

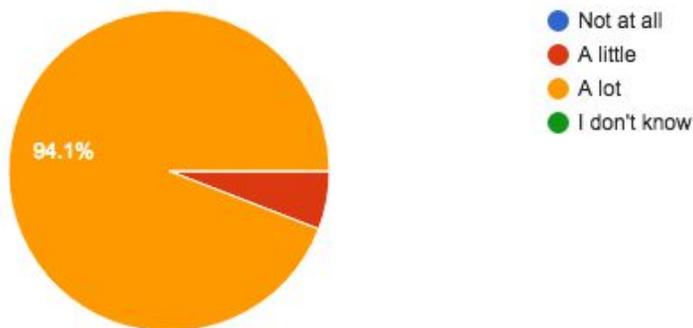
Movies for Mental Health Bakersfield College

March 21, 2018

n=17 (~55 total attendees)

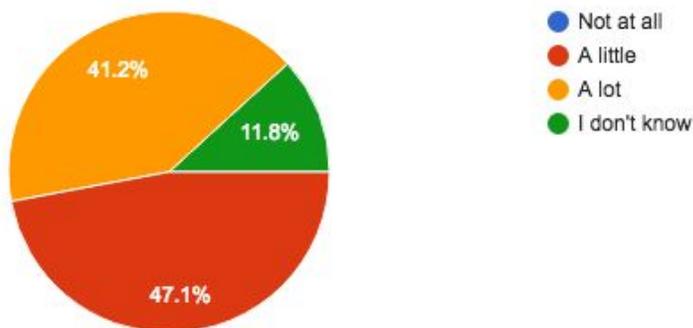
In your opinion, did this event create awareness of mental health issues?

17 responses



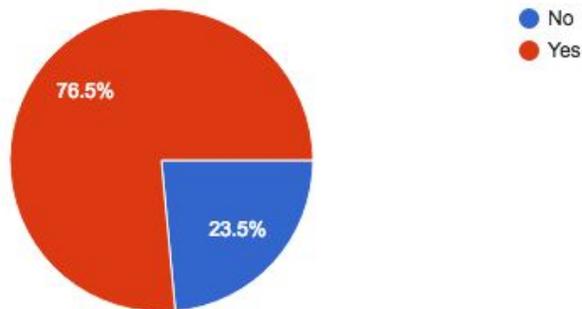
In your opinion, did this event reduce stigma related to mental illness?

17 responses



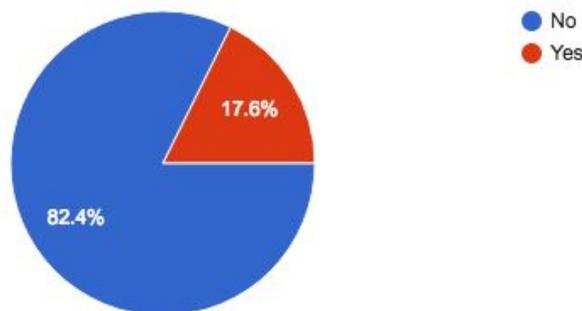
Did you know about your school's counseling services before this event?

17 responses



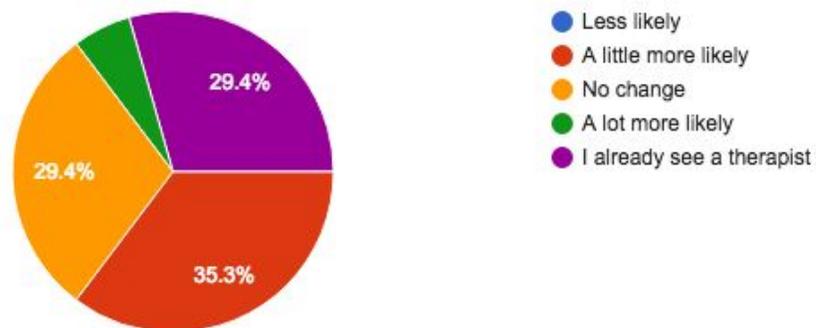
Did you know about Prop 63 / the community-based mental health resources before this event?

