

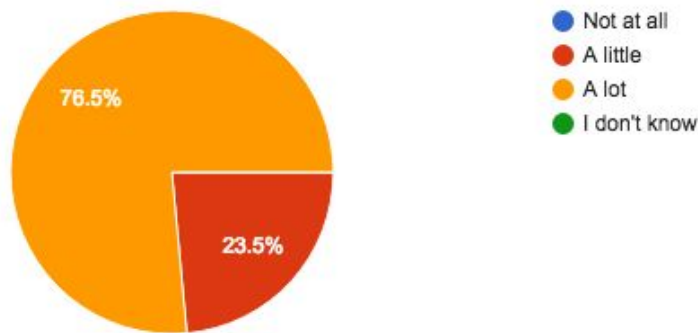
Movies for Mental Health Clovis Community College

March 15, 2018 - MORNING Workshop

n=17 (~25 total attendees)

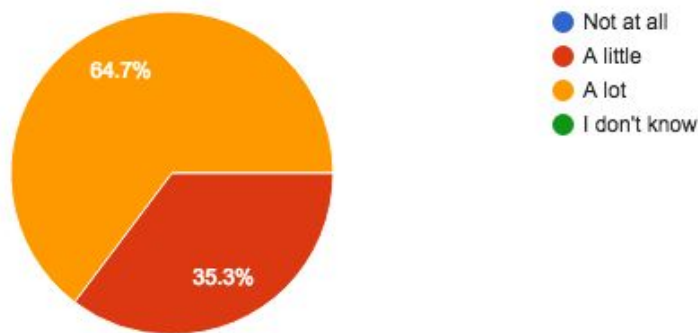
In your opinion, did this event create awareness of mental health issues?

17 responses



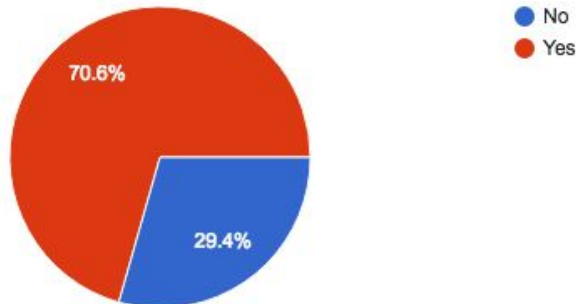
In your opinion, did this event reduce stigma related to mental illness?

17 responses



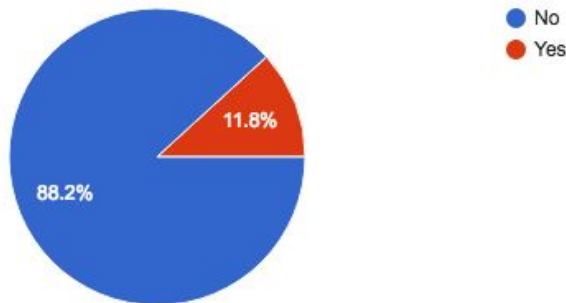
Did you know about your school's counseling services before this event?

17 responses



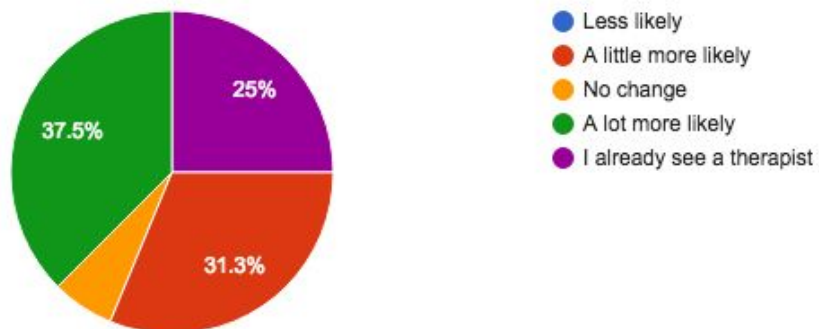
Did you know about Prop 63 / the community-based mental health resources before this event?

