

Movies for Mental Health

Post-Workshop Evaluations

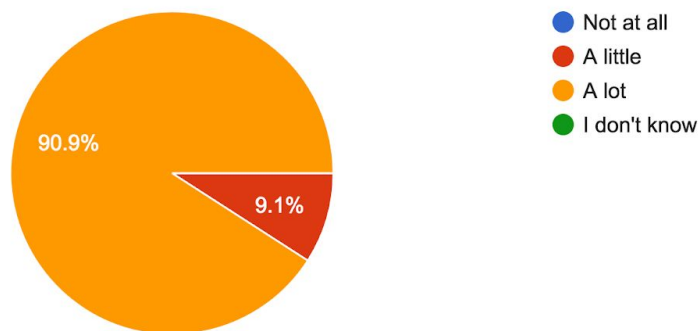
Cecil College
February 25, 2019

Number of attendees: 140
Number of evaluations: 44

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

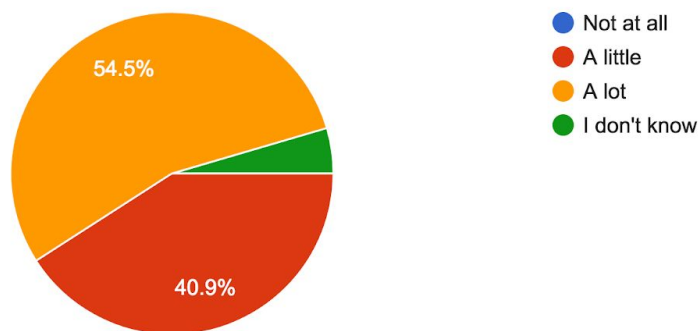
In your opinion, did this event create awareness of mental health issues?

44 responses



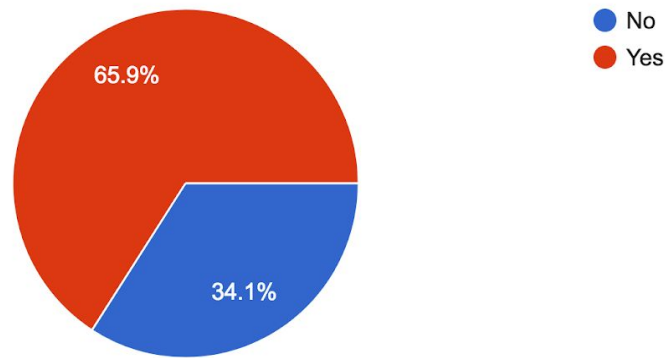
In your opinion, did this event reduce stigma related to mental illness?

44 responses



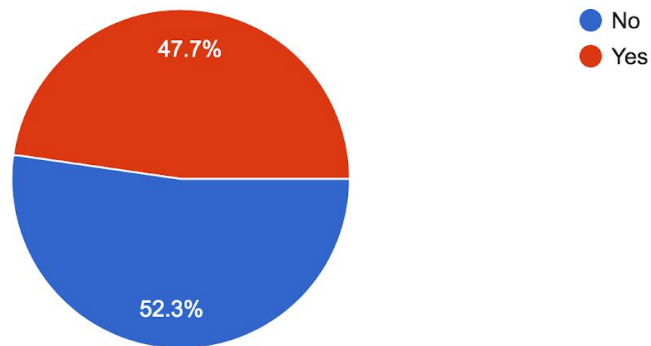
Did you know about your school's counseling services before this event?

44 responses



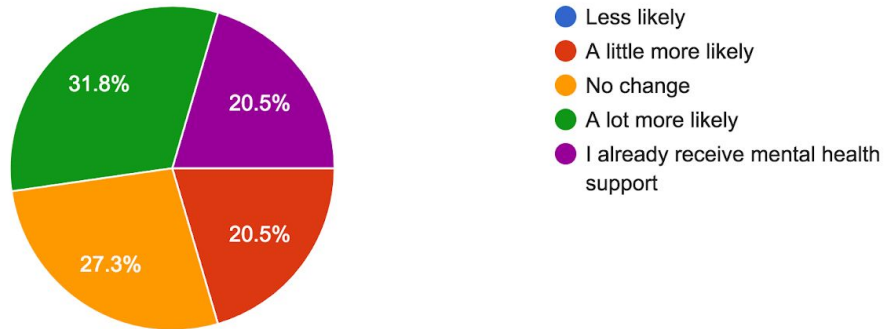
Did you know about the community resources before this event?

44 responses



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

44 responses



*67% 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	15
Off-campus MH support	6
Traditional / spiritual	8
Family	16
Friends	17
Professors / mentors	5
The arts / creativity	15
Fitness / physical activity	15
Online resources	4
Other	3

How did you hear about this event?	
Friend / Word of Mouth	7
Professor / Class	21
Counselor / MH Club	0
Online / Facebook / Email	7
Posters / Flyers	7
Other	0

What was your main takeaway?
<ul style="list-style-type: none"> ● Good support available. ● Get rid of the stigma. ● MH supporting on campus ● It's definitely made me more aware of how negative the stigma is. ● The college is making great strides in reaching out to students and community. ● It is common and affects several individuals. ● No queer resources! ● My issues are not my fault and it's okay to get help. ● People make some pretty good films about mental health. ● There are many definitions of mental health. ● Resources. ● Listen to others. ● Defining mental health stigma and trying to fake it till you make it. ● Just speaking about mental health is important. ● There is someone to help. ● Resources ● To find a group to connect with. ● Creative way to present material (art) ● Destigmatize mental health issues. ● That art is a great expressive way to communicate. ● Someone is always here. ● Just listen. Learned about community resources (panel). Don't judge, be supportive. ● There is always someone there for you! ● It's important to learn about mental health. ● Narcan training is Monday at 6pm (per panelist) ● Lots pf services available. ● The affect that mental health has on individuals. ● Don't be afraid to ask for help or help others. ● A person with mental health issues isn't always crazy or weird. ● That asking "are you OK" doesn't always mean that a person's OK.

