

Movies for Mental Health

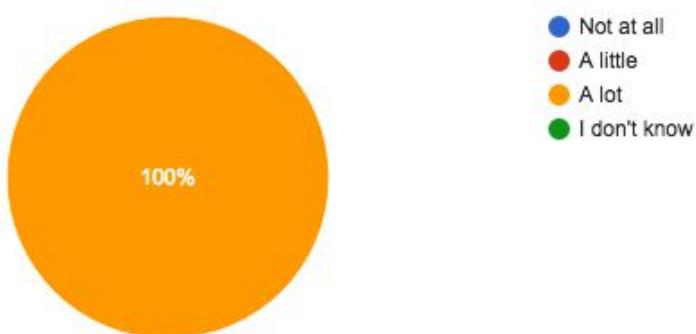
Chaffey College - Rancho Cucamonga

April 18, 2018

n=8 (~25 total attendees)

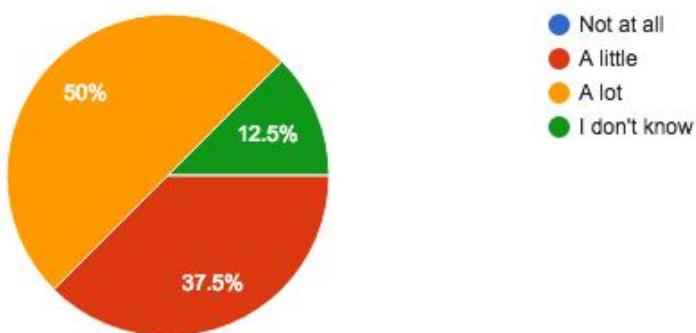
In your opinion, did this event create awareness of mental health issues?

8 responses



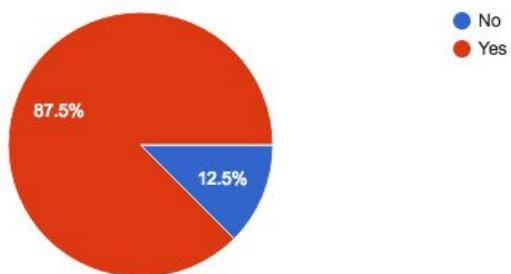
In your opinion, did this event reduce stigma related to mental illness?

8 responses



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

8 responses



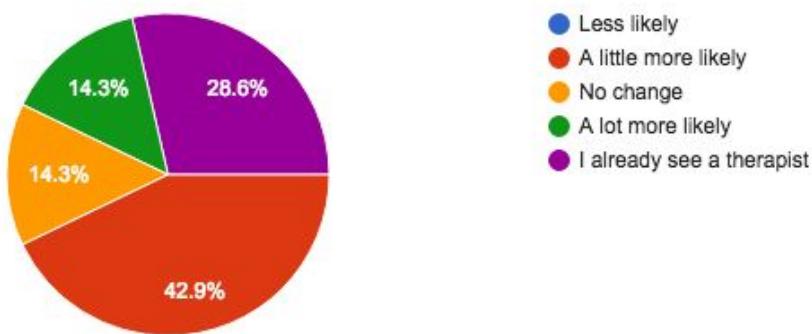
Did you know about Prop 63 / the community-based mental health resources before this event?

