

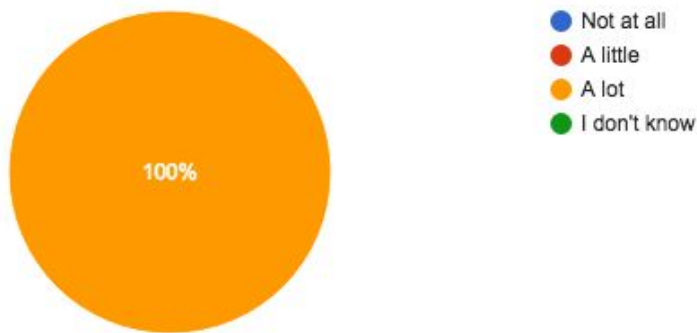
Movies for Mental Health CSU Channel Islands

February 22, 2018

n=13 (~75 total attendees)

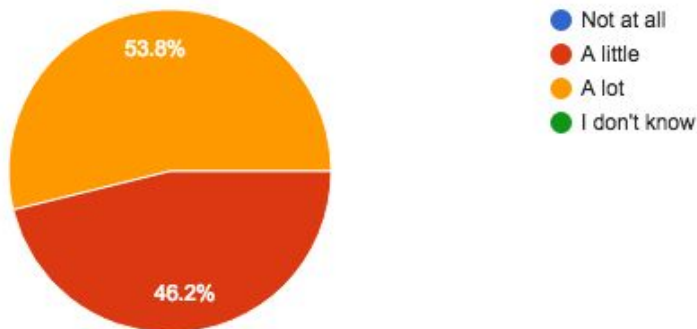
In your opinion, did this event create awareness of mental health issues?

13 responses



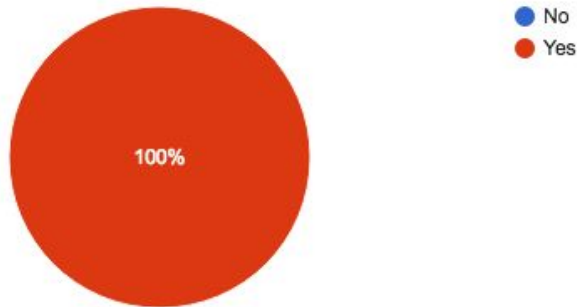
In your opinion, did this event reduce stigma related to mental illness?

13 responses



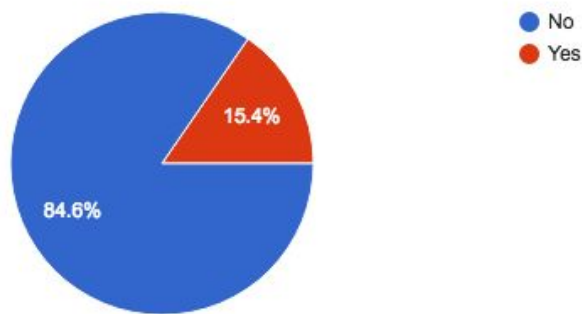
Did you know about your school's counseling services before this event?

13 responses



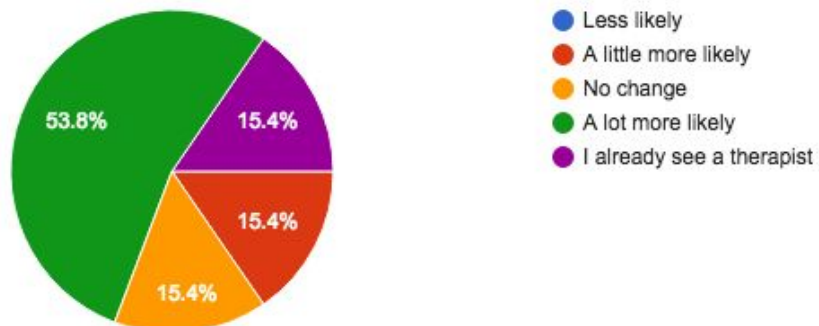
Did you know about Prop 63 / the community-based mental health resources before this event?