17 responses



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

16 responses

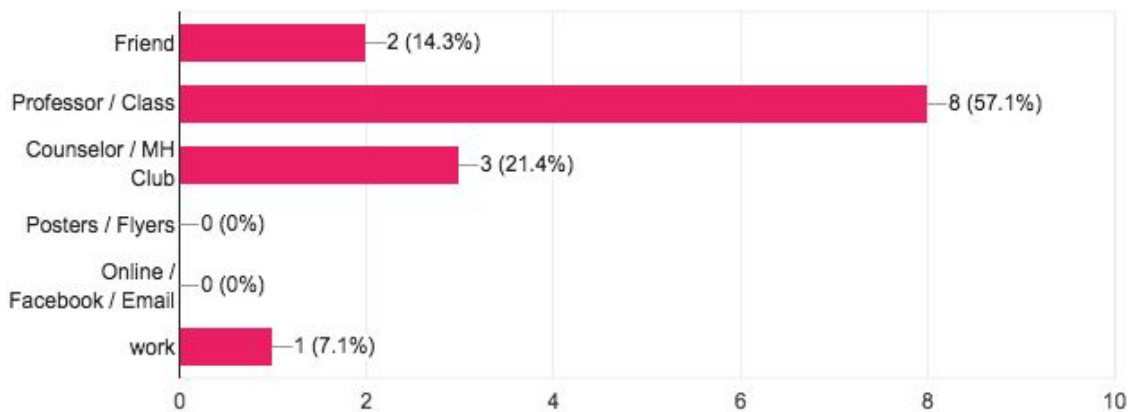


What type of mental health support do you think would be most useful to you?

On-campus MH support	8
Off-campus MH support	6
Traditional / spiritual	2
Family	8
Friends	9
Professors / mentors	8
The arts / creativity	5
Fitness / physical activity	8
Online resources	3
N/A	1

How did you hear about this event?

14 responses



What was your main takeaway?

- Gained better understanding of mental health
- Mental illness isn't a joke
- Mental health is a silent epidemic
- The courage of the panel members to share their stories
- Awareness
- Seeking help is ok
- Mental health is important
- Mental illnesses are serious
- Mental health needs to be talked about

- Mental health education is important
- What stigma is
- I will be more aware of the mental health of others

How would you describe this event to a friend?

- Helpful
- Mental health awareness
- Chill, helpful, friendly
- Reducing stigma of mental illness
- Positive, spreading awareness
- Informative
- A mental health awareness event
- Educational, empowering
- Movie event/discussion about mental health
- Educational
- Educational
- It was very informational

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

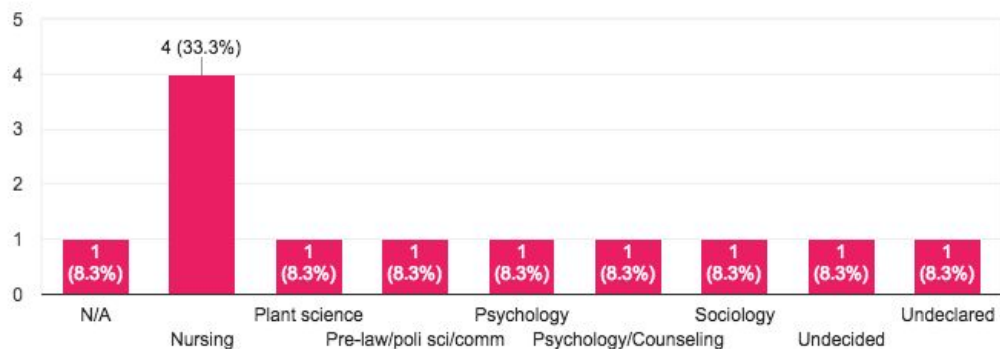
- Time (x4)
- Stigma
- Motivation to talk about it
- Myself
- Acknowledging the issue/what others would think
- None

How can we improve this event in the future?

- More promotion
- More advertising of event
- I already think it was good

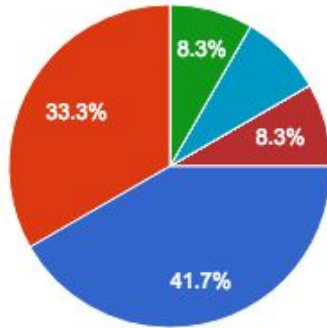
Major?