7 responses



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

7 responses

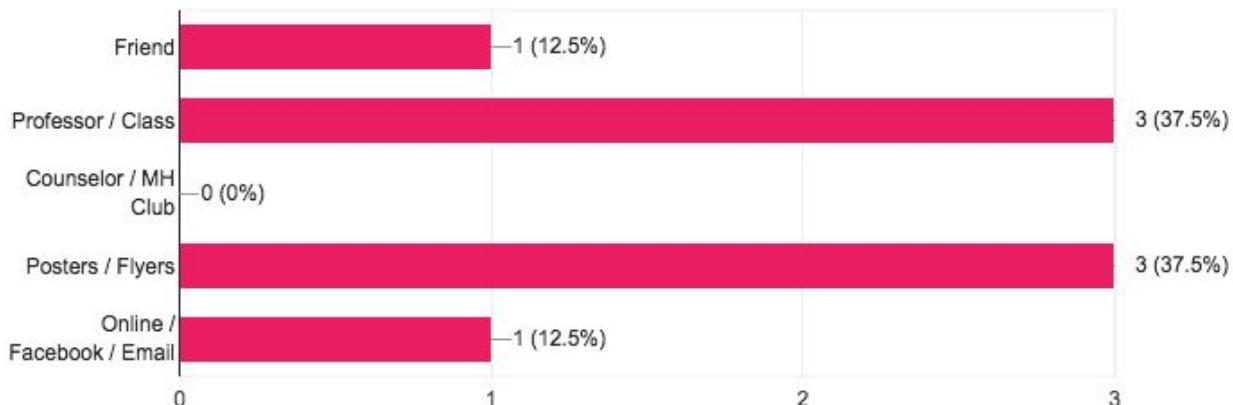


What type of mental health support do you think would be most useful to you?

On-campus MH support	3
Off-campus MH support	4
Traditional / spiritual	2
Family	1
Friends	3
Professors / mentors	3
The arts / creativity	3
Fitness / physical activity	4
Online resources	1

How did you hear about this event?

8 responses



What was your main takeaway?

- That people are suffering in silence.
- That Chaffey offers a lot of service that I didn't know about.
- Services Chaffey provides.
- Mental health should be more socially acceptable.
- the many faces of mental illness.
- Mental illness and wellness are not on a continuum.

How would you describe this event to a friend?

- Informational.
- An event helping one to gain knowledge about mental health.
- Interactive conversation around mental health.
- It was useful in describing what mental health is/what we think.
- Cool movies.
- Enlightening + informational, experiential.
- Informative.
- Great event. Interesting & very informative to hear students perspective.

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

- Thinking it will get better on its own.
- Being stuck in my current living situation.
- Fear of vulnerability.
- Fear of being vulnerable/my pride/myself.

How can we improve this event in the future?

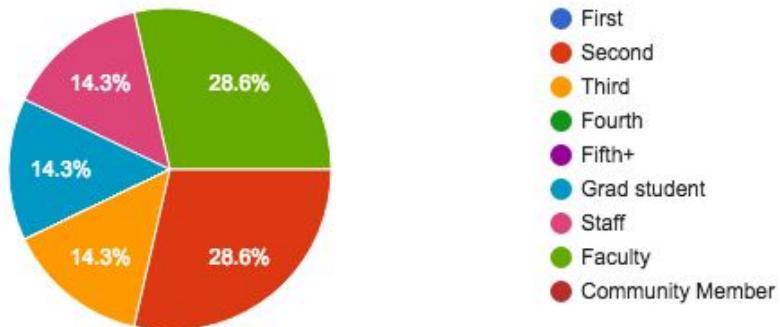
- Greater advertising to students across 3 Chaffey campuses
- Advertising it a bit more.
- More advertisement

Major?

- Radiologic Technology
- Kinesiology
- Business Administration
- Educational Counseling

