

Movies for Mental Health

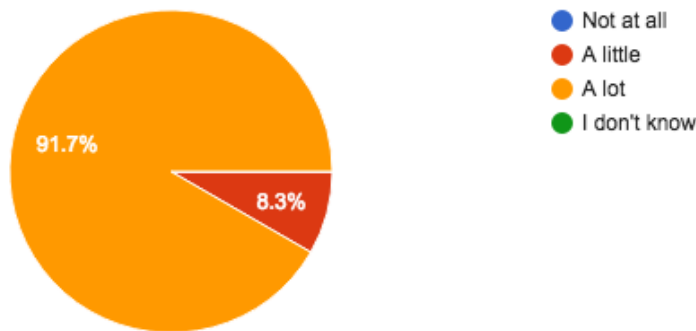
Post-Workshop Evaluations

Bakersfield College –
Panorama Campus
October 17, 2018

Number of attendees: 60
Number of evaluations: 24

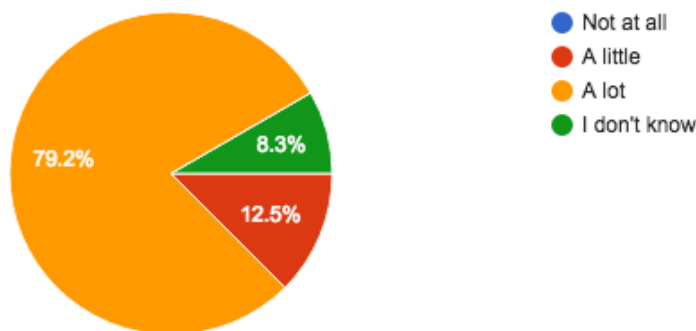
In your opinion, did this event create awareness of mental health issues?

24 responses



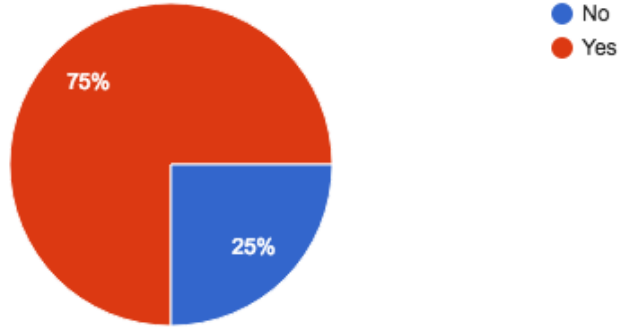
In your opinion, did this event reduce stigma related to mental illness?

24 responses



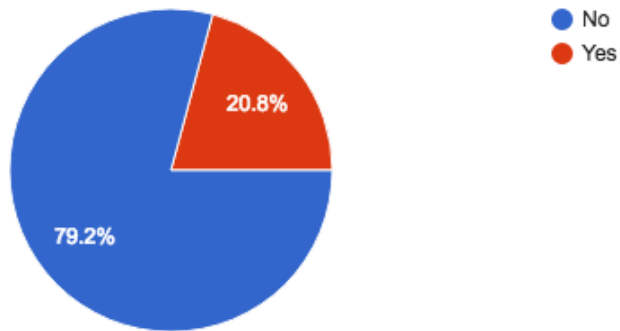
Did you know about your school's counseling services before this event?

24 responses



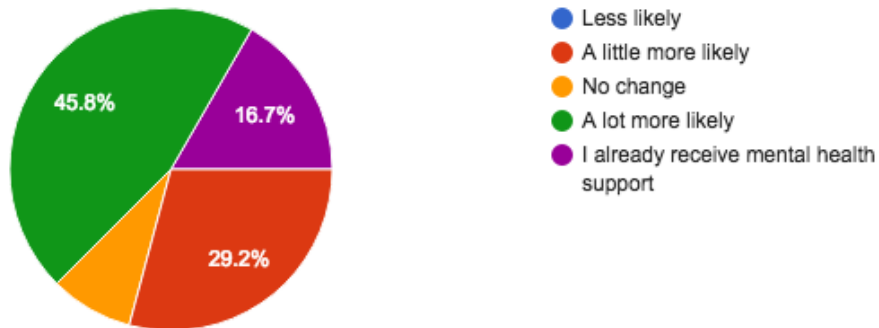
Did you know about the Mental Health Services Act (Prop. 63) before this event?