12 responses



Year

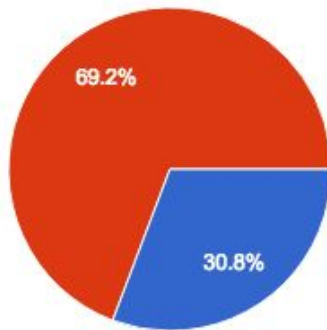
12 responses



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

Sex/Gender

13 responses



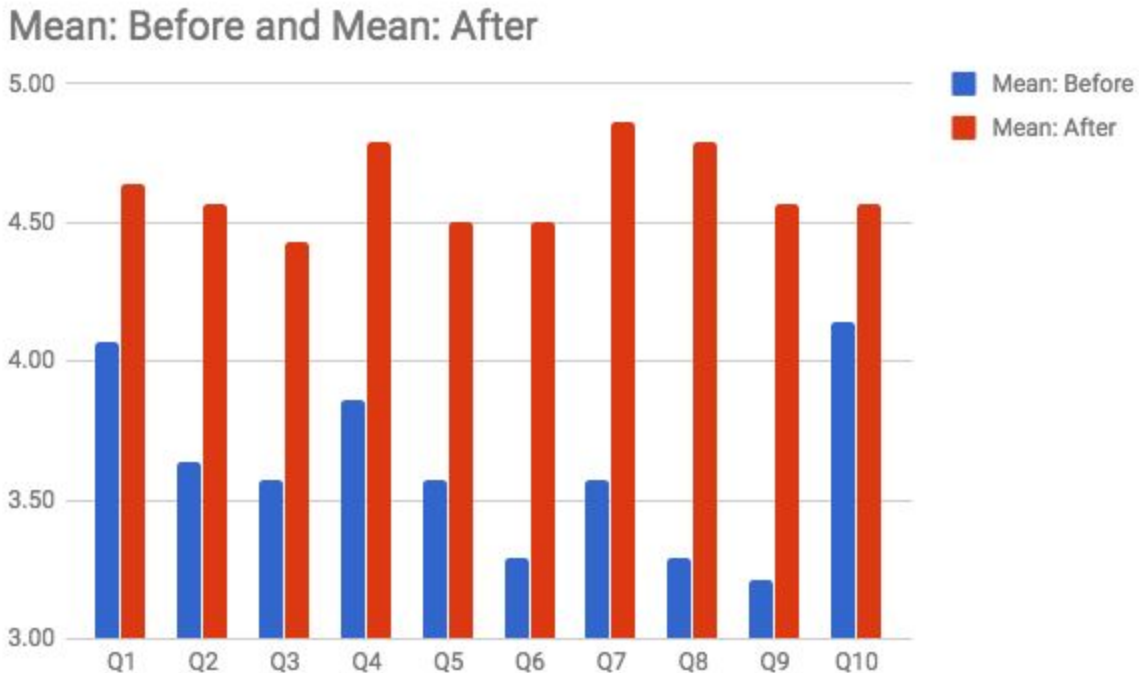
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Asian / Asian American	White / Caucasian	Hispanic / Latinx	Multi-Racial
1	9	1	2
8%	69%	8%	15%

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.



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.

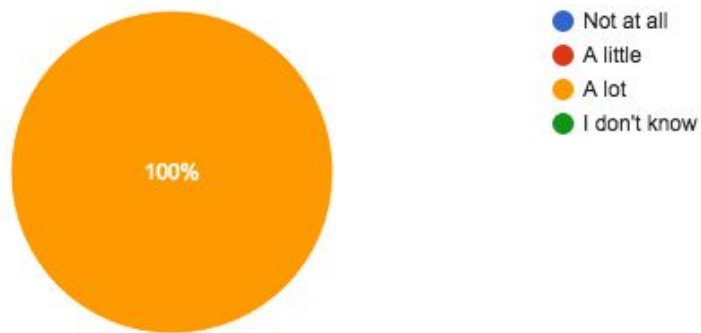
Q10: I am likely to reach out for support for my mental health if / when I need it.