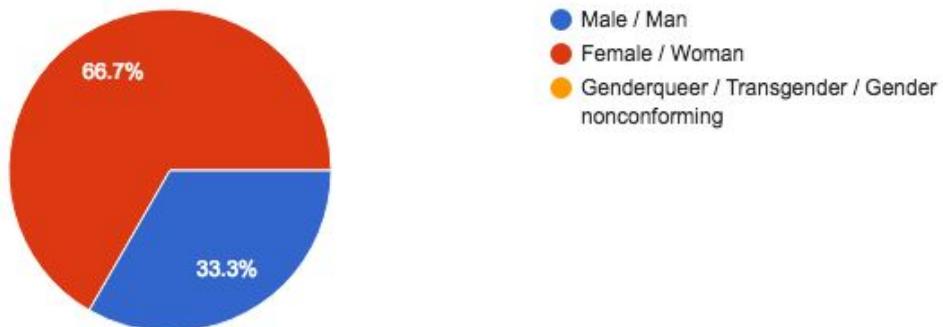
Year

7 responses



Sex/Gender

6 responses



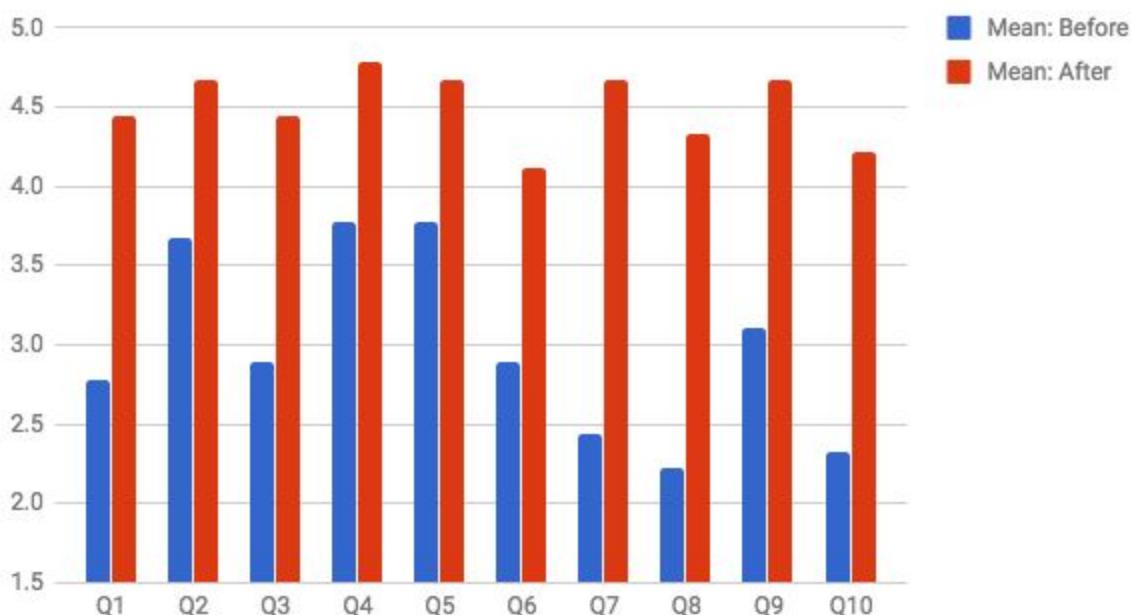
Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Multi-Racial
1	2	3	0
17%	33%	50%	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.

Mean: Before and Mean: After



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.

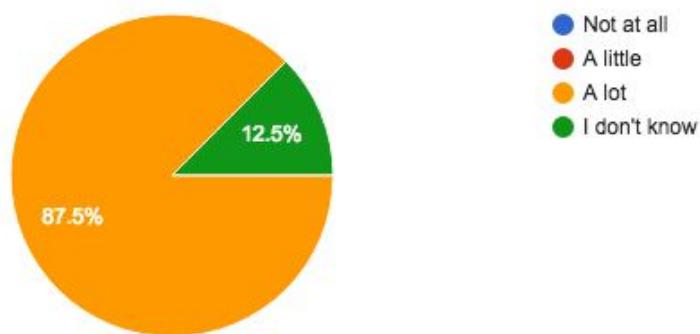
Chaffey College - Fontana

April 19, 2018

n=8 (~10 total attendees)

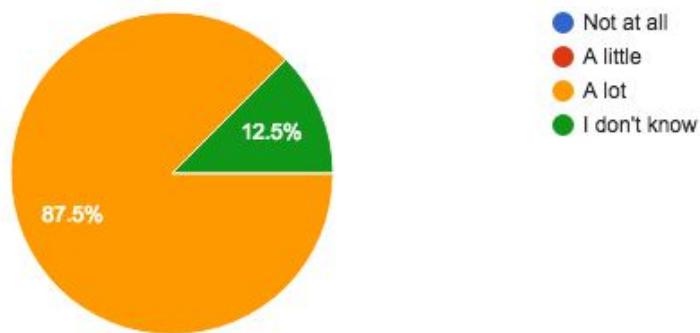
In your opinion, did this event create awareness of mental health issues?

8 responses



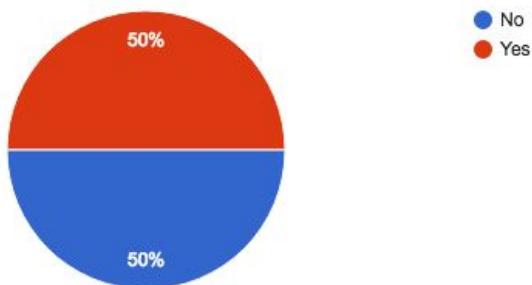
In your opinion, did this event reduce stigma related to mental illness?

