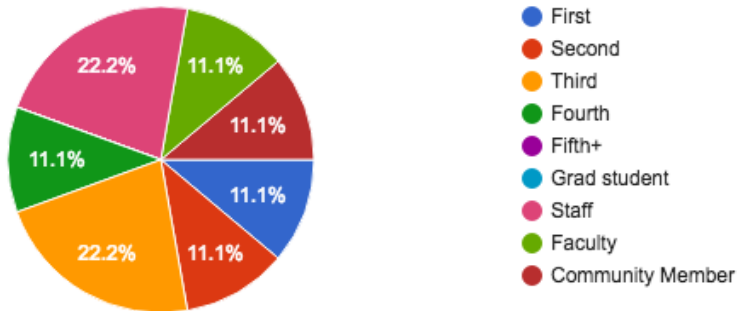
How can we improve this event in the future?

- It was good... flip flop the panel & the videos
- More films
- N/A it was great
- Invite more people
- More time for stories

| Major | |
|-------------------|---|
| Political Science | 1 |
| Human Services | 1 |
| Film | 1 |
| Art | 1 |
| Communications | 2 |

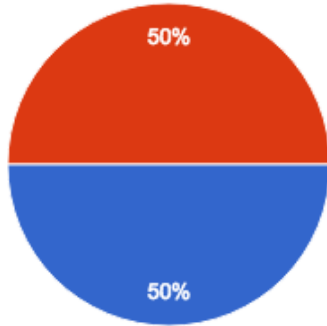
Year

9 responses



Gender Identity

6 responses



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

| Race / Ethnicity | | |
|------------------------------------|---|-------|
| Hispanic / Latinx | 4 | 50% |
| White / Caucasian | 3 | 37.5% |
| Asian / Asian American | 1 | 12.5% |
| Black / African / African American | 1 | 12.5% |
| Pacific Islander | 1 | 12.5% |