March 15, 2018 - AFTERNOON Workshop

n=14 (~20 total attendees)

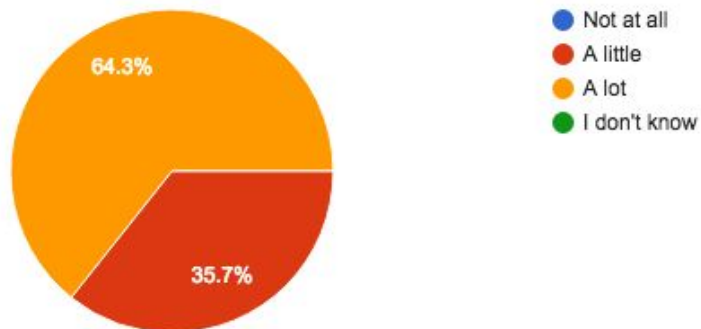
In your opinion, did this event create awareness of mental health issues?

14 responses



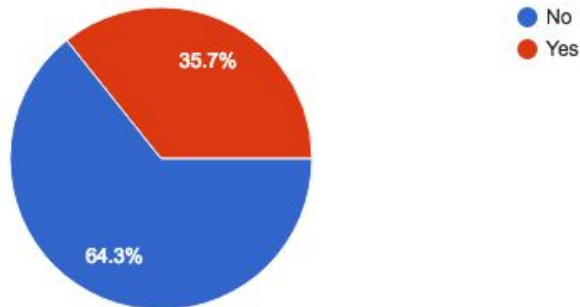
In your opinion, did this event reduce stigma related to mental illness?

14 responses



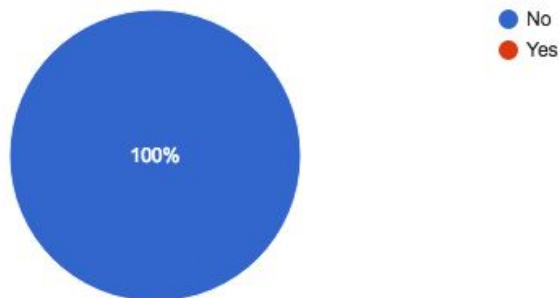
Did you know about your school's counseling services before this event?

14 responses



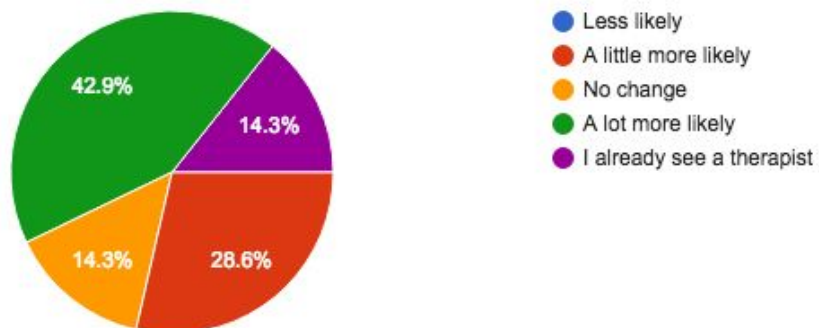
Did you know about Prop 63 / the community-based mental health resources before this event?

14 responses



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

14 responses

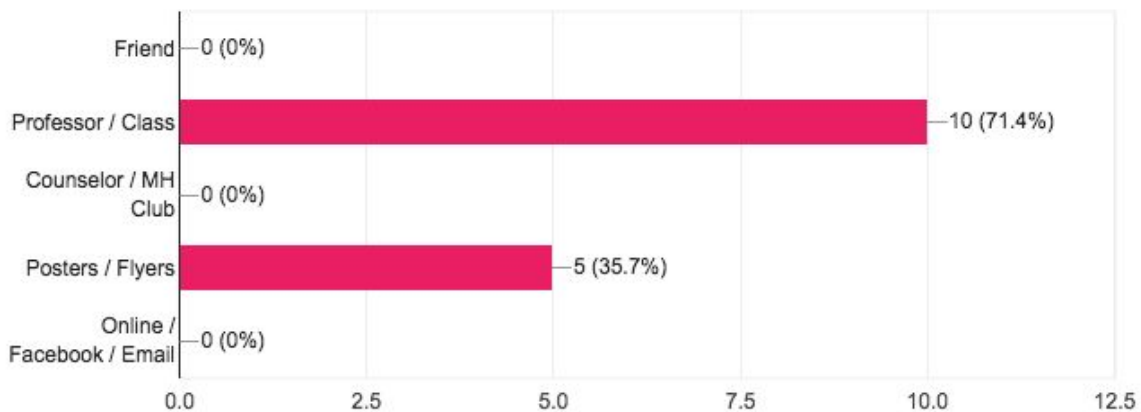


What type of mental health support do you think would be most useful to you?

