

Movies for Mental Health

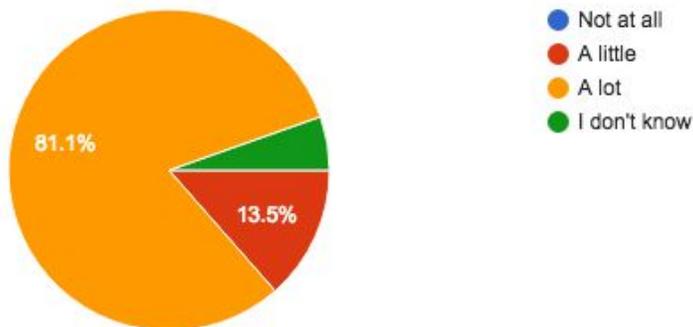
Columbia College

February 14, 2018

n=37 (~50 total attendees)

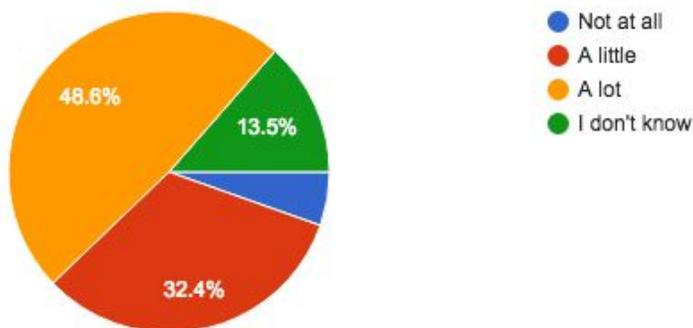
In your opinion, did this event create awareness of mental health issues?

37 responses



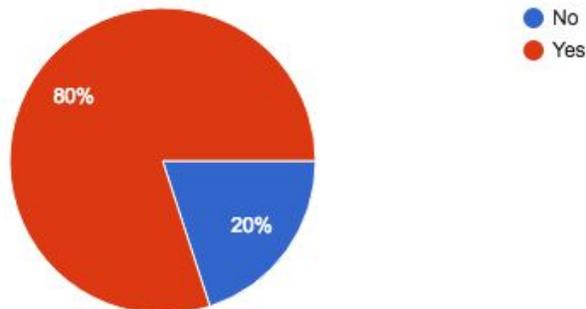
In your opinion, did this event reduce stigma related to mental illness?

37 responses



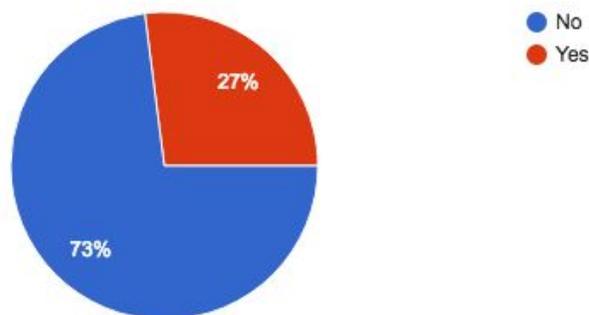
Did you know about your school's counseling services before this event?

35 responses



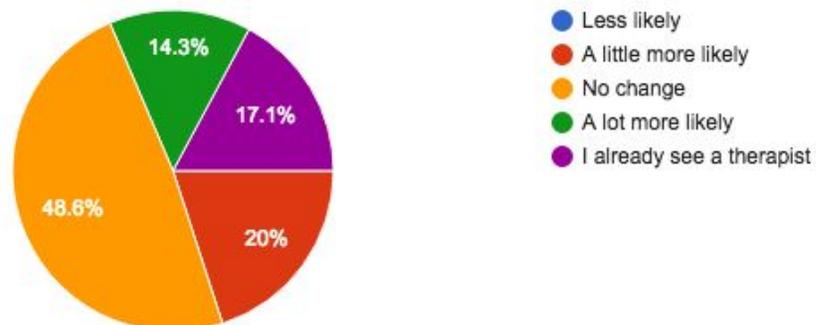
Did you know about Prop 63 / the community-based mental health resources before this event?

37 responses



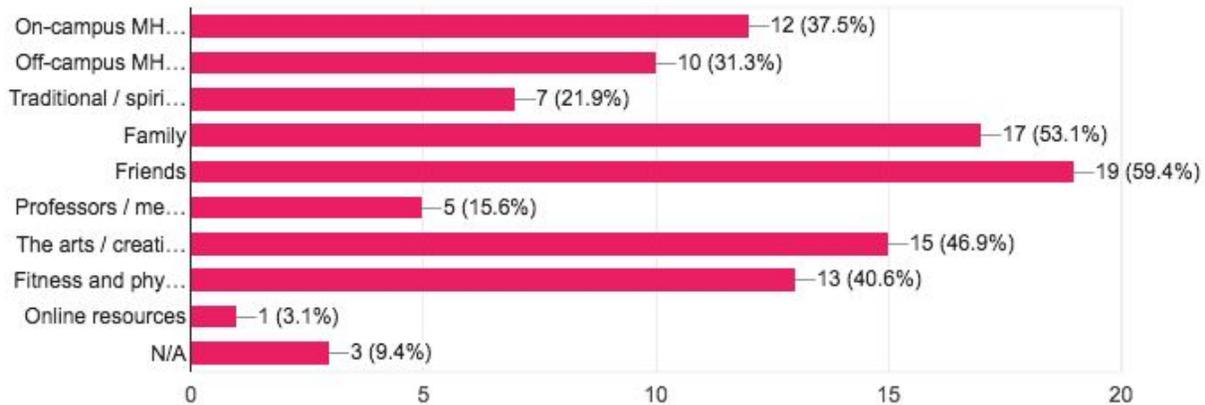
After this event, are you more or less likely to seek support for your mental health?

