

Movies for Mental Health

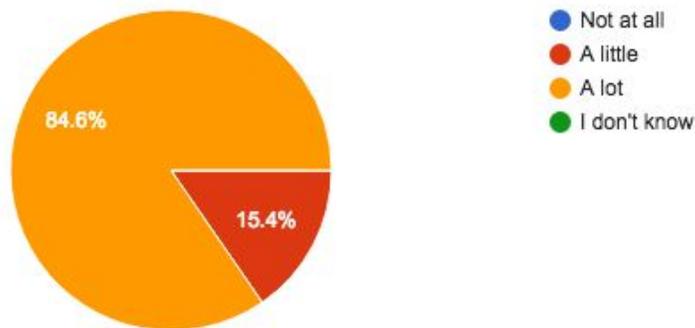
Cal Poly Pomona

May 15, 2018

n=13 (~30 total attendees)

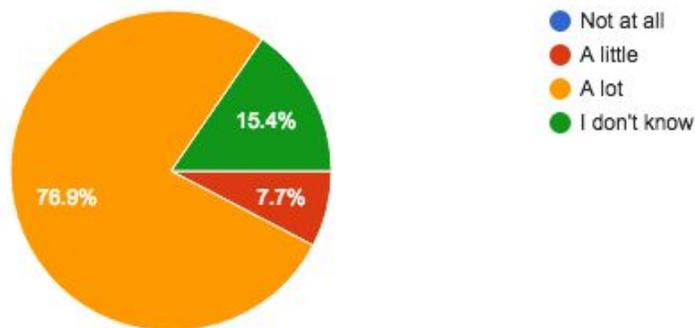
In your opinion, did this event create awareness of mental health issues?

13 responses



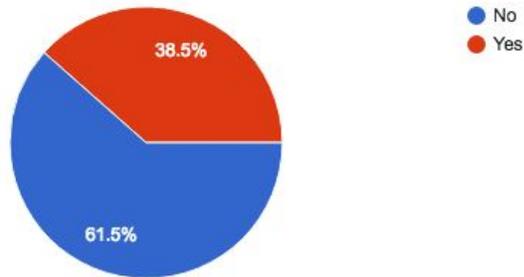
In your opinion, did this event reduce stigma related to mental illness?

13 responses



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

13 responses



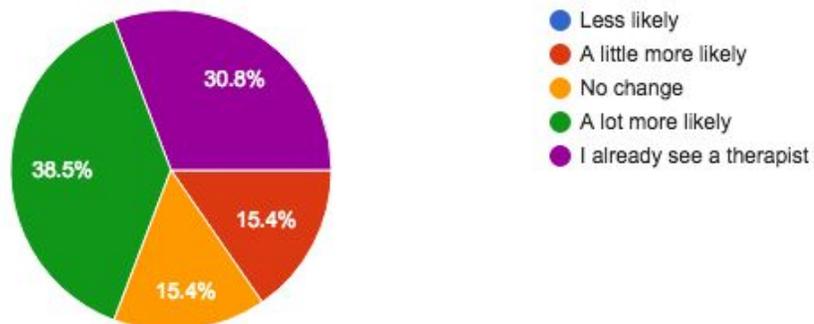
Did you know about Prop 63 / the community-based mental health resources before this event?