8 responses



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

8 responses



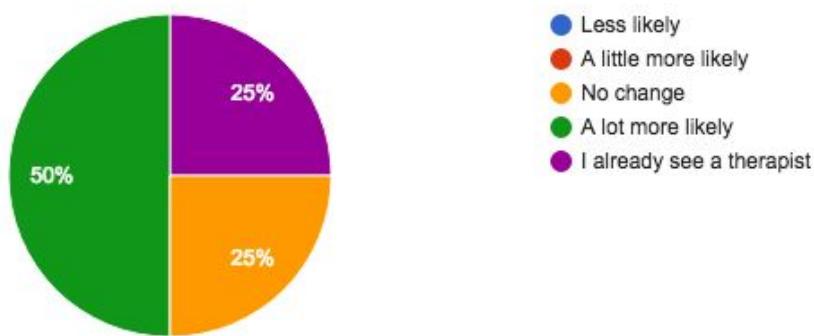
Did you know about Prop 63 / the community-based mental health resources before this event?

8 responses



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

8 responses



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

On-campus MH support	3
Off-campus MH support	2
Traditional / spiritual	2
Family	6
Friends	5
Professors / mentors	2
The arts / creativity	3
Fitness / physical activity	4
Online resources	3
Anime	1
Clubs	1

How did you hear about this event?

Friend	1
Professor / class	5
Counselor / MH club	0
Online / Facebook / email	0
Posters / flyers	1
Other	2

What was your main takeaway?

- Learn more about mental illness
- We should ask [for] help.
- The many resources available in and off campus
- It is very important to get help if you're struggling with a mental illness.
- You can't always tell how someone feels by looking at them.
- Stigma about mental health
- Everyone has mental health. It's a matter of if you dealing w/ mental wellness or illness at the time.
- How to seek support

How would you describe this event to a friend?

- Very helpful
- Very nice and informational
- Informational & entertaining & very relatable
- This was very informational and helpful - eye-opening films that are diverse.
- Eye-opening
- Eye-opening & very important
- A helpful, enlightening event for students.
- Supportive, informative

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

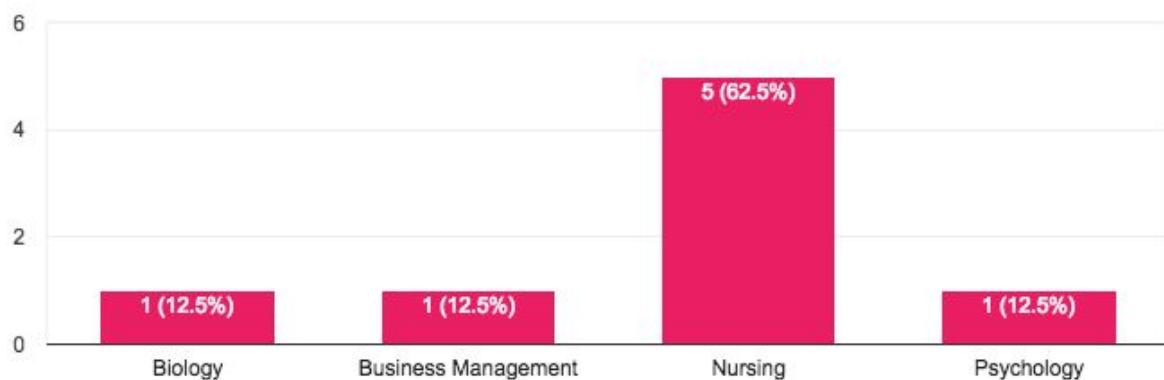
- Afraid of being judged
- Financial
- Afraid of rejection - "stop being so traumatic" - negative response after seeking help
- I can't think of any
- Accepting

How can we improve this event in the future?

- We can switch off the lights while watching movies.
- I think this was 10/10 presentable.
- None, this was great! Thank you for providing food!
- More advertisement

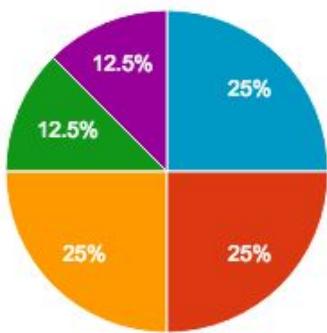
Major?