35 responses



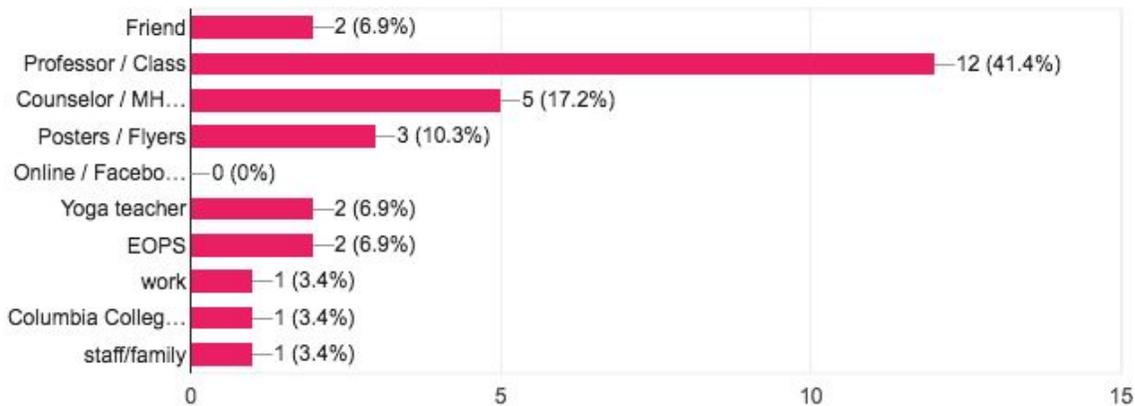
What type of mental health support do you think would be most useful to you?

32 responses



How did you hear about this event?

29 responses



What was your main takeaway? (Highlights - see raw data for full list)

- Being more comfortable with myself
- It's ok to talk, and we should talk more
- Education and connection are key
- People are more knowledgeable than I thought
- How to better identify different types of mental illness
- Media representations can help! (If portrayed correctly)
- Breathe. Be aware.
- To be more open towards people
- The different ways that mental health issues can surface
- Mental illness needs more recognition and less stigma

- Being heard takes a big step
- New understanding of stigma

How would you describe this event to a friend? (Highlights - see raw data for full list)

- Very helpful and open and welcome
- Thought provoking - worthwhile!
- Empowering to the self and others
- Productive and open discussion and reflection
- Life changing, eye opening
- A MUST to experience
- Impacting and educational
- Discussion about mental health both the negatives and positives
- Very informative
- Very open and effective
- Educational

How can we improve this event in the future?

- N/A / Great job! / It covered everything (x12)
- Did great. Need more discussion. I guarantee people left still wondering about themselves
- I thought it was great, though maybe a little more discussion in small groups or individual reflective writing might help all participate a little more.
- Some variety of food and some male voices/presenters
- Introductions? Ice breaker
- Debates
- Fresh pizza
- Publicize. Have more!

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

- Limited staff at college
- Other people
- Formerly, many and the fear (probably irrational) that it would go on my employment record
- Fear
- Fear of change
- Finances, family stigma, self-criticism, fear
- Not having child care for my 1 year old. Not wanting to talk about/ignore it
- Not knowing (x2)
- Pride
- Stigma, finances, stigma's implications
- Time, and the judgment of others
- I think for me it was becoming aware
- ME
- Money
- Our school mental health nurse is RUDE
- Our school mental health person is rude!
- Time management, thinking it won't help

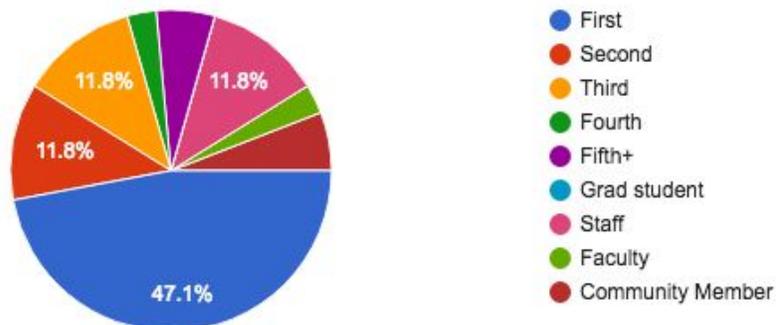
- None
- I enjoy my mental illness.
- Anxiety
- Myself
- N/A (x2)
- I don't know

Major?

