

Movies for Mental Health (Online)

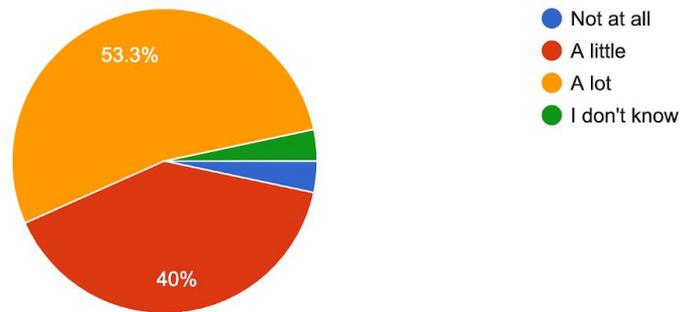
Post-Workshop Evaluations

Cerro Coso Community College
November 17, 2020

Number of attendees: 60
Number of evaluations: 30

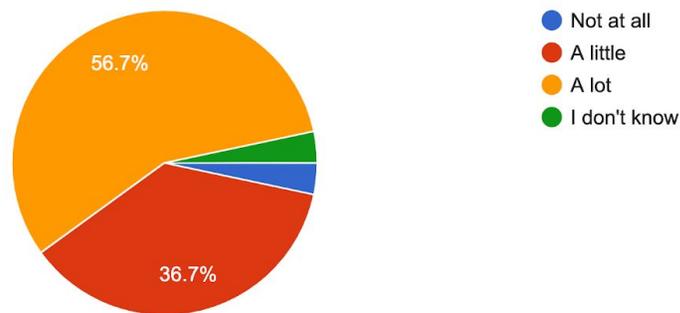
In your opinion, did this workshop increase your awareness of mental health issues?

30 responses



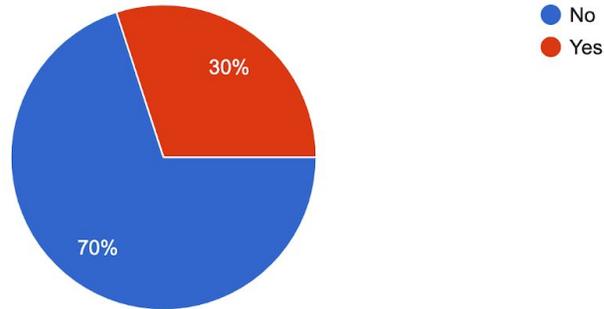
In your opinion, did this workshop help you confront and address stigma related to mental illness?

30 responses



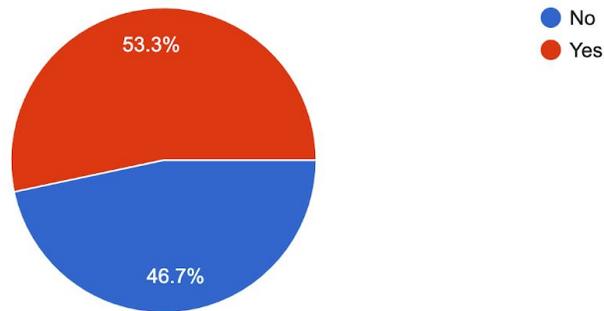
Did you know about the the Mental Health Services Act before this event?

30 responses



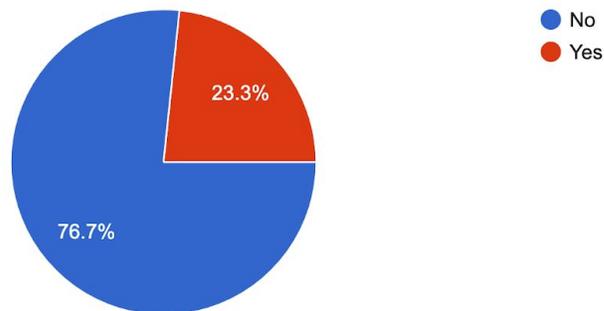
Did you know about your school's counseling services before this event?

30 responses



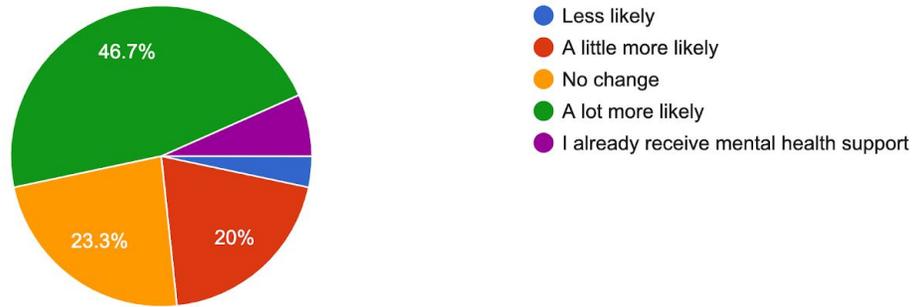
Did you know about the community resources before this event?

