

Movies for Mental Health (Online)

Post-Workshop Evaluations

Cerritos College
April 16, 2020

Number of attendees: 42
Number of evaluations: 20

In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

20 responses



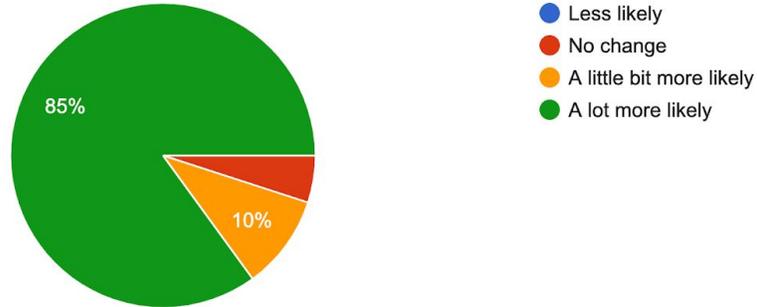
In your opinion, did this workshop help you confront and address stigma related to mental illness?

20 responses



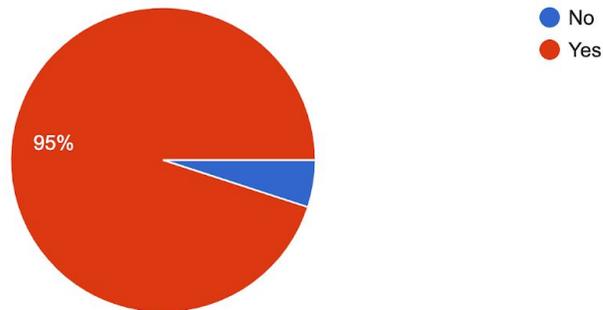
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

20 responses



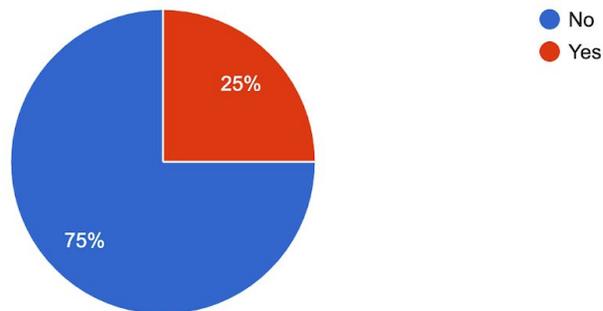
Did you learn about new resources relating to mental health and sexual violence?

20 responses



Did you know about the Mental Health Services Act before this event?

20 responses



What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

(Highlights - see raw data for all answers)

Use the knowledge of the links to help
 Getting certified for SA and applying for more grants
 Talking to someone
 There is no time limit, be present
 The communication skills utilized to help build the confidence of anyone who experiences sexual violence
 to seek the help of health professionals
 Seeking / sharing resources (x3)
 Being patient with survivors healing through an unlimited timeline
 Continue doing this program
 Using your body when you do breathing techniques
 I want to have a sexual violence hotline on my phone
 Healthy Therapeutic and Coping Skills
 Breathing, doing yoga, listening to music, reach out to sources
 The rainbow breathing technique
 Patience and understanding
 Put myself in their shoes

How did you hear about this event?

Email	1
Campus Connections	2
Canvas	1
Friend / Classmate / Co-worker	2
Professor / Instructor	7
Student Health Services	1
Other	5

What was your main takeaway?

How even though your hurting you can always find help so long as you are open to it and if your ready
To continue being supportive and understanding of people who are going through things, and to reach out when I need help
I'm not sure, but I love the way your event was moderated. Great engagement!
That there is help for survivors on and off campus
I have many resources that can help me, I am not alone
So many are going through the same things
Sexual abuse is very real and common and should be taken seriously
I really enjoyed it
There still remains a lot of cultural stigma surrounding survivors and seeking mental health services
I feel enlightened
To remain ready be an advocate for anyone that may be in need of resources in any facet of their financial, psychological, or physical health
Take a break to care for yourself!
There is help for victims on campus and beyond
Healing is very important and not many people know how to heal themselves
Collaboration for the Cause!
That is okay to not be okay
Stigma doesn't have to get in the way of healing

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

(Highlights - see raw data for all answers)

Informative and people are super caring (x2)
Helpful and valuable (x3)
Um, amazing!
A great opportunity to listen to a survivor and their experience
Amazingly well coordinated
Engaging and powerful
Powerful and effective, even through a computer screen!
Full of energy
Positive good energy and very helpful
Informative, personal, and useful
Fantastic!
Motivational to cope and help
Strong, powerful, and necessary
As a very informative workshop on SA
It is very helpful and they have so many resources to help people with mental illness

How might you use what you learned today?

(Highlights - see raw data for all answers)

I will use what I learned today

I am borrowing some of your engagement techniques

Share the info

Listening to my friends whenever they are telling me what they are going through (x2)

Talking to someone

I want to take time to visit the links and resources provided

I'll have a better understanding when providing services to our clients

In professional setting and with family/friends

Continue be part of the program

Friends who are struggling

The breathing techniques will definitely be put to good use before taking my next math exam

To help students

Applying this during my individual sessions with trauma survivors clients

Present info to staff and interns

Empathy, somatic practices, patience and listening

What are the biggest barriers to your community being safe for and supportive of survivors?

(Highlights - see raw data for all answers)

I think funding

Being judged (x2)

Understanding and sympathy

Maybe not knowing where to seek help or being unaware that there even is help

Awareness of services, psycho-education on DV/IPV, and culturally responsive services

No barriers I love to communicate with people

Knowledge that resources to support them are available (x2)

Stigma and lack of resources

Undocumented folks afraid of seeking services

People being open to share their story without being embarrassed

Lack of knowledge and communication around mental health and sexual violence

How can we improve this event in the future?

(Highlights - see raw data for all answers)

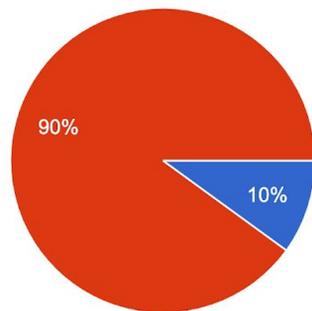
Just keep doing what you're doing / I think you are doing great (x4)
 Nothing you guys are doing amazing, you should do more online chat like that more often
 Maybe we can all see each other...even for a bit
 Sending out more emails or announcements when these events happen so more people are aware of the resources they have
 I can't think of ways to improve the event at the moment / no complaints (x5)
 Sound on my phone would cut out suddenly, but more than likely that was out of your hands
 Record and share

Major	
Dance	1
Nursing	1
Education	1
Biology	1
Esthetician / English	2
Social Work	3
Dental Assisting	1
Political Science	1
Child Development and Family Studies	1
Vocational Education	1

Year	
First	3
Second	6
Third	2
Fourth	0
Fifth +	1
Graduate Student	3
Faculty / Staff	2
Community Member	3

Gender

20 responses



- Male / Man
- Female / Woman
- Transgender / Genderqueer / Nonbinary

Race / Ethnicity		
Asian / Asian American	2	10%
Black / African / African American	4	20%
Hispanic / Latinx	12	60%
White / Caucasian	2	10%