13 responses



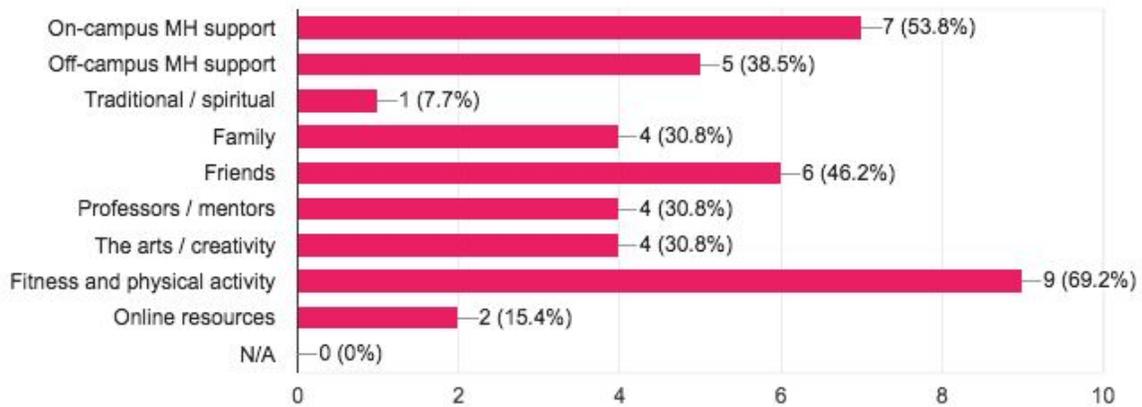
After this event, are you more or less likely to seek support for your mental health?

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?

Friend	2
Professor / class	4
Counselor / MH club	3
Online / Facebook / email	0
Posters / flyers	0
Walked in	3

What was your main takeaway?

- You are not alone, mental health is a major thing.
- Mental health issues aren't shameful.
- The awareness of mental illness around me.
- Many people don't realize the importance of mental health and this gave me the assurance of speaking openly about mental health.
- Everyone struggles; we are not alone.
- A lot of people deal with these issues & they may not show it.
- Much better understanding of what mental illness actually is.
- There are numerous outlets and places to get support.
- mental health is something that should be discussed.
- N/A
- There should be more mental health awareness.

How would you describe this event to a friend?

- Very eye opening
- Informative/eye-opening
- Informative
- A great learning experience
- An open discussion & movie night for mental health
- Good learning experience
- Very real and raw presentation of mental illness
- Engaging and eye opening
- Free food, with insightful and interesting stories
- Reducing mental health stigma
- A discussion on mental health and how to treat it

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

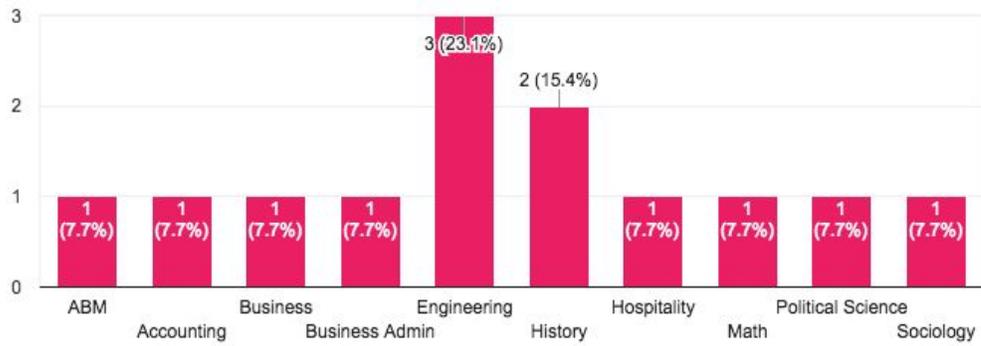
- Views of others & need to be self-sufficient
- At first I was fearful of being labeled, and the topic of mental health was not normal to me but this year I have been able to realize its significance
- Fear of reliving, cost, vulnerability
- None I deal with it myself
- Not wanting to be labeled or considered mentally ill
- "Laziness" and lack of time
- Not admitting to any need for help
- Finances
- Social stigma

How can we improve this event in the future?