17 responses



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

17 responses

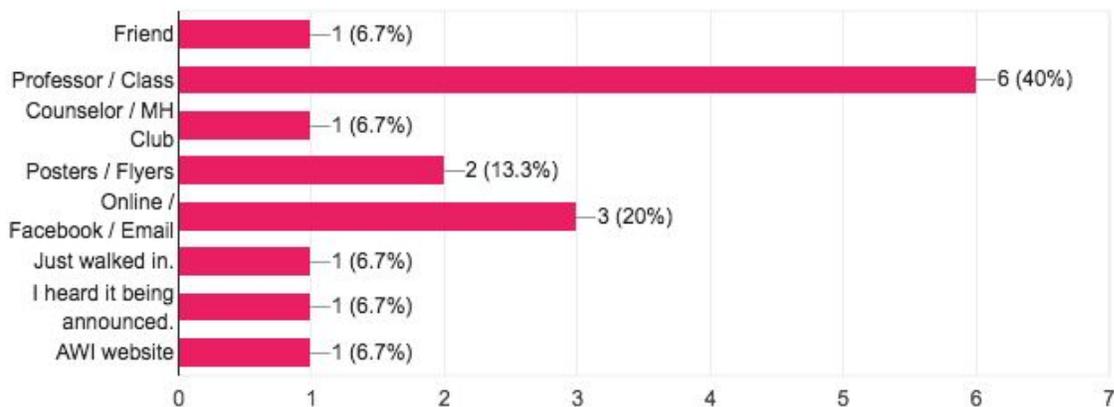


What type of mental health support do you think would be most useful to you?

On-campus MH support	4
Off-campus MH support	5
Traditional / spiritual	4
Family	4
Friends	8
Professors / mentors	5
The arts / creativity	7
Fitness / physical activity	9
Online resources	2
None	1

How did you hear about this event?

15 responses



What was your main takeaway?

- Mental health does not have to be approached alone.
- Prop 63
- Mental problems can manifest themselves in different ways and taking care of it can take many forms.
- The event could help me with my mental health.
- Free food and sense of community
- Need to spread more mental health awareness

- Wow
- Sadness
- Anxiety is a lot more of a normality than I realized.
- reducing the stigma
- How to try to cope with things more effectively and get a new perspective on things.
- Personal stories of mental/emotional pain through films, student at BC personal testimony.
- The last one movie ("Little Elizabeth")
- Mental health can be explained and healed through art.

How would you describe this event to a friend?

- Yes
- wonderful, educational, real/genuine
- via Facebook
- eye opening
- An opportunity you can't miss.
- A conversation about mental health
- Conference of the stories
- a bunch of depressing videos
- Depression/Anxiety awareness.
- excellent
- It was influential and helpful.
- Extremely powerful and improvement
- A showing of student made films describing their experience of mental health.

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

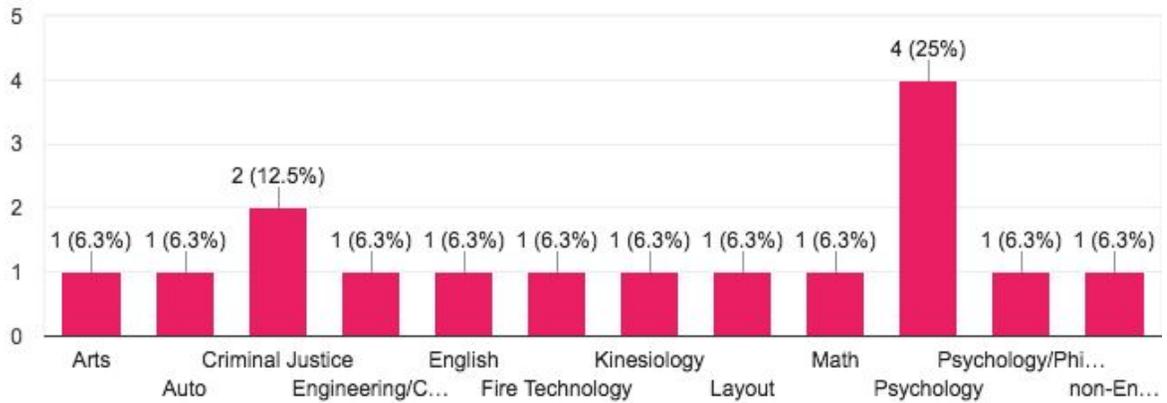
- Knowledge of services
- That I don't think my problem is that big. That there are others that need it more than I do and I shouldn't be taking the resources away from them.
- Thinking I have control over it.
- Believing I can self-care
- I don't think it is that bad...
- Asking for help where you feel another wouldn't understand
- Insecurities and seeing weak to the world. It is hard to reach out to others when you truly need help.
- There is no barrier.
- Resources

How can we improve this event in the future?

- Host more than just one event in a day.
- I wasn't here for most of it, but if there was a discussion about readily available resources.
- Bigger room, the awareness spreads by word of mouth
- It was excellent! Thank you! :)
- None
- Keep doing what you are doing.