13 responses



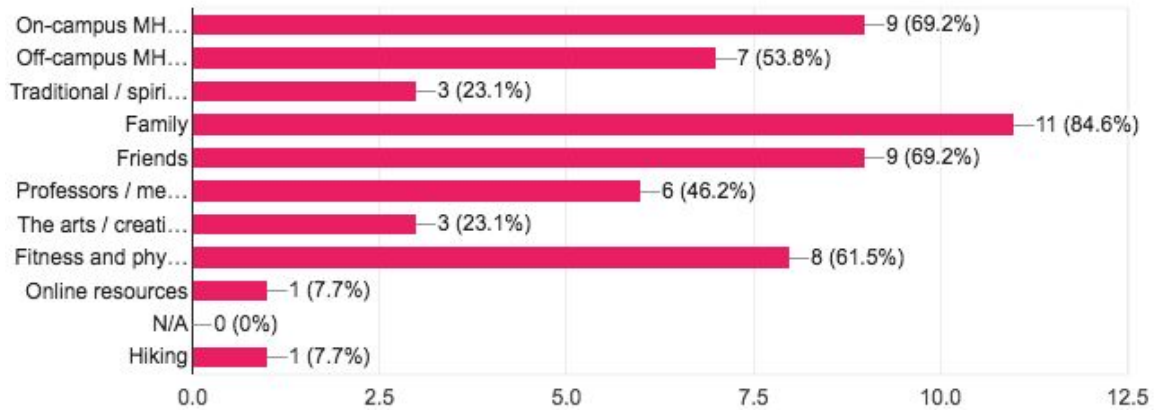
After this event, are you more or less likely to seek support for your mental health?

13 responses



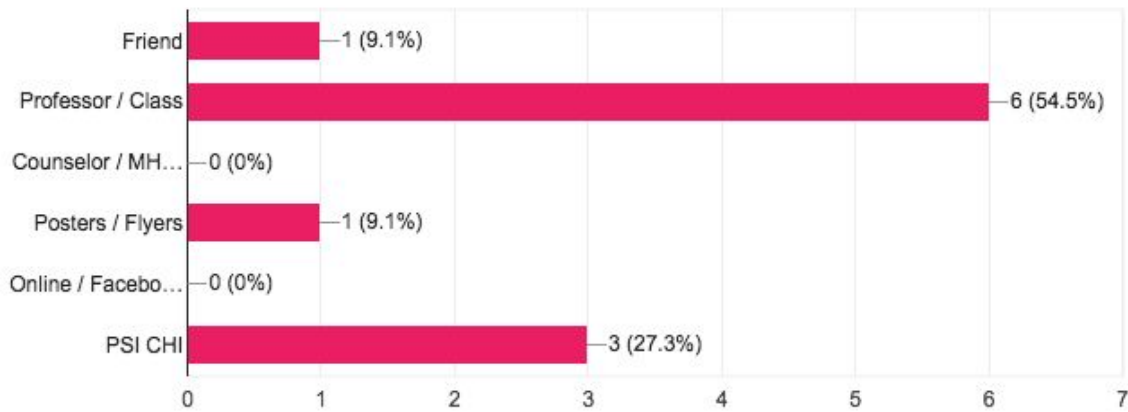
What type of mental health support do you think would be most useful to you?

13 responses



How did you hear about this event?

11 responses



What was your main takeaway?

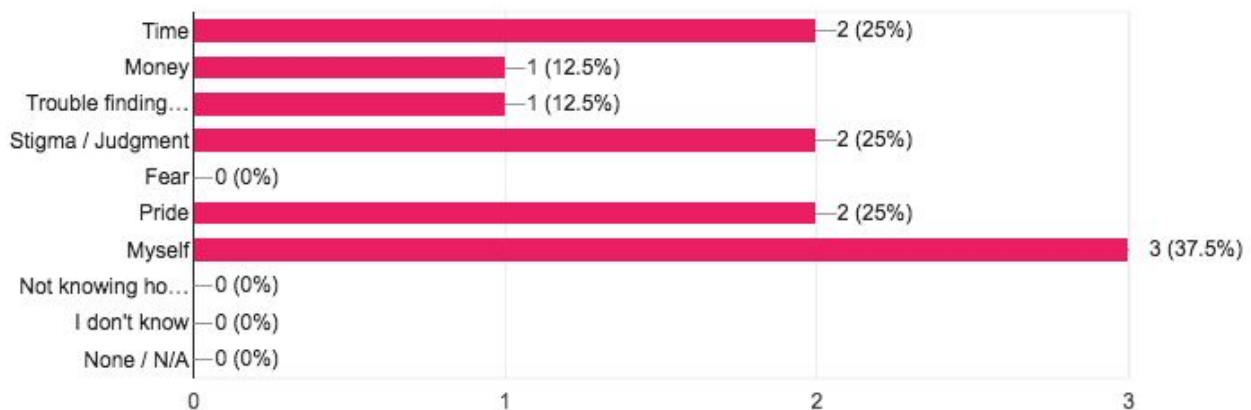
- We should not stigmatize mental health, should communicate and seek help.
- That we aren't alone.
- How to help others.
- Dialogue and Prevention. Getting the help you need before feelings get worse.
- I learned more about MH services on campus.
- How to reach out to others.
- Do not judge a book by its cover.
- How important it is to be aware of the signs and how to help people.
- That you are not alone and there is always support!
- Get help.

