

Movies for Mental Health (Online)

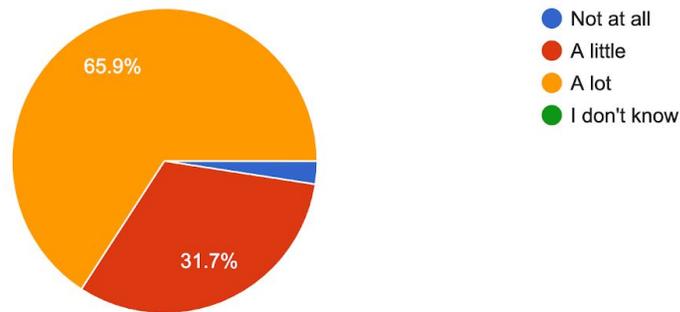
Post-Workshop Evaluations

Bay Path University
December 1, 2020

Number of attendees: 71
Number of evaluations: 41

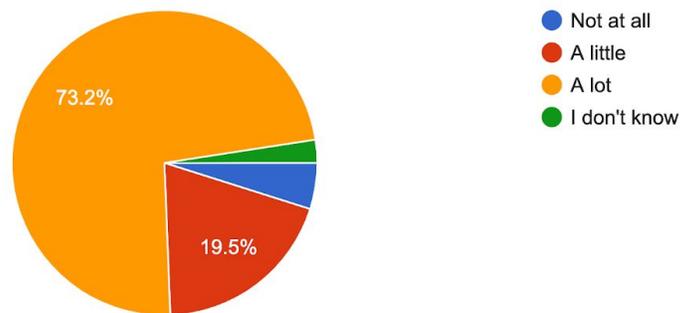
In your opinion, did this workshop increase your awareness of mental health issues?

41 responses



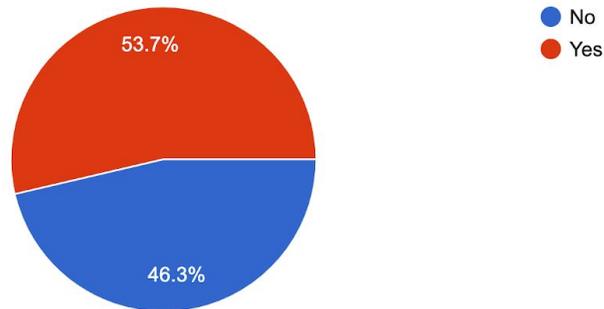
In your opinion, did this workshop help you confront and address stigma related to mental illness?

41 responses



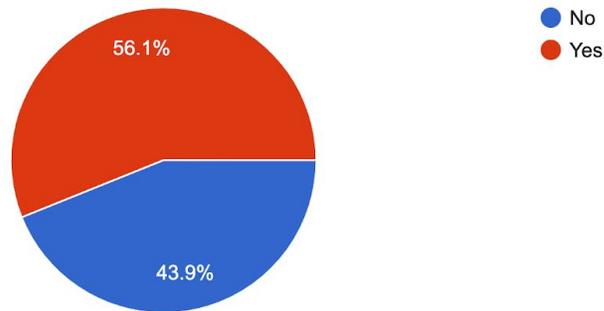
Did you know about your school's counseling services before this event?

41 responses



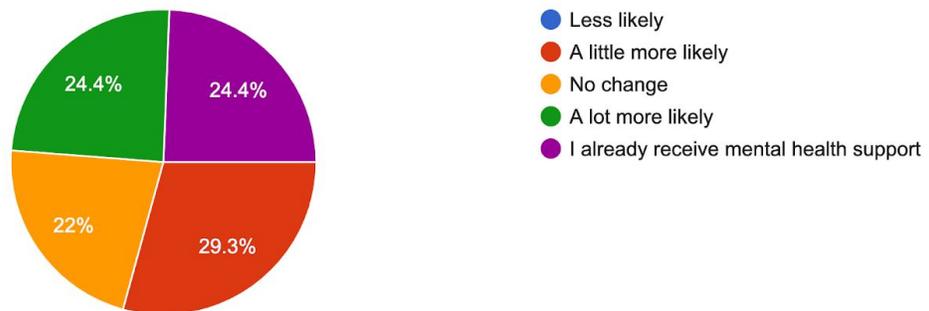
Did you know about the community resources before this event?