30 responses



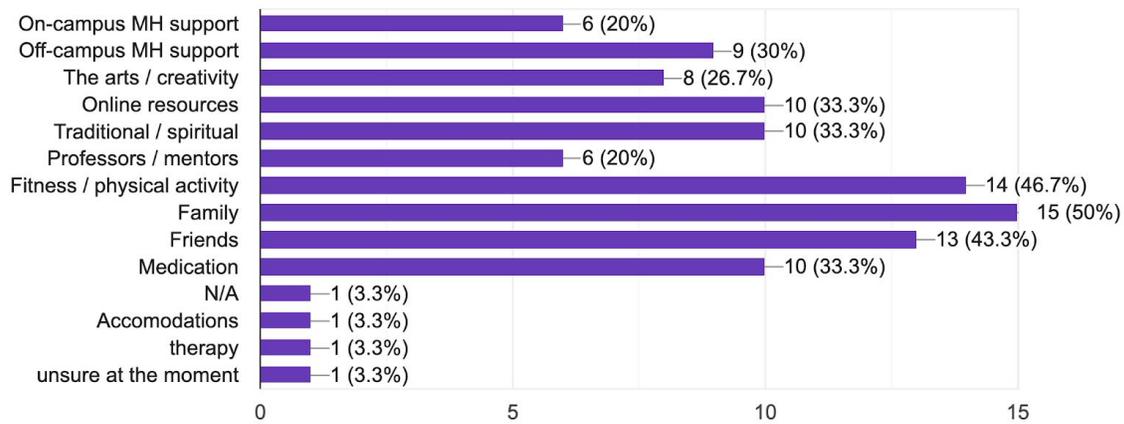
After this event, are you more or less likely to seek support for your mental health?

30 responses



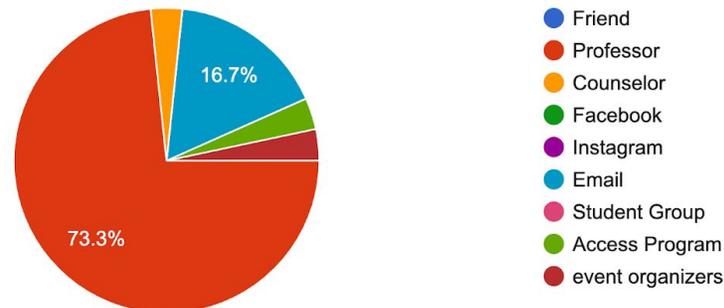
What type of mental health support do you think would be most useful to you?

30 responses



How did you hear about this event?

30 responses



What was your main takeaway?

My main takeaway was that everyone's mental health is their own story
 Stigma surrounding PTSD
 How others feel during anxiety attacks and PTSD - my husband was nearby and I was able to show him this is how I feel when I'm at the store with my two daughters while grocery shopping and have no help
 Mental health is Real
 I appreciate talking about these issues, as it brings them back to the forefront of my mind
 Mental health is important
 That I should keep up with my therapy and medications
 Not to be a shame to look for help with I needed it
 That I'm not alone and everyone struggles. This year has been a hard year for a lot of people. A lot of people struggle with mental illness.
 Understand about how strongly mental health issues can affect individuals
 I'M NOT ALONE
 That mental illness can be perceived or affect each person differently. It also solidified the importance of mental wellness activities to provide support and that when you wade past the stigmas, real help can be achieved. There are so many services available.
 Your not alone
 That your not alone, there are many resources available locally
 Mental health is not your fault
 I feel no change really
 People struggle with all different kinds of mental illness
 That Mental Illness should never be ignored
 Understanding mental illness & knowing what a person struggling with is going through
 Taking care of a mental health
 Having conversations about sensitive topics can increase awareness
 It's okay to have your own opinion and views without feeling bad about yourself or choices
 Like the positivity of the seminar
 Knowing that we have support for free in town
 Learning about the crisis center here in Ridgecrest

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

(Highlights: see raw data for full list)

Long
 Healing
 Inspiring and understanding / supportive (x2)
 Helpful, I sent it to my adult son who is having trouble with mental health issues
 It educates you on mental illnesses and how to get help
 Helpful and informative (x7)
 A way to help you get some resources
 A helpful view in the eyes of a person with depression
 To understand that mental health is exactly the same as physical health
 Great food for thought
 I would describe it as a great way to understand the complications that can be felt due to mental illness, and the importance of seeking out the various mental wellness alternatives to gain support
 Important
 Insightful

Validating
Common knowledge
Interesting
Something to check out
That it was informative and help talked about topics that aren't normally talked about
It is very helpful workshop helping with coping with mental illness
Eye opening

How might you use what you learned today?