How would you describe this event to a friend?

- It was resourceful.
- It was engaging and informative.
- Amazing/Motivational
- that everyone is not alone
- Emotional, Important, and Helpful to understand others
- informational and eye-opening
- Eye-opening
- Eye-opening experience discussing mental health.
- It raised alot of awareness about mental health!
- Helpful
- The personal stories had a huge impact

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

8 responses



How can we improve this event in the future?

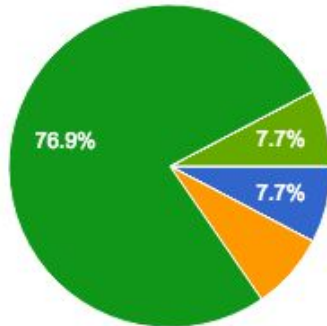
- Everything was well presented.
- Bigger venue.
- It was very informative.
- Lighting.
- More movies.
- I really enjoyed everything! Loved the films and interactive portion.

Major?

- Psychology - 11
- Communications - 1

Year

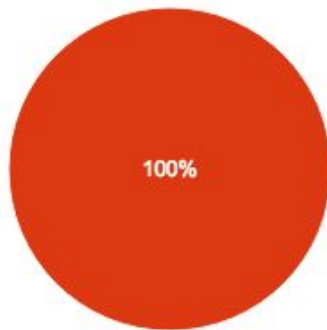
13 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Sex/Gender

13 responses



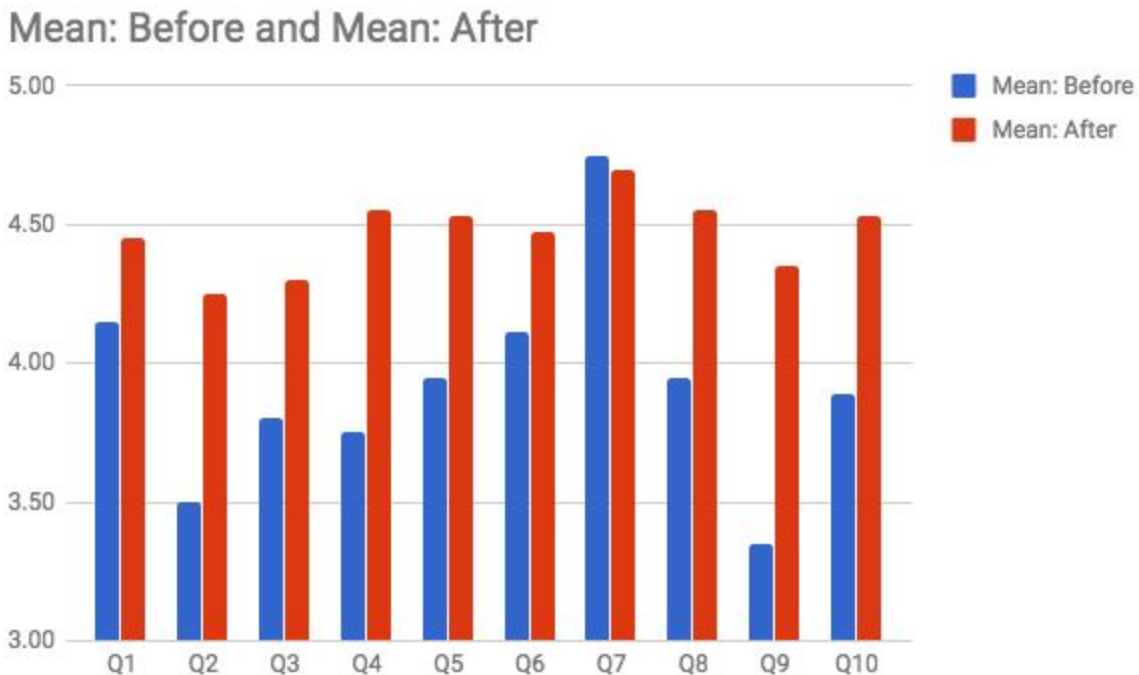
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Asian / Asian American	African / African American	White / Caucasian	Hispanic / Latinx	Multi-Racial
1	1	4	4	3
8%	8%	0%	31%	23%

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.



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.