8 responses



Year

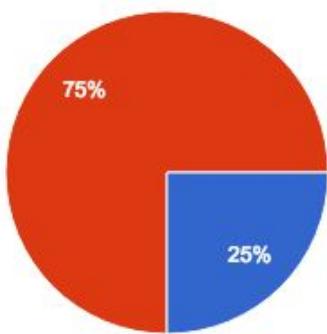
8 responses



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

Sex/Gender

8 responses



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

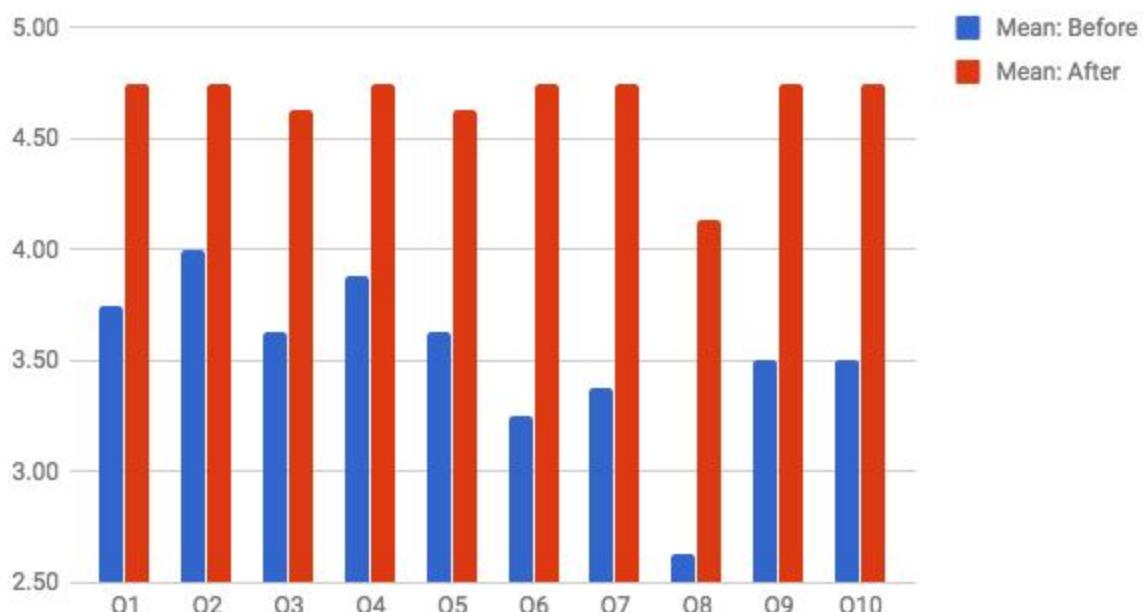
Ethnicity

Black / African American	Asian / Asian American	Hispanic / Latinx	Multi-Racial
1	2	3	2
12.5%	25%	37.5%	25%

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.

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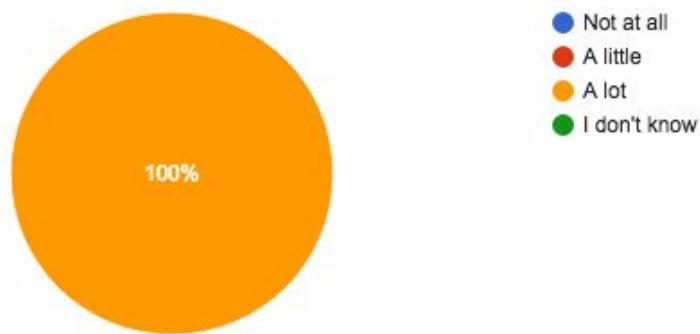
Chaffey College - Chino

April 19, 2018

n=5 (~11 total attendees)

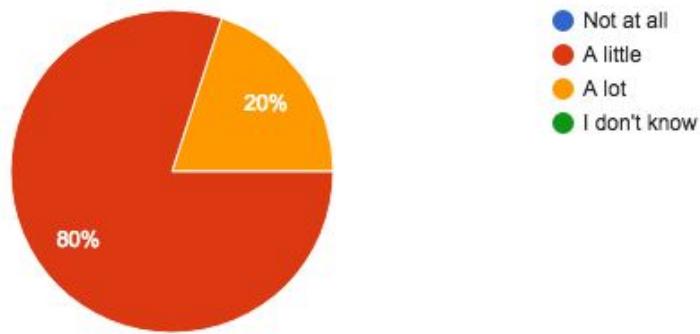
In your opinion, did this event create awareness of mental health issues?

