

# Movies for Mental Health

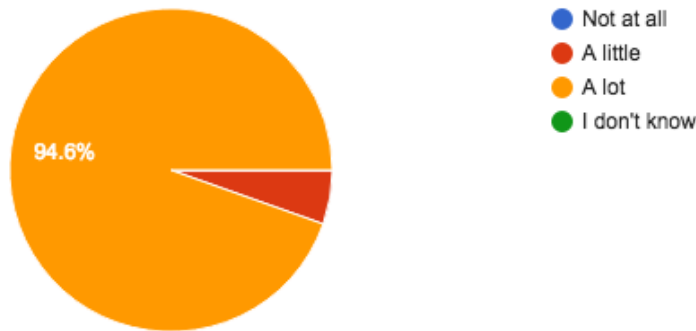
## Post-Workshop Evaluations

CSU San Marcos- Faculty & Staff  
Wednesday, September 26, 2018

Number of attendees: 55  
Number of evaluations: 38

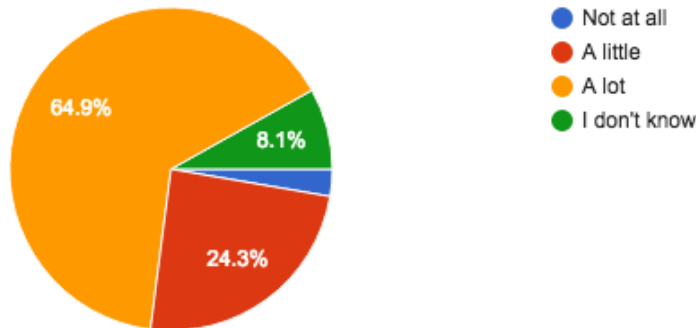
*In your opinion, did this event create awareness of mental health issues?*

37 responses



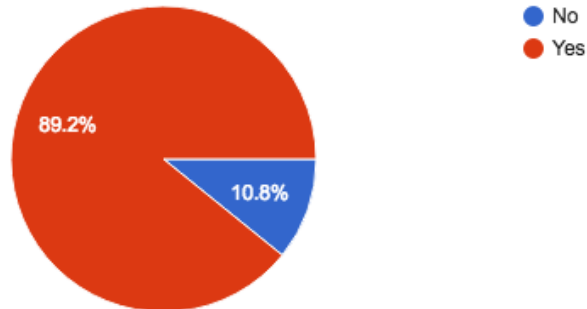
*In your opinion, did this event reduce stigma related to mental illness?*

37 responses



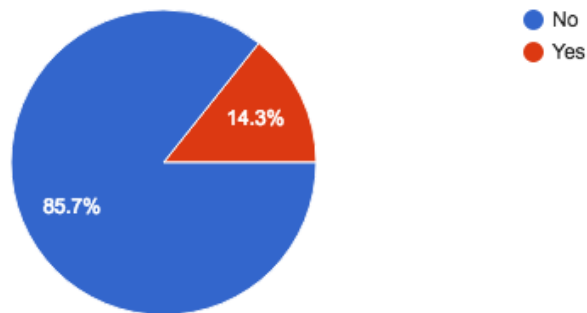
*Did you know about your school's counseling services before this event?*

37 responses



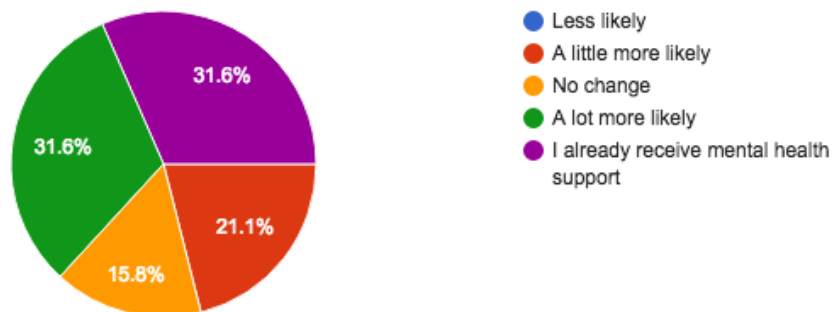
*Did you know about Prop 63 before this event?*