41 responses



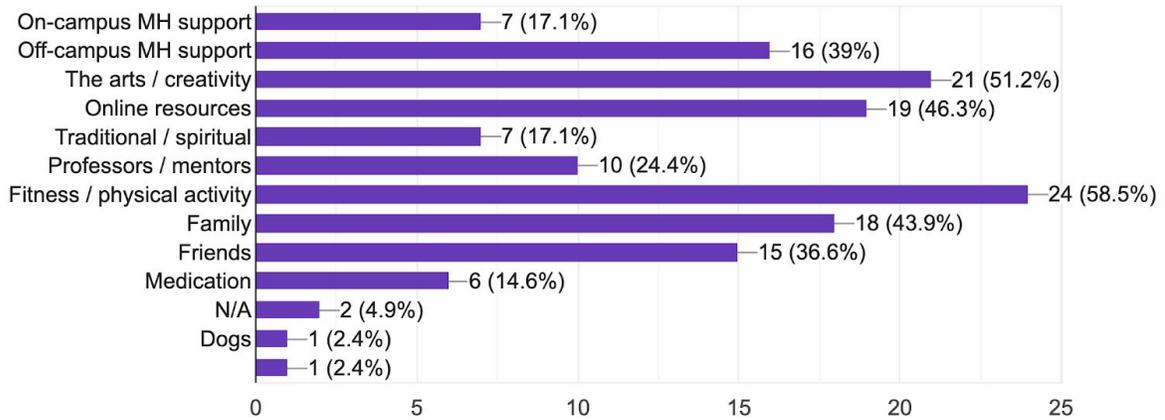
After this event, are you more or less likely to seek support for your mental health?

41 responses



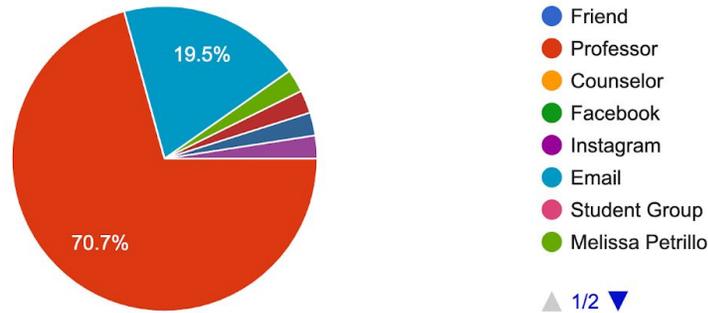
What type of mental health support do you think would be most useful to you?

41 responses



How did you hear about this event?

41 responses



What was your main takeaway?

This was an inclusive, open conversation about MH. Many people suffer and there are many ways to take care of ourselves and others. We brainstormed many of these ways. The videos were very touching and powerful.

There is a strong support system within this community for mental health

To always understand that someone may be going through something that you can not see

Keep the conversation going

That there's support in peers

The importance around destigmatizing mental health

The way the stereotypes impact every angle of Mental health

Get involved

Everything

Giving personalization to the disorders

Learning difference between mental wellness and mental illness

Resources

The resources

We all struggle

That mental health is a common issue that needs to be addressed and there are resources and strategies that can help. Everyone has their own story and their own way to find mental wellness.

That I am not alone

The different way people see mental health and how you can help one another

There is a community that cares and isn't judgemental about mental health and wellness

Don't be afraid to speak up

A lot more people struggle than you know

There are so many pieces to mental health and we need to assume that everyone has a story/has experienced trauma

There is a lot of stigma that prevents people from reaching out to their family

Be kind to yourself and others without fear

Mental health should be talked about more

There are always resources and people there to help you!

There's a lot about mental health that people don't know and these short films really touch on real life

Experiences and examples that people can relate to and get the help they need.

Don't be afraid to ask for help; Be present and listen; self care is important

Mental illness as a bigger umbrella

A few statements in "Visualizing Lies"- My sadness is very well behaved, I'm fine, I never share my true truth, because it is easier to pretend.