I might use the language one of the panelists used while telling their story
Share with family and friends
To speak up other than taking it all into myself
Being supportive in my community
Self-reflection and I may be more kind to those with mental health issues
I will be more conscious of my thoughts
I would use the breathing technique shown today
By talking with family
Within myself
I will go get some more help
By becoming more understanding and caring towards everyone around me
Listen more effectively
I am going to improve my mental wellness and stick to methods that help me to feel better during COVID
More aware
Share with others who may be in need
I will try to use the breathing technique more often
I probably won't. Talking about my problems ain't gonna make them go away
Try to listen and be supportive of others
To not judge so quickly
Helping others, or seeking help for my anxiety and depression
Be supportive
Understanding the signs and symptoms you feel are normal for the certain disorders of the chemical imbalance of the brain
Knowing where to seek for help
Telling others about the resources that are available for those who suffer from mental illnesses

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

(Highlights: see raw data for full list)

Inability to access affordable long-term services
Stigma
Being judged
Trust
I overwhelm myself with school, work, responsibilities and don't make time for my wellness (x2)
It's a commitment issue and I believe I don't need it
Lack of resources in my area
Disability on hearing

Feeling stuck in a situation that I don't want to be in
 Feeling ashamed
 I think it's just finding the time to care for myself, this is something that I need to improve on
 Confusion during an attack
 Time to fit in my day (x3)
 Lack of diagnoses
 Can't change anything
 Personal reasons
 Culture and economy
 I am seeking mental health support but not a lot of resource with shitty insurance like medi-cal
 Family (x2)

How can we improve this event in the future?

(Highlights: see raw data for full list)

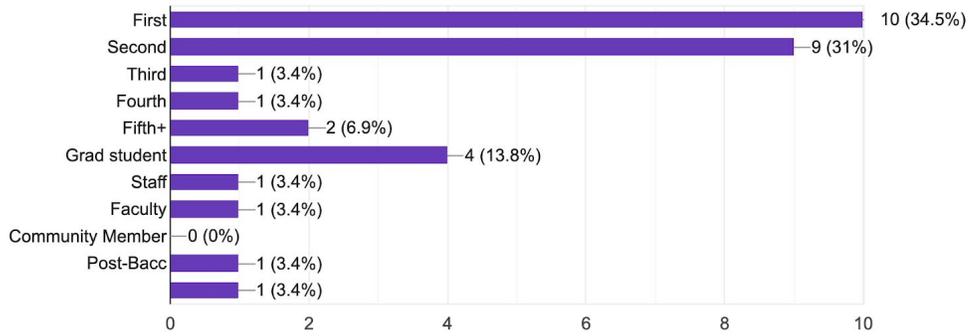
More films :((x2)
 I loved it nothing to improve (x3)
 Make this part of registering for classes
 Have psychiatrists as well
 Creating more awareness
 It would be good to send info in emails
 Paper resources to print out
 I cannot think of any other way it can be improved on (x3)
 I enjoyed the breathing exercises and body scan. Maybe incorporating more take-ways like this that people can do to provide support if that can't seek help or support immediately. Maybe tapping, meditation, etc.
 I thought it was great (x4)
 Have more stories and insight from a variety of people like guest panel, there were no males to share their stories as far as the panel goes
 Times management because it a little bit too long (x2)
 Time limit the panelists

Major

Child Development	9
Cybersecurity and Paralegal Studies	1
Early Childhood Education	1
Information Technologies	1
Nursing	5
Mathematics	1
Paralegal	4
Psychology	2

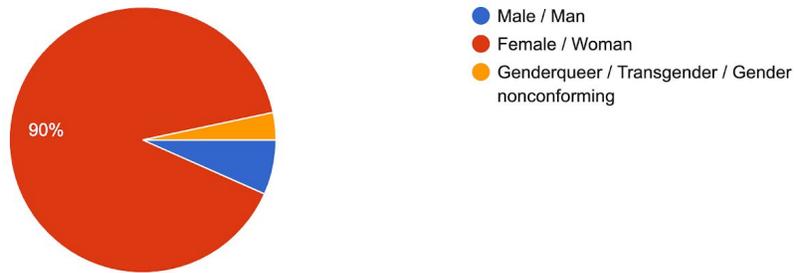
Year

29 responses



Gender Identity

30 responses



Race / Ethnicity		
Asian / Asian-American	1	3%
Black / African / African-American	3	10%
Hispanic / Latinx	6	20%
Indian / South Asian	1	3%
Middle Eastern	0	
Native American / First Nations	3	10%
Pacific Islander	0	
White / Caucasian	9	30%
Multiracial	7	23%