Movies for Mental Health (Online)
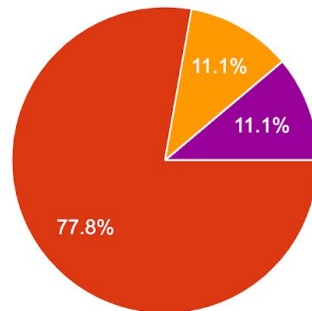
Post-Workshop Evaluations

Chapman University
Saturday, April 25, 2020

Number of attendees: 20
Number of evaluations: 10

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

9 responses

- Not at all
- A little
- A lot
- I don't know
- Not quite, but mainly because I was very aware of them before the workshop!

11.1%
11.1%
77.8%

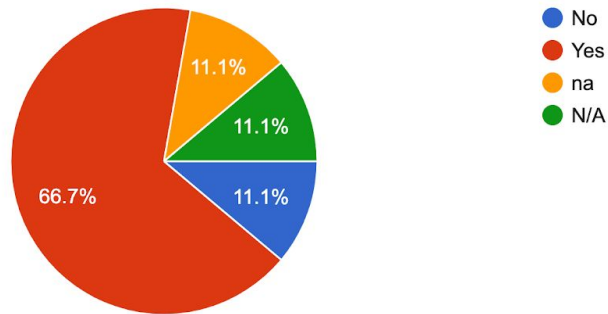In your opinion, did this workshop help you confront and address stigma related to mental illness?

9 responses
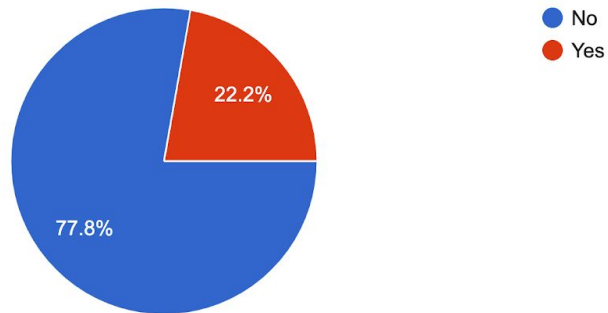

- Not at all
- A little
- A lot
- I don't know

66.7%
33.3%
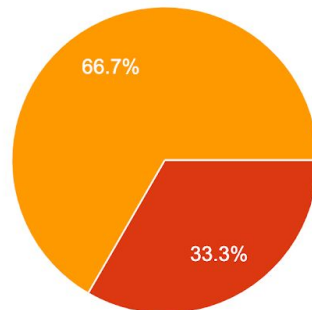
Did you know about your school's counseling services before this event?
9 responses

🔵 No	66.7%
🔴 Yes	11.1%
🟠 na	11.1%
🟢 N/A	11.1%

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

🔵 No	77.8%
🔴 Yes	22.2%

Did you know about the community resources before this event?
9 responses

🔵 No	77.8%
🔴 Yes	11.1%
🟠 different community	11.1%
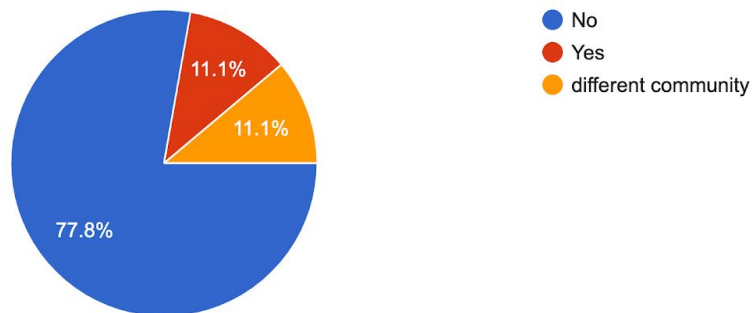
After this event, are you more or less likely to seek support for your mental health?