24 responses



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

24 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	8
Off-campus MH support	7
Traditional / spiritual	9
Family	5
Friends	10
Professors / mentors	4
The arts / creativity	8
Fitness / physical activity	11
Online resources	3
Other	2

How did you hear about this event?	
Friend / Word of Mouth	5
Email / Facebook / Online	4
Poster / Flyer	2
Student Health Center	1
Professor	7
Walk-in	2
Work	1

What was your main takeaway?
<ul style="list-style-type: none"> • Where to get involved • Accept and embrace mental health • Mental Health needs more acknowledgement • Most people deal with mental health issues • There's a lot of stigma around mental illness • Some encouragement, enjoyed the testimonials and advice • People have storms • Everyone has a story to tell. Everyone has gone through something. • That I'm not alone and people have very similar problems as me. • That I'm not alone. • Acceptance is the biggest key. • Loving the child • The help you can get to help mental health issues • A lot of people go through very similar situation even if you feel alone. • Mental illness sucks • For you to make + changes • Mental • Good presentation - lots of info • Films can be impactful

If you were telling a friend about this workshop, you would describe it as:
<ul style="list-style-type: none"> • Eye opening • Informative • Mental Health Awareness and stigma associated • A positive way to learn and discuss mental illness • Somewhat helpful, keep an open mind • A great experience • Inspiring

- Very informative and it opens your mind
- Very helpful and informing
- Very informative
- Eye opening, loving
- A positive discussion and movie/food!
- Helpful and useful
- Very eye opening
- A talk and panel on mental health awareness.
- Insightful
- Friendly, use fun, respectful and loving
- Very worth attending
- Great conversation

How might you use what you learned today?

- Take care of myself
- Helping others seek sources of help
- To remind myself that I matter
- Talk about how I feel more than I do now
- Seek some help that is offered in the health office
- Try to encourage people to go
- I would use today's information as resource and motivation.
- By applying it to my life
- Create awareness
- In everyday issues
- Invite people to these events
- Seek for help
- Keep on fighting with my mental health
- Take more time to breathe and chill out.
- To help community w/ family & friends
- Look more resources at BC
- Yes
- Look up more of these films

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

- Self-worth
- Who knows
- The desire to go
- I don't really seek help because my mind refuses help (I don't like talking about feelings)
- Managing attention deficit disorder
- Asking for help
- Myself
- Being judged
- N/A

- Finances
- Not feeling as if my situation is worthy enough
- Lack of support systems.
- Time to go w/ work, family activities
- Family involvement
- At present I have a therapist
- Making time for myself.

How can we improve this event in the future?

- More time and bigger outreach
- Larger outreach to inform students
- More variety in other forms of mental illness
- Films or films done more professionally, lasting about 1 hour
- "Get out there"
- More time. :)
- Make it longer for more discussion
- Make your time a little longer!
- How about non-English
- More mini movies, different types of MH
- I think it's lovely. Maybe more time?
- Keep coming w/ new videos of insightfulness
- It was great. N/A Improvement
- Good as is - films are great!
- It is too long, you lose to many students by the end

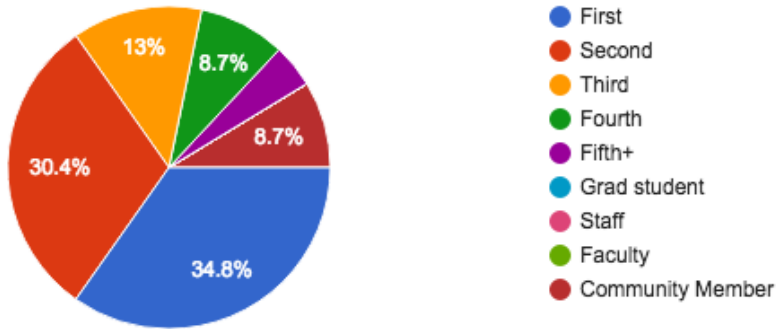
Major

Criminal Justice	1
Human Services	1
Film	1
Psychology	3
Communications	1
Human Services	1
Studio Art	1
Economics	1
Biology	2
Child Development	2

Journalism	1
Culinary Arts	1
Foreign Language	1
Sociology	1
Forestry	1
Child Development	1

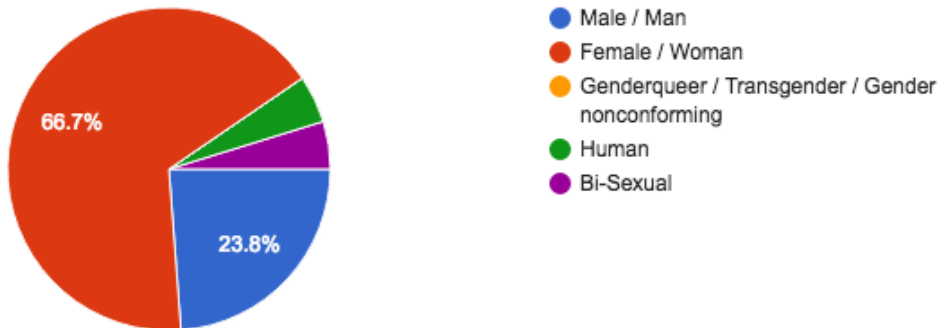
Year

23 responses



Gender Identity

21 responses



Race / Ethnicity		
Hispanic / Latinx	10	45.5%
White / Caucasian	7	31.8%
Black / African / African American	3	13.6%
Middle Eastern	2	9.1%
Native American / First Nations	2	9.1%