- Psychology - 4
- Sociology - 4
- Fire Science - 3
- Child Development - 2
- Human Services - 2
- Computers & Law Enforcement
- Allied Health
- Humanities
- Biology/Allied health
- Food Culture
- Wildlife Conservation/Management
- Political Science
- Law/Pscyh/English
- History
- Geography

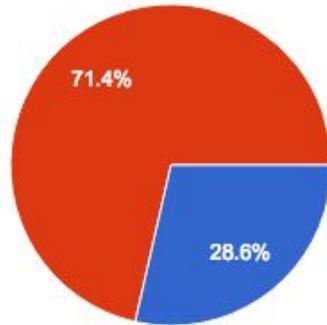
Year

34 responses



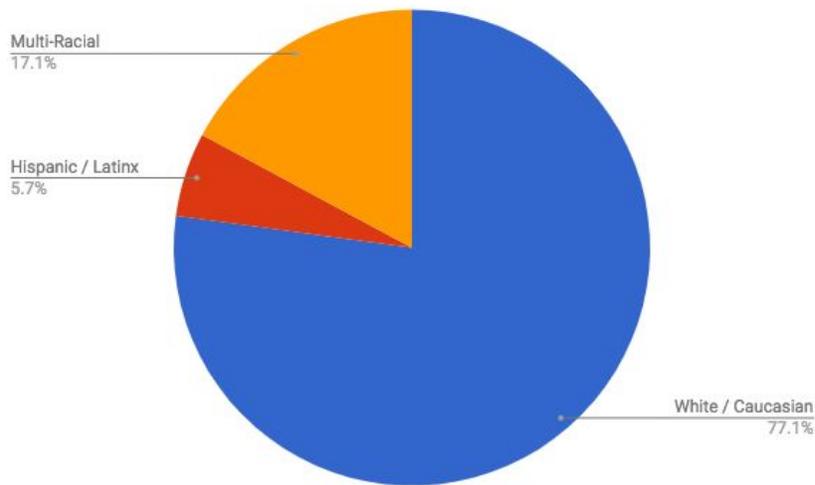
Sex/Gender

35 responses



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

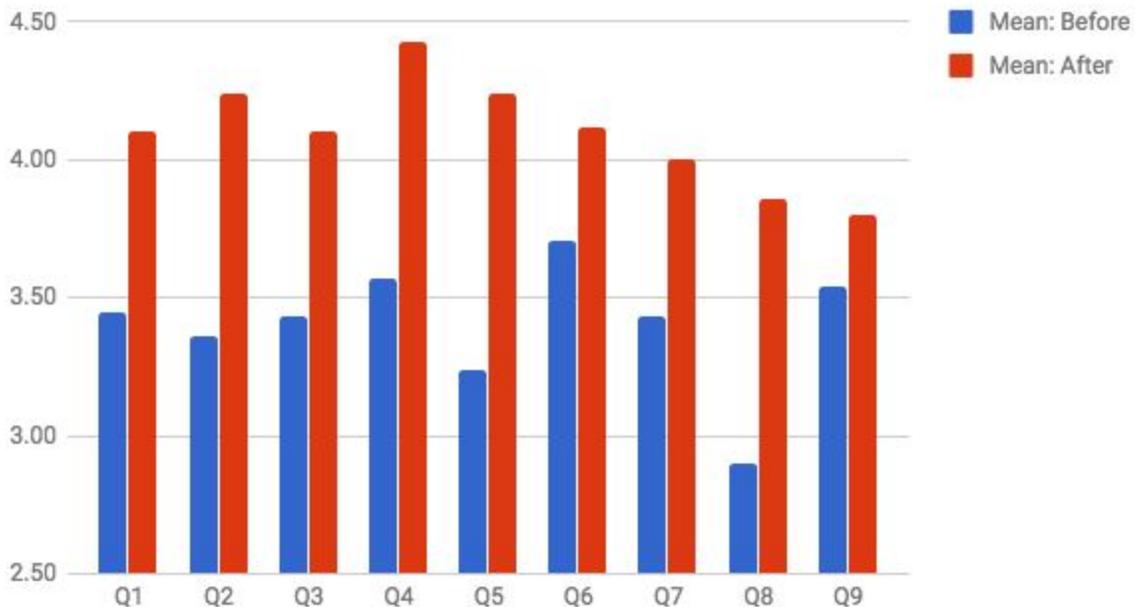
Ethnicity



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 give examples of how mass media and popular culture influence the way people think about mental health.

Q5: I can explain what stigma is, and how it relates to mental health.

Q6: I know of at least one specific on-campus mental health resource available to me.

Q7: I know of at least one specific community / off-campus mental health resource available to me.

Q8: I know of specific ways that the arts and creativity can raise awareness about mental health issues.

Q9: I am likely to reach out for support for my mental health if / when I need it.