You don't know what someone is dealing with privately, even if they are saying "everything's fine", they may not be fine

That we really stigmatize mental health

How to combat stigma by talking about mental health awareness

Awareness to help someone in need

Mental health related issues are a normal part of human experience

The second film we watched was incredible- mix of poetry and imagery that showed aspects of illness not usually discussed when typically learning about depression and anxiety

Great event, the movies were powerful

That we may struggle & need to maintain our mental wellness--especially given the pandemic!

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

(Highlights: see raw data for full list)

"A workshop you must attend!"

Heavy but hopeful

Inspiring

Useful

Informative (x4)

Interesting, eye-opening, useful (x2)

Eye opening

Well put together and informative

A place to feel safe about discussing mental health information

Emotional

Mind-opening

Powerful

Really informational

Informative and engaging

The best workshop I've ever seen (seriously!)
Interesting, very eye opening
Time was managed very well, interactive, and moving
Empowering
Informative, creative, and organized well
Watching some amazing, inspiring mental health short films
Safe, nonjudgmental, and informative
A nice chit-chat
A friendly discussion on mental health awareness
A few short films that give valuable insight on mental health issues
Informative, supportive, insightful
Exploration of mental health
It spoke about mental health, and how vital it is to protect your mental health
Impactful
Informative and motivating
Heath workshop
Informative and supportive
Awesome
Very well done
Necessary, Sobering & Supportive!

How might you use what you learned today?

I will use this information as I continue through school to become a clinician
I would use it in my work as a counselor
Sharing it with others
Seek more mental health
Share resources with the WELL program
Sharing resources
In everyday life, and future practice
Awareness
The mindfulness was very helpful
I can share my own story which I think may help others
Thinking of disorders in more of a personal way and less clinically
I can use it to advocate for my clients to receive help for their mental health
Assist a family member dealing with MH issues
Sharing my stories to others.
Remind myself to take care of myself
I can use what I learned for myself or to relay to my friends or family who may be struggling with their own mental health
Use for personal growth
Meditation, seeking more on mental health research to be more informed because it's interesting
I honestly wasn't looking forward to this, I came to get extra points for class BUT I feel better learning about this and can't wait to use some of the resources daily for myself and in my practice.
It is ok, to not be ok
I would like to work on acknowledging my own feelings and mental states
I might consider going back to counseling
It inspired me to be more likely to want to reach out to family and friends, especially after The Conversation That Never Happened
Emphasizing acknowledgment that it's OKAY to feel your feelings!
Remind myself to deep breathe

I really liked how someone mentioned being aware of your language. Using "a person with bipolar disorder" versus "a bipolar person" is extremely important!
 I can tell my family and friends about some of the things I learned today, maybe even help them if they are struggling
 Spread awareness; support and engage in the stop of stigmas
 Continue to be mindful
 In practice, personally and professionally
 To really pay attention to others and listen to them and listen to myself
 I feel encouraged to create things that will spread awareness about mental health and the stigma about seeking treatment
 To help others in need, share support sites and support
 Share resources with others
 Share the joy of Art with Impact with other professors and students
 The movies were powerful images to put mental health into perspective and understanding
 To avoid adding pressure to succeed when a person is struggling with mental wellness; instead, be supportive by helping them seek help first...before moving forward in achieving their personal goals.

**What are the biggest barriers to your mental wellness
 and/or receiving mental health support?
 (Highlights: see raw data for full list)**