5 responses



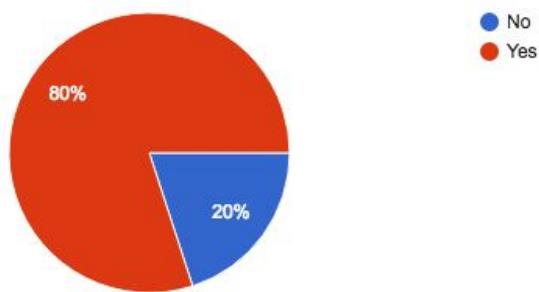
In your opinion, did this event reduce stigma related to mental illness?

5 responses



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

5 responses



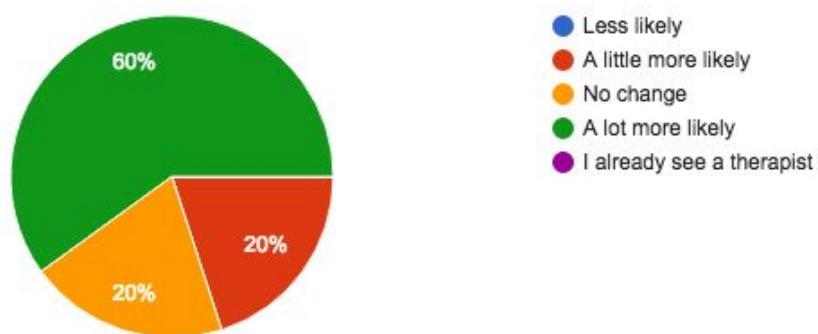
Did you know about Prop 63 / the community-based mental health resources before this event?

5 responses



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

5 responses

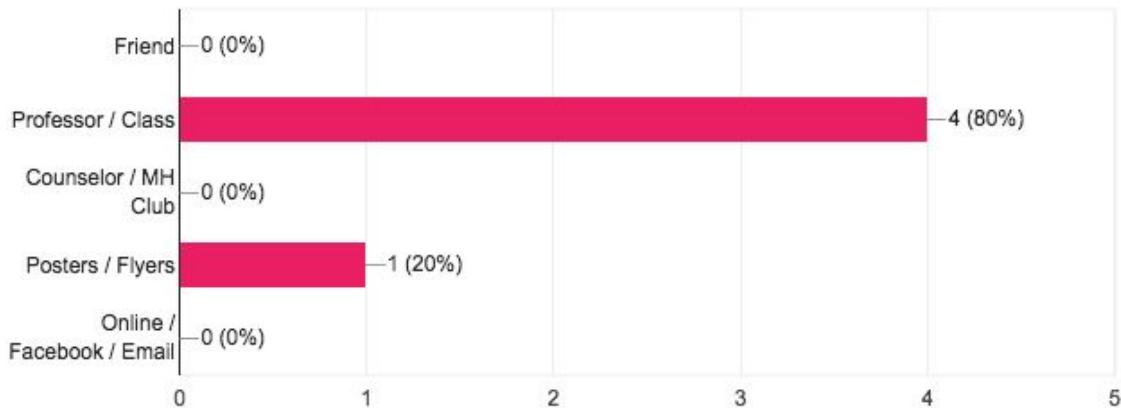


What type of mental health support do you think would be most useful to you?

On-campus MH support	2
Off-campus MH support	0
Traditional / spiritual	0
Family	2
Friends	2
Professors / mentors	1
The arts / creativity	1
Fitness / physical activity	2
Online resources	0
Not sure	2

How did you hear about this event?

5 responses



What was your main takeaway?

- To take time for myself to better my mental health.
- It was helpful.
- Really informative.

How would you describe this event to a friend?

- An event that helps you understand how important mental health is.
- Helpful.
- Would recommend.
- Yes.
- It's a good event, a real eye opener.