- Provide a way to see more after. I'd really like to be able to see more after this session
- Advertising this event more would help; I just came across it
- More attendance?
- Have more people share their story
- Promoting more, without my Psy 201 class, I wouldn't have known about this event
- More advertising (more CPP's responsibility)
- Spread more awareness that such an event is taking place
- More publicity
- Talk more about the importance of wake-up calls

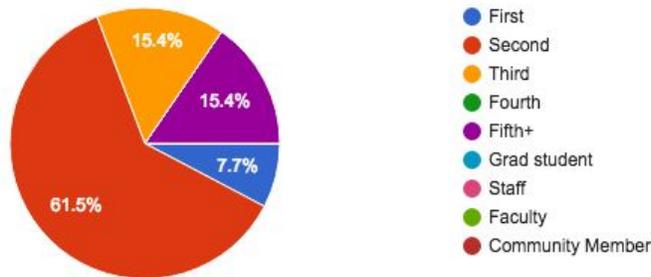
Major?

13 responses



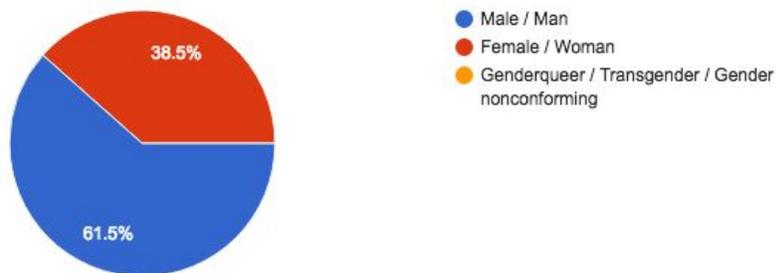
Year

13 responses



Sex/Gender

13 responses

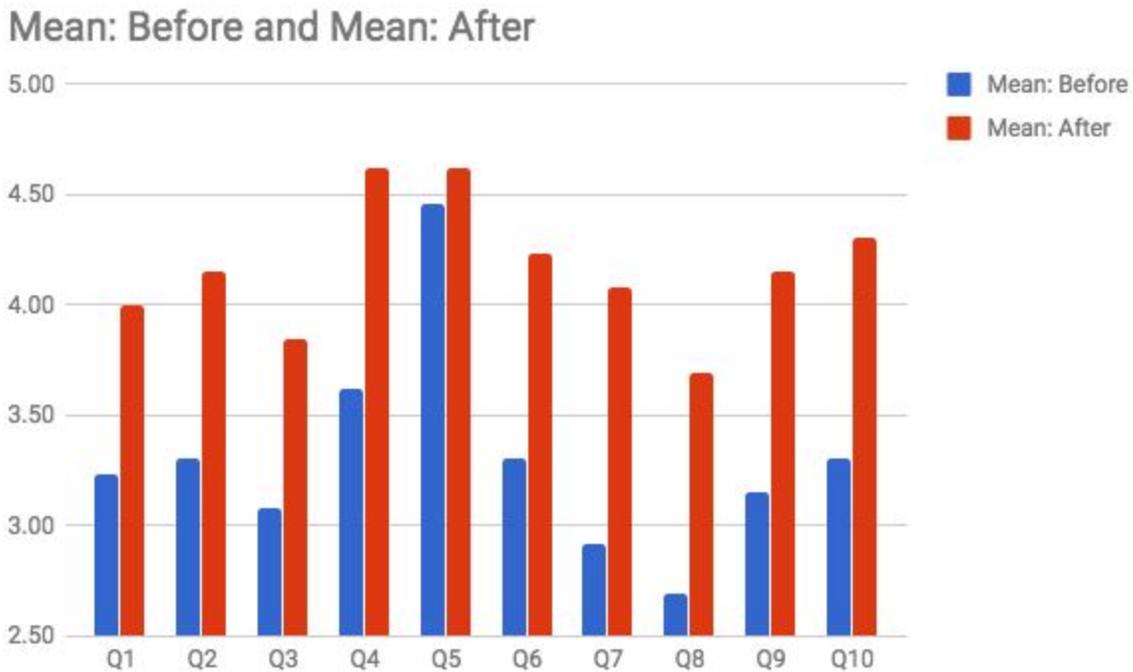


Ethnicity

Indian / South Asian	White / Caucasian	Hispanic / Latinx	Multi-Racial
1	1	11	0
8%	8%	85%	0%

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.