35 responses



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

38 responses



<i>What type of mental health support do you think would be most useful to you?</i>	
<i>On-campus MH support</i>	<i>8</i>
<i>Off-campus MH support</i>	<i>16</i>
<i>Traditional / spiritual</i>	<i>11</i>
<i>Family</i>	<i>17</i>
<i>Friends</i>	<i>18</i>
<i>Professors / mentors</i>	<i>3</i>
<i>The arts / creativity</i>	<i>15</i>
<i>Fitness / physical activity</i>	<i>21</i>
<i>Online resources</i>	<i>8</i>
<i>Other</i>	<i>1</i>

<i>How did you hear about this event?</i>	
<i>Friend (Co-worker)</i>	<i>4</i>
<i>Professor / class</i>	<i>0</i>
<i>Office of Inclusive Excellence/HR</i>	<i>3</i>
<i>Online / Facebook / email</i>	<i>22</i>
<i>Posters / flyers</i>	<i>6</i>
<i>Other</i>	<i>2</i>

### What was your main takeaway?

- Steps are being taken to raise awareness. CSUSM is supportive and taking action.
- Seek help
- Bringing mental health into the forefront
- I need help.
- Relating to my personal
- Reminder of complexity of overlap of illness, PTSD, trauma + stigma vs. stereotypes
- All people are impacted by mental health issues.
- People seem to really care and want to be part of reducing stigma.
- Discussion of mental health & stigma
- Awareness of the illness
- We're all affected in one way or another
- Connecting, stepping away from my office
- We all have a story.
- Awareness
- That so many have struggles. We are not alone.
- Mental health is real and many struggle. Get help! It's out there.
- A lot of people struggle w/ some type of mental health issues.
- Types of mental illness; battle in the mind
- I'm happy to know we are sharing this info.
- It's ok to have mental issues; help is available.
- Seek help and it's ok
- More are dealing with mental illness than you might think!
- To be more aware of the depth of mental health
- Everyone experiences some form or knows someone and its okay
- Blue - short film - what it's like to live with mental health difficulties - unable to shake
- Reduce stigma
- It is nice to talk about mental health in an open forum & to watch films.
- Learn about anxiety - son was diagnosed (age 5); support him
- We all have these experiences.
- Mental illness impacts all of us.
- I am surrounded by people who share similar struggles.
- Mental health issues - awareness
- You are not alone; more awareness is needed
- Mental health awareness is happening

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

- Inspiring, educational, encouraging, hopeful - worth your time
- Awesome!
- A little vulnerable, but worth it
- Helpful
- Emotional potentially
- Important
- Stimulating + relevant

- *Very helpful*
- *Excellent; supportive; enlightening*
- *Very informative & impactful*
- *Very useful*
- *Thought-provoking films accompanied by great group discussion*
- *A great intro & conversation*
- *Inspirational*
- *Helpful*
- *Very informative - a well done event - love the movies and hope to learn more.*
- *Interactive and informative*
- *Open + safe space to discuss mental health*
- *Mental Illness 101*
- *Great discussion! Need more of this.*
- *Very inspiring*
- *Being open-minded; a good listening skills*
- *Very informative*
- *Helpful + eye opening*
- *Very helpful and resourceful*
- *Though provoking*
- *Open discussion through films about mental health*
- *An opportunity to talk about MH*
- *Very open & honest environment*
- *Breaking down barriers*
- *Powerful*
- *Encouraging*
- *Fantastic combination of panels, films + discussions!*
- *Impactful, educational*
- *Empowering, informative, collaborative*