9 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support
- N/A

33.3%
11.1%
11.1%
44.4%
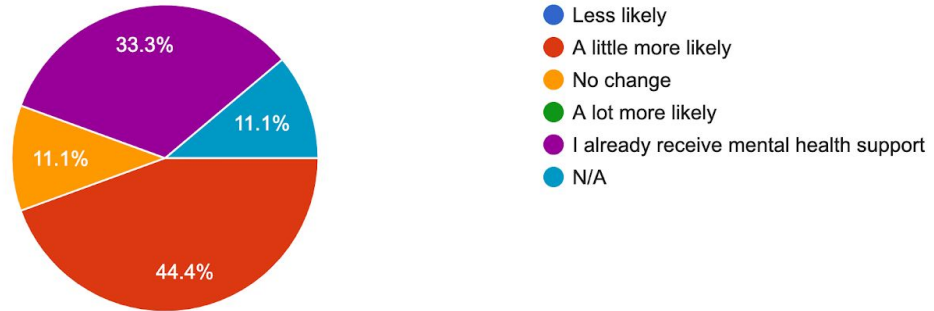
What type of mental health support do you think would be most useful to you?

9 responses

Category	Count
On-campus MH support	3 (33.3%)
Off-campus MH support	5 (55.6%)
The arts / creativity	6 (66.7%)
Online resources	4 (44.4%)
Traditional / spiritual	3 (33.3%)
Professors / mentors	2 (22.2%)
Fitness / physical activity	5 (55.6%)
Family	3 (33.3%)
Friends	5 (55.6%)
Medication	2 (22.2%)
N/A	1 (11.1%)
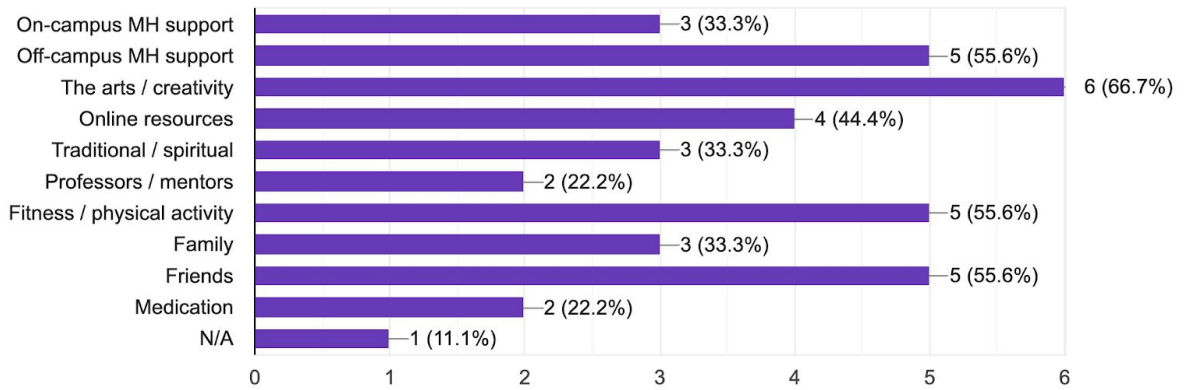
How did you hear about this event?

8 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- On campus employer
- Art with Impact

12.5%
12.5%
12.5%
12.5%
12.5%
25%
12.5%
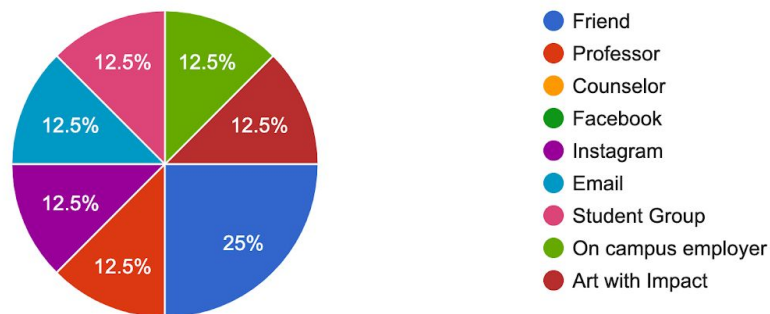
What was your main takeaway?

I really enjoyed the discussions of the films and being able to connect with others via this platform
The wellness and illness spectrum of taking care of our MH, especially through immersion in the arts
There is support always, even if it looks different for different people
It is okay not to be okay
That we can use the arts to engage in the topic of mental health in meaningful and connective ways even during this pandemic
Art can be a useful medium to process and practice good mental health/self-care
There are so many resources available!
Mental Health presents itself differently to everyone and manifests itself differently to everyone

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

A workshop on raising mental health awareness
Innovative
An opportunity for reflection and connection
Enlightening
Mental wellness workshop
A really intense, but beautiful way to explore mental illness and talk about it
A workshop about the intersection of art and mental health, and it was a good way to self-evaluate and be exposed to cool new films
Informative, open, supportive
Fun and informative

How might you use what you learned today?