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

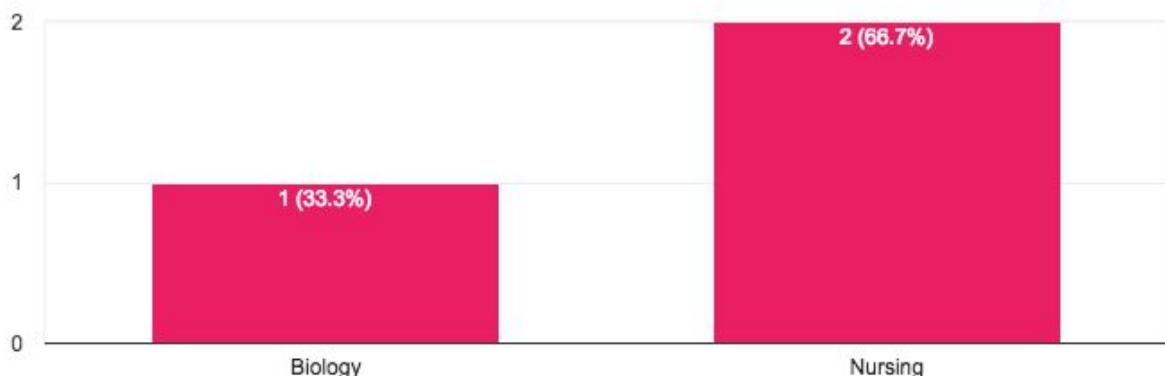
- Myself, my personal perseverance
- Being mentally ill on paper
- Not too sure

How can we improve this event in the future?

- Give more explanation on movie after discussion.
- It was good the way it was.
- None that comes to mind.

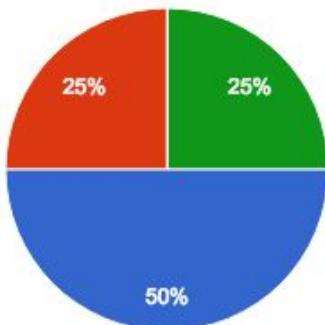
Major?

3 responses



Year

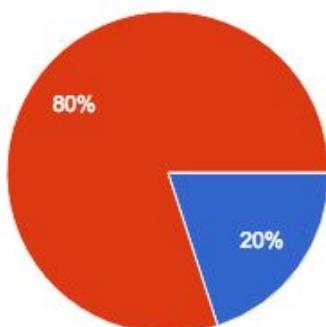
4 responses



- First
- Second
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Sex/Gender

5 responses



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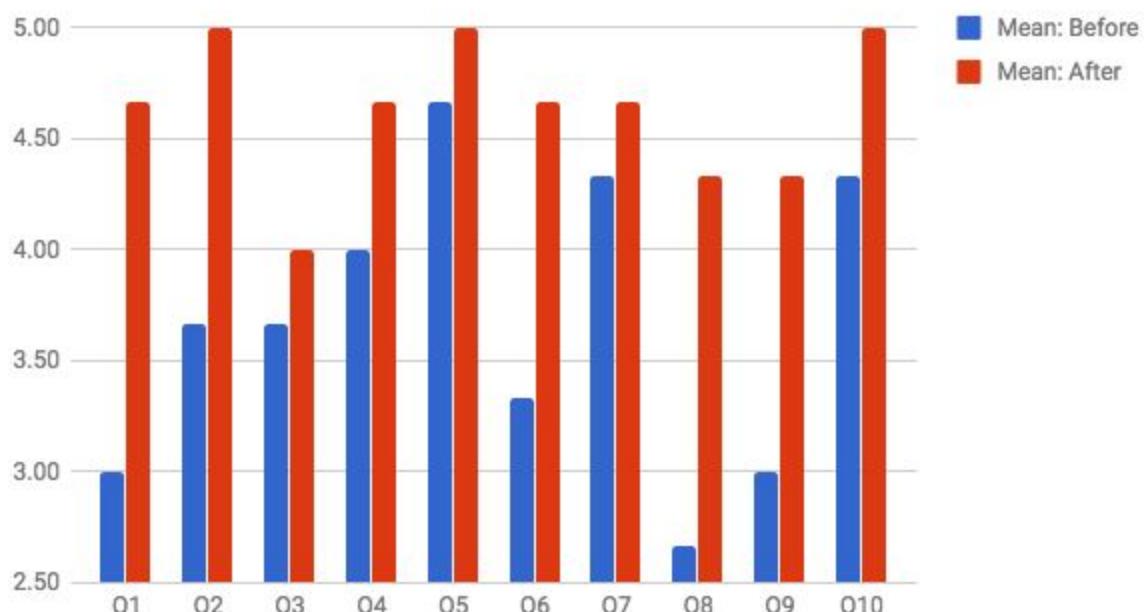
Ethnicity

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0	1	3	1
0%	20%	60%	20%

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