### *How might you use what you learned today?*

- *Continue to raise awareness to break stigmas. A good reminder for self-care and looking within.*
- *Apply it w/ work*
- *I might go back to counseling.*
- *To found out if this should be a annual event for staff and faculty*
- *Take care of myself better - I know work better for others*
- *Continue to use active listening skills and know resources that are available*
- *More theory/awareness-raising than concrete skills*
- *Further help students at SHCS*
- *The avenue of art for advocacy of mental health as a means of treatment.*
- *Share w/ others*
- *In my everyday personal and professional life*
- *Share with others*
- *Use the resources available to me. Be more aware of my surrounding.*
- *Use the resources to provide for those in need.*
- *Perhaps that it might be beneficial to not always hide my mental illness from others.*

- *Share my story and identity to be a representation to others.*
- *Ask to help by volunteering to continue this program at CSUSM.*
- *Pass resources I received on to people in my circle that would benefit*
- *Being open-minded; a good listening skills*
- *Be more cognizant of everyone around me.*
- *Help family members*
- *I will share it with my daughter who has anxiety.*
- *Meditate and exercise more*
- *Share with family + friends*
- *I hope to apply it to myself.*
- *Resources; talking with family*
- *Remember everyone might be going through something*
- *Share resources*
- *Stick to my road to recovery*
- *With my students everyday!*
- *Notice changes in myself, students & staff*
- *Be mindful of my colleagues and they all have their own story*

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

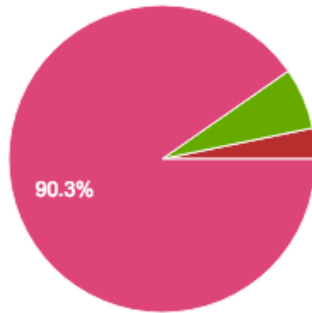
- *Time (lack thereof), the idea of it being an uphill battle and work required*
- *Cost*
- *Not wanting to bring suppressed issues to the surface.*
- *Stigma, judgment*
- *Time; acceptance*
- *Time/availability*
- *Time (not much free)*
- *Belief that it'll work...whatever treatment it is*
- *Role as staff*
- *Myself*
- *Thinking I'm fine, that I don't need help, that I'll deal with it on my own.*
- *It takes way too long to get help when you are in crises. The frustration of seeking help makes everything worse, feels more hopeless.*
- *Cost, lack of time, and direction (where to start).*
- *It's ongoing*
- *Not being sure if you have a problem*
- *Having support of my family.*
- *Accessibility*
- *\$\$ and motivation*
- *Time*
- *Time, comfort level, feeling safe, trust, fear of facing thoughts/feelings that are hard*
- *Not knowing where to begin*
- *Cost!!!! (limiting insurance)*
- *Myself*
- *Making time for it everyday*

## *How can we improve this event in the future?*

- *Maybe instructions on how to access the videos after the fact.*
- *Longer time*
- *Longer event, maybe half day*
- *Make it longer*
- *Longer*
- *Way more panel time for personal stories & Q+A; not sure need panelists from off campus -> maybe just table info?*
- *More time for panelists*
- *Maybe a bit more time to interact w/ panelists*
- *Time management of discussion*
- *Make it longer*
- *More effective outreach to faculty members*
- *Allow more sharing as to why people attend*
- *keep doing them and getting word out*
- *I love it as it was. Everything was excellent.*
- *Nothing, it was great!*
- *Having an art activity for expression.*
- *Concerned about panelists - they sat next to therapists so hope they feels supported.*
- *Have this event at our professional development.*
- *Maybe a little longer time*
- *To get more stories from faculty and staff to share.*
- *Offer again at CSUSM*
- *More panel time/ less video discussion-follow up*
- *More panel time*
- *I thought this was amazing, thank you!*
- *More time for panel*

### Year

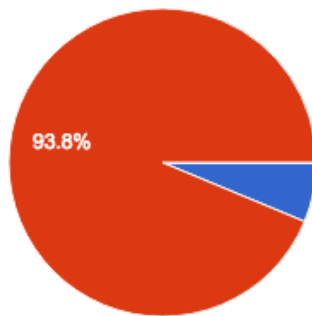
31 responses



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

### Gender Identity

16 responses



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

### Ethnicity

30 responses