I currently have no barriers, though it took a while to get over my fear of stigma
 Other responsibilities
 My own anxiety, trying to figure things out on my own all the time. Self barriers
 The stereotype attached to struggling
 I already seek mental health support.
 Time and copays / financial (x4)
 The stigmas associated with it (x3)
 Finding a therapist who takes my insurance and is taking new clients
 Maybe just fear
 Admitting it
 Advocating for myself (x2)
 Fear of being a burden
 At the moment not being able to go to the gym, that would help me release stress and keep my mind going
 Fear of not being believed, I help "those" people I can't be one of them, my family insists I need to get over it
 I feel there is no time being a full time student working two jobs / time (x3)
 I feel as though my time should be spent doing so many things. It can be difficult to make the time.
 However, I know that taking care of mental health does save time in the long run!
 Feeling my problems are not serious enough and it is just me that has a problem (i.e. I'm just lazy)
 Guilt and shame
 I'm busy. I work two jobs, one of which I'm a manager, while taking four classes so I don't always budget in time for myself. My boyfriend is also a teacher so he's working from home right now due to COVID, and while I love him very much, I need my alone time lol.
 Being afraid of what others might think, or how I view myself / seen as weak (x2)
 I am a big advocate on protecting your mental health and practicing self-care
 I have a therapist
 Work is stressful
 Finding support that is appropriate and available
 Fear of judgement; lack of funding for medication/therapeutic services

How can we improve this event in the future?

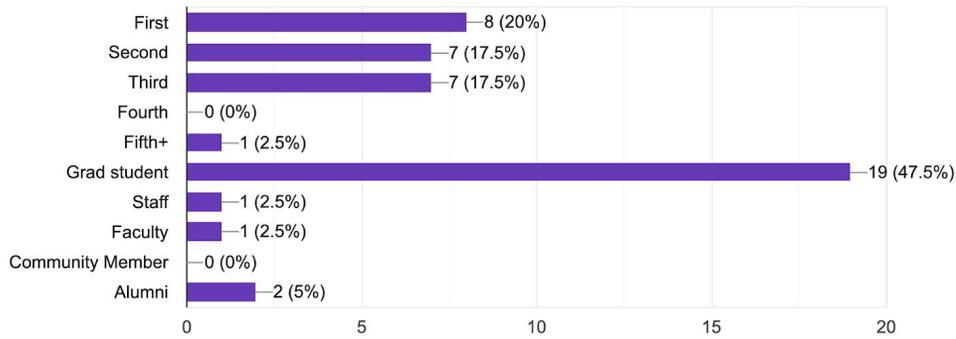
Have more of these, please!
 Share more stories
 I thought it was perfect!
 Nothing
 Closed caption
 It was great all around
 This was a great event. I do not have any current suggestions.
 Make time for the questions and answers in the allotted time
 Better video quality
 I think what you are doing is amazing
 I think this event was really successful so I don't have any complaints
 I loved it the engagement and everything was interesting
 Maybe a different title I thought y'all were going to suggest watching Eat Pray Love and or something...
 It was well done
 Nothing. I especially liked the relaxation exercises throughout
 Maybe including even more speakers
 More open conversation
 I'm not sure if I'd change anything, I think Beth did a great job!
 I think this event went very well, I don't think there needs any improvements
 Make it longer
 I actually did not see the first film in its entirety, it was very choppy. Not sure if that was just me. Otherwise the AV person was amazing
 The event was wonderful!
 It was organized really well, pedagogically, with the interactive features. Beth is a great facilitator but flips her hair a lot...
 More coping strategies that are less typical
 Expand the event by hosting a collaboration between a couple/few campuses

Major

Child Development	1
Clinical Mental Health Counseling	21
Developmental Psychology	2
Health and Human Services	2
Kinesiology	1
Licensed Mental Health Counselor	3
Occupational Therapy	4
Psychology	4

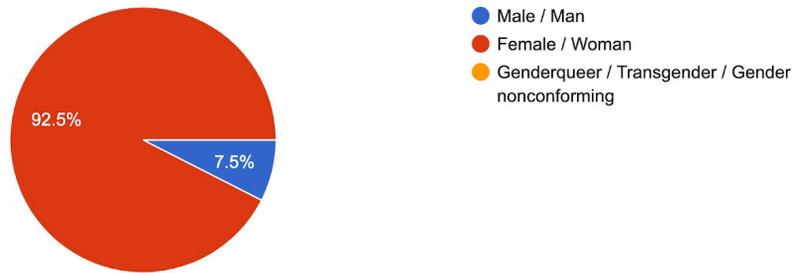
Year

40 responses



Gender Identity

40 responses



Race / Ethnicity		
Asian / Asian-American	1	3%
Black / African / African-American	2	5%
Hispanic / Latinx	6	15%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	29	74%
Multiracial	1	3%