- Reducing stigma is necessary to fixing the issues related to mental health.
- A lot I don't know.
- Anyone can have a mental illness.
- Be myself and embrace who I am without shame.
- People experience things differently and it's important to listen.
- Active listening
- It's okay to have a mental illness.
- How to get help
- Listen to others stories, gain insight.

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

- Beneficial.
- Fun and informative.
- Helpful.
- Something they really need to attend even if they think they know everything about mental health.
- Good short movies that send strong message.
- Informative, connecting/relatable.
- Be prepared for talking.
- Very relatable.
- An awareness campaign.
- Informative and helpful.
- Very helpful.
- People defining terms and opinions on mental health.
- Fun important workshop.
- Amazing.
- Access to resources.
- Amazing with great info.
- A different approach speaking to a worthy topic.
- Educational
- Good way to bridge mental health and stigma.
- Learning about mental health.
- Informative.
- Very basic info for individuals who have had little to no knowledge of mental health.
- Life changing!
- Helpful, eye opening, thought more people knew about it.
- Helpful.
- An insightful look into mental health.
- Helpful and enlightening.
- Very helpful, inspirational, educational.
- Helpful.
- Empowering.
- Different.
- Informational.
- Informative.

- Insightful.
- Informative
- Positive
- Inspirational.

How might you use what you learned today?

- Pass the info along.
- Communication
- Not only asking "are you okay?"
- Help/be there for my friends.
- Reducing the stigma must continue!
- Provide support resources to students.
- No queer resources.
- To not be so hard on myself.
- I might recommend a counselor to someone.
- Help others understand that there is a lot more to mental health than what is seen on TV.
- To help with my school work.
- Nothing.
- Talking to my friends.
- For myself.
- In helping others to get help.
- Be an active listener.
- Open dialogue is part of the solution.
- Personally follow through with seeking therapy for self and family.
- To inform others.
- Get rid of stigma.
- Educate my students.
- The things discussed in the presentation/lecture/movies were not intriguing. Nothing new. Lessons/lectures need to be deeper.
- Practice mental wellness.
- Take advantage of resources.
- Active listening.
- I will remember it for future use.
- Look at people more positively.
- Try to be there for those who need someone to listen.
- I can help someone by just asking and listening.
- Reduce stigma.
- I don't know.
- By telling someone.
- Internalize it and use it as a motivation and comfort.
- I might find an easier way to tell people about what I experience.
- Not judge others
- I could go to the private practice if I needed to talk.
- Treatment on campus

- Help others, listen, be more open minded.

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

- Finances and time.
- Knowing it's okay to not be okay all the time.
- Accepting that I have a problem.
- Pride/time.
- I'm queer. Finding safe queer providers.
- I feel like my issues aren't that serious and I shouldn't need help.
- Exercise.
- Expenses and/or motivation.
- Availability.
- Time
- Money.
- Money and social awkwardness.
- Being scared.
- Access and affordability.
- Not being honest.
- Me.
- Money (lack of)
- The comfort of laziness.
- Stigma.
- Not knowing about support groups within the community.
- Expensive.
- Expenses.
- Pride.
- Finances/time.
- Stigma.
- Time and embarrassment.
- Time and money.
- Don't know.
- Fear
- Costs
- Self-identify. Not sure if I suffer from anxiety.
- Stress and getting overwhelmed.
- Money and time
- Time management, stress.

How can we improve this event in the future?

- Good as is.
- More publicity.

- Nothing.
- More students willing to be on the panel.
- Queer resources.
- Add more films.
- I wouldn't change anything. I thought it was very informative.
- Maybe do it as orientation with the school.
- Allowing audience to speak into mic so others can hear.
- I don't know.
- More movies/films/other
- Have more events.
- Make it mandatory for every student.
- More videos.
- Even more conversation that gets to the root of stigma. More range of mental illness films.
- Continue inviting classes of students/faculty in social work, psychology, sociology, nursing
- More movies.
- Nothing really.
- Refer above. Dive deeper into the topic.
- More videos.
- More videos.
- More entertainment to prevent boredom.
- Discuss coping mechanisms more.
- I don't know.
- Provide more movies.
- More student speakers
- It was great.
- More movies and food
- More films.

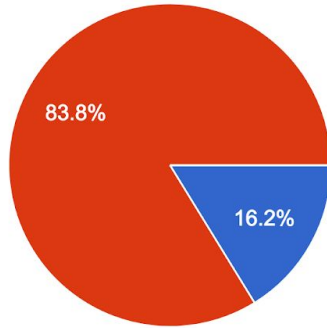
Major	
Business	2
Psychology	3
Child Development	1
Nursing	2
Social Work	3
Art	3
Music	6
Film	1
Liberal Arts	1

M.Ed School Counseling	1
Medical Coding	1
Biology	1
MAP	1
CMA	1
Photography	1
Undecided	4

Year	
First	19
Second	10
Third	2
Fourth	1
Fifth +	1
Staff / Faculty	10
Other	1

Gender Identity

37 responses



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

Race / Ethnicity	
White / Caucasian	30
Black / African American	8
Hispanic / Latinx	1
Mixed Race / Ethnicity	4