On-campus MH support	4
Off-campus MH support	3
Traditional / spiritual	3
Family	10
Friends	12
Professors / mentors	2
The arts / creativity	5
Fitness / physical activity	9
Online resources	0
Other	0

How did you hear about this event?

14 responses



What was your main takeaway?

- I know a lot more about being able to identify mental illnesses
- I don't feel as bad because everyone is going through it, but I need to find my own support.
- Seeking help is okay
- People are not all negative and there is help out there.
- Just the learning experience
- Seek help
- There's always someone who cares

- Secret help
- Support others
- Don't be afraid
- To take care of yourself and be there for others
- Sometimes you just need to listen and say it will get better

How would you describe this event to a friend?

- I would say that there is a lot more to having a mental illness than what people think.
- So helpful. Whether you have a mental health issue or not, you should go to understand the people around you who do.
- This event was quite educational, as we got the opportunity to learn what others deal with
- Learning experience to be reminded we are not all perfect
- Something worth experiencing
- Useful
- Eye-opener
- Helpful
- Knowledgeable
- Helpful
- very informative
- A mental health awareness event
- Create awareness around mental health and helps provide a way to help yourself

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

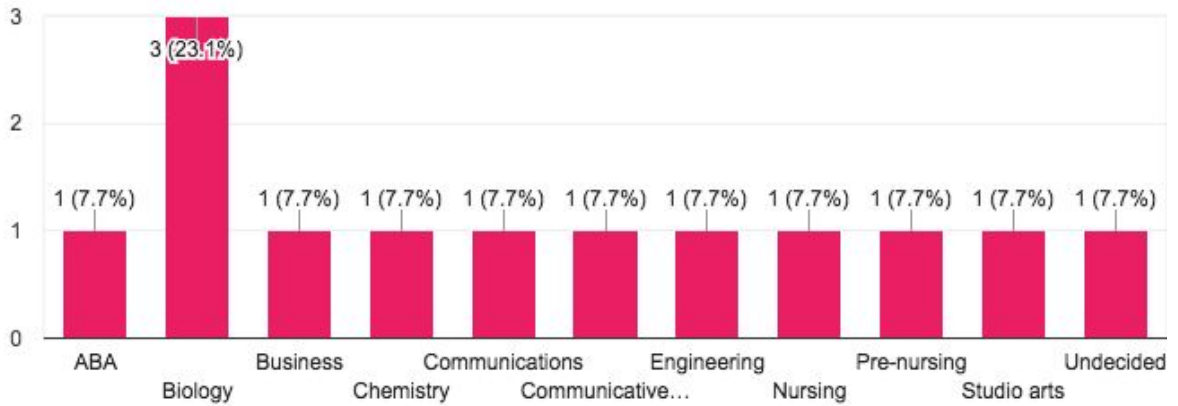
- Judgment of others
- I don't feel like I'm getting the same attention to my problems as the other people in my family. I'm getting pushed behind.
- Being judged
- Wanting to talk to others about problems
- being judged
- Scared
- Being scared of what people think
- Time and self-talk
- Being afraid
- Not knowing if I have something
- I avoid people a lot
- Sometimes finding the person who can listen

How can we improve this event in the future?

