

Movies for Mental Health

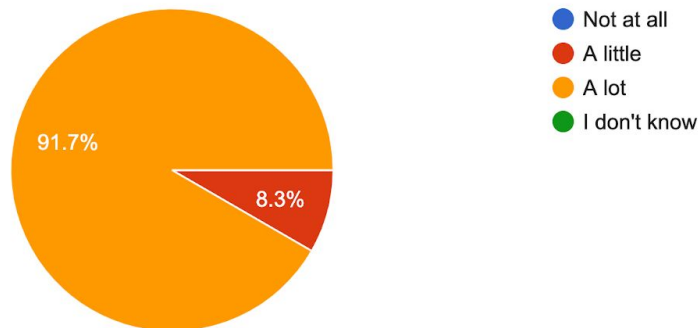
Post-Workshop Evaluations

Butte College
April 3, 2019

Number of attendees: 32
Number of evaluations: 12

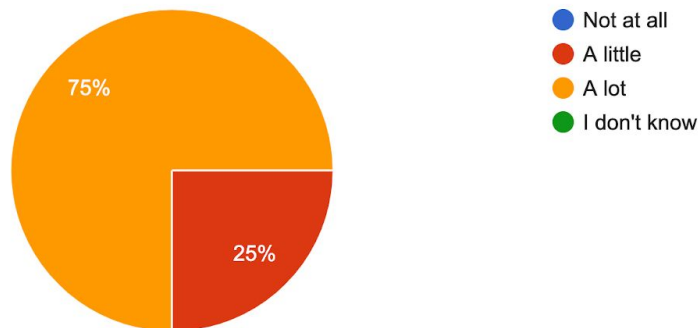
In your opinion, did this event create awareness of mental health issues?

12 responses



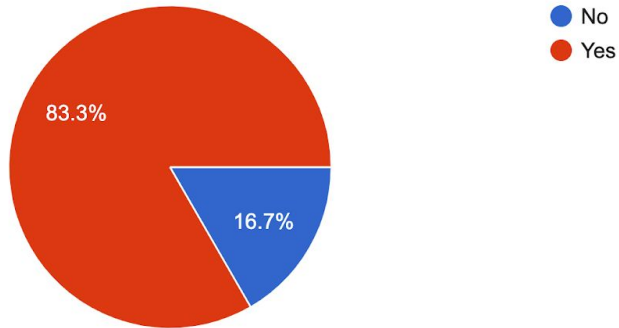
In your opinion, did this event reduce stigma related to mental illness?

12 responses



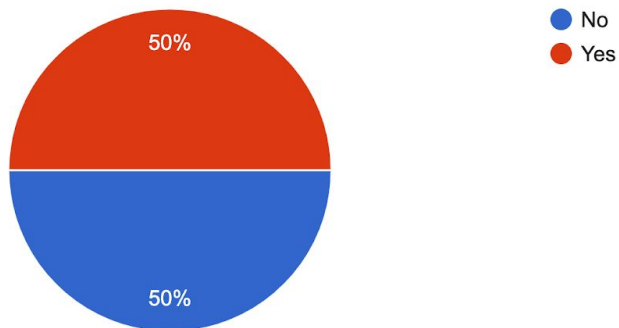
Did you know about your school's counseling services before this event?

12 responses



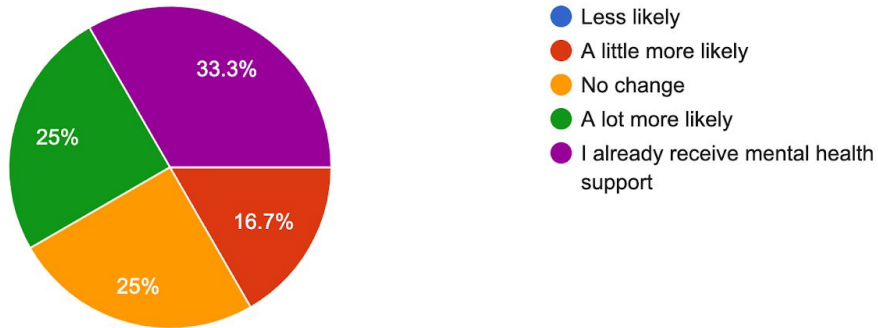
Did you know about the Mental Health Services Act (Prop. 63) before this event?

12 responses



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

12 responses



*63% of attendees, *who are not already receiving mental health support*, are more likely to see mental health support after this event.

| 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 | 3 |
| Family | 2 |
| Friends | 5 |
| Professors / mentors | 3 |
| The arts / creativity | 2 |
| Fitness / physical activity | 4 |
| Online resources | 2 |
| Other | 2 |

| How did you hear about this event? | |
|------------------------------------|---|
| Friend / Word of Mouth | 6 |
| Professor / Class | 0 |
| Counselor / MH Club | 0 |
| Online / Facebook / Email | 3 |
| Posters / Flyers | 0 |
| Other | 1 |

| What was your main takeaway? |
|--|
| <ul style="list-style-type: none"> • Talk about it! • Art with impact - films presented • More insight on intimate partner abuse • Erasing stigma • Advocate! • Needed awareness on these issues • Racial Lines • We all have faced trauma. • You are not alone! There are so many resources out there! • <3 awesome info |

| If you were telling a friend about this workshop, you would describe it as: |
|--|
| <ul style="list-style-type: none"> • Inspiring • Open discussion about mental health, expression, support, and coping skills! • Educational • Eye opening • Creative films • You should go, Ms. Pratt is putting it on! • Interpretive piece on depression in films • Super helpful! • Empowering |

| How might you use what you learned today? |
|---|
| <ul style="list-style-type: none"> • Continuing bringing awareness • -With students -peers family } sharing resources • Volunteer services |

- Listening - listening!
- Add to my MH talks
- Empathy
- Better to understand students
- Direct sources to students
- Apply to help friends
- Apply it to life

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

- Health insurance
- For me family. Having open discussions about the legacy of MH issues through my family
- Talking about it
- Stigma, lack of money/insurance
- Justifying taking that time for me
- Be hard for law enforcement
- Unknown resources
- Asking for help is hard :(
- Fear

How can we improve this event in the future?

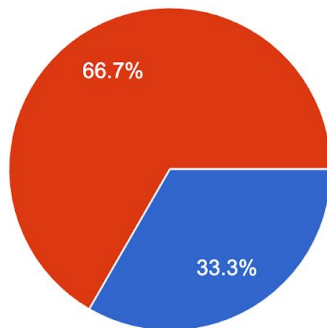
- Longer! :)
- Longer! More films more time for "Q and A"
- More availability
- Advertise to community outside college
- N/A
- Include police
- It was all amazing!
- Be courageous

| Major | |
|-------------------|---|
| Criminal Justice | 1 |
| English | 1 |
| Political Science | 1 |
| Social Work | 1 |

| Year | |
|-----------------|---|
| First | 0 |
| Second | 1 |
| Third | 0 |
| Fourth | 0 |
| Fifth + | 0 |
| Staff / Faculty | 5 |
| Other | 2 |

Gender Identity

9 responses



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

| Race / Ethnicity | |
|------------------------------------|---|
| Asian / Asian American | 1 |
| Black / African / African American | 1 |
| Hispanic / Latinx | 2 |
| Mixed Race / Ethnicity | 4 |