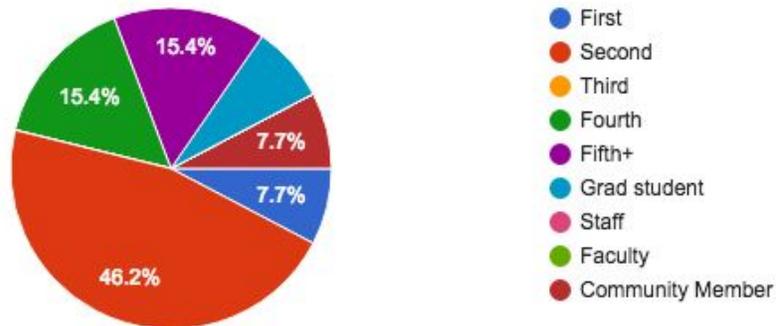
Major?

16 responses



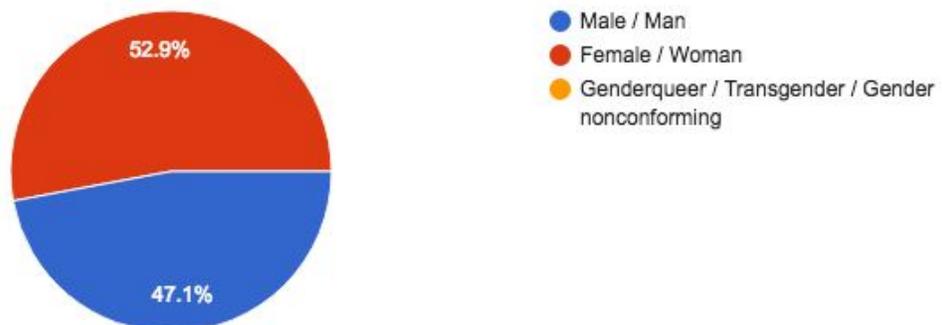
Year

13 responses



Sex/Gender

17 responses



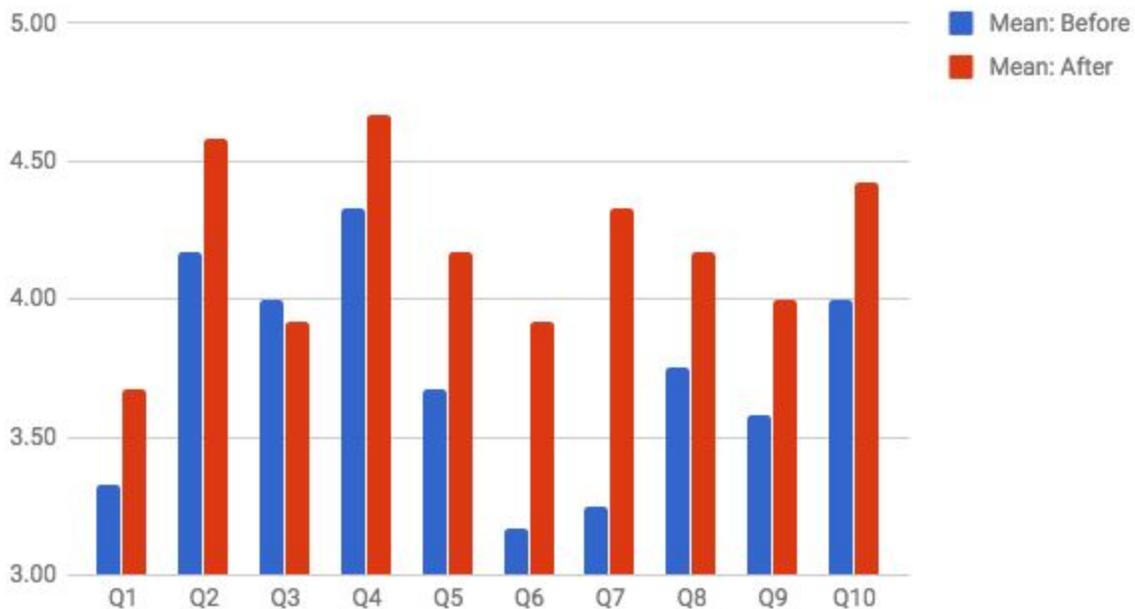
Ethnicity

Native American	White / Caucasian	Hispanic / Latinx	Multi-Racial
2	7	5	3
12%	41%	29%	18%

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.

Mean: Before and Mean: After



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.