- Be able to get more involved with others in the audience
- We just need more people to attend! It's so helpful!
- Already great
- More flyers across campus
- Doing a good job! Let's focus on bringing in more people. The message is very good.
- None
- More attendance

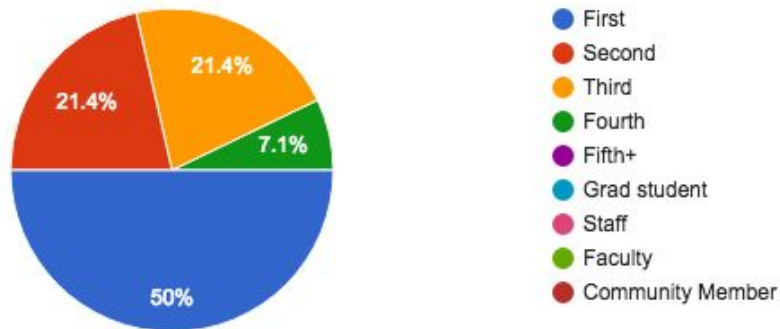
Major?

13 responses



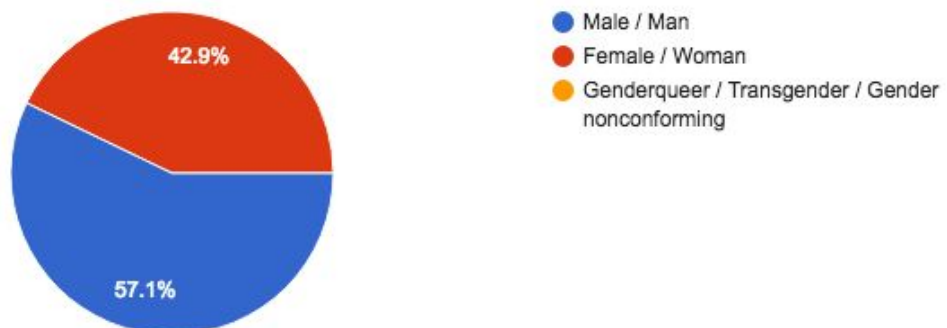
Year

14 responses



Sex/Gender

14 responses



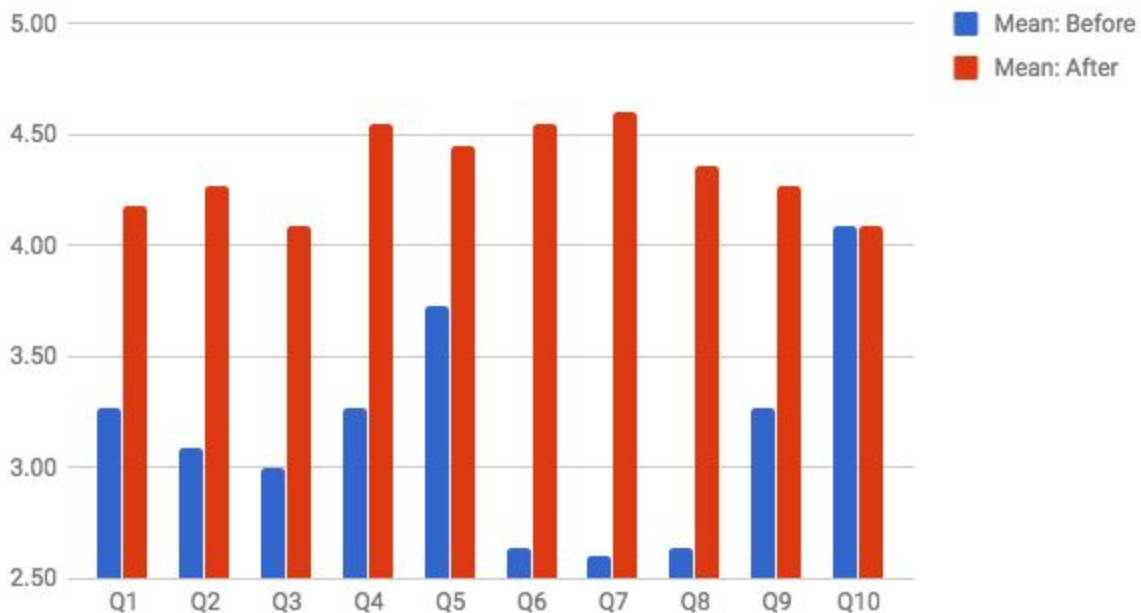
Ethnicity

Asian / Asian American	White / Caucasian	Hispanic / Latinx	Multi-Racial
4	2	7	1
7%	14%	50%	7%

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.

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