View the film library
New resources to share with others in need
Reach out instead of waiting for something to happen
Sharing Art with Impact with others
I'm definitely going to watch more of the films
Pursue some sort of counseling
Begin new self-care practices and reach out to friends
More intentionality with caring for my mental health

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

At first, realizing that I almost had a natural stigma against myself
Feeling like there isn't enough time for everything
Judgement and vulnerability
I have a lot of support, but mostly cultural and family stigma / shame
My own pride
Not having enough time for self-care
Financial

How can we improve this event in the future?

I think when I originally went in, I was expecting more discussion of mental health presented in filmmaking. I did love the panel and presentation! But it would be cool to incorporate a portion on how mental health is portrayed in filmmaking that goes beyond the question (so maybe a small section where feature films or television are presented?)
A little more time in private break out
I liked it
I thought it was pretty good. The facilitator kept repeating things over and over and over, and it got a little distracting after a while, like he wasn't adding anything beneficial to people's responses, just repeating and saying them
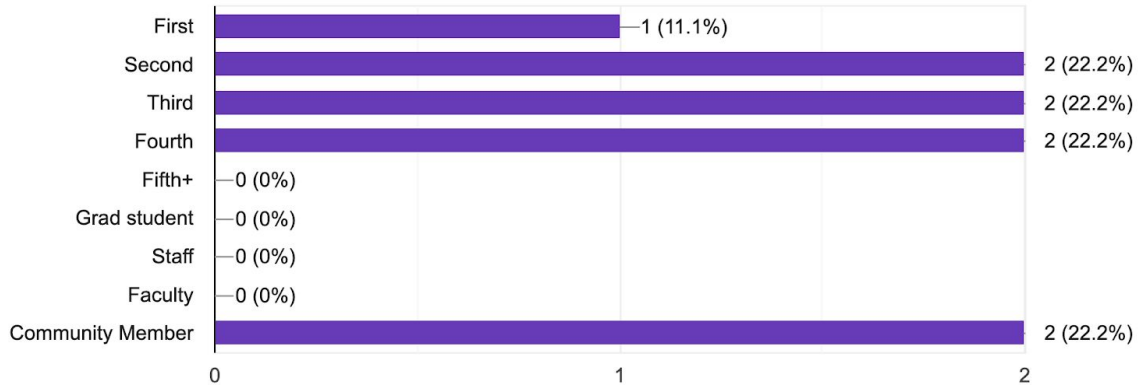More small group discussion
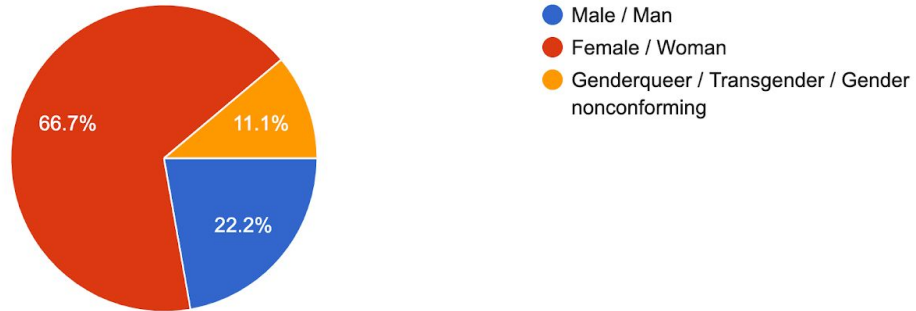Have a facilitator in every small group to stimulate conversation
I think it would be helpful to a lot of people so I'd love to see more people here

Major	
Film Production	**1**
Education and Psychology	**1**
Pharmacy	**1**
Psychology	**1**
Music & Psychology	**2**
Business Administration	**1**

Year
9 responses

First	1 (11.1%)
Second	2 (22.2%)
Third	2 (22.2%)
Fourth	2 (22.2%)
Fifth+	0 (0%)
Grad student	0 (0%)
Staff	0 (0%)
Faculty	0 (0%)
Community Member	2 (22.2%)

Gender Identity

9 responses

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

66.7%
22.2%
11.1%

Race / Ethnicity		
Asian / Asian-American	3	37.5%
Black / African / African-American	0	
Hispanic / Latinx	1	12.5%
Indian / South Asian	1	12.5%
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	2	25%
Multiracial	1	12.5%