

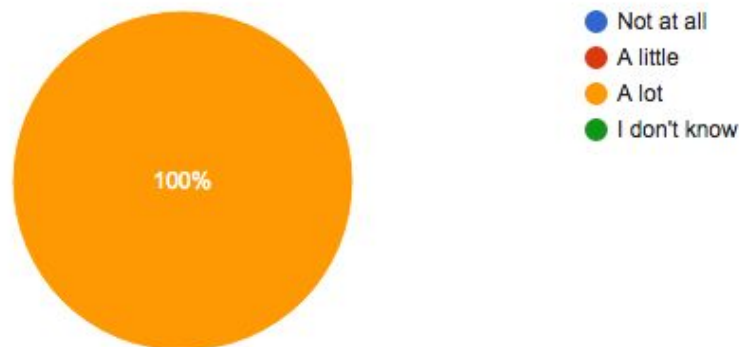
Movies for Mental Health Contra Costa College

April 1, 2017

n=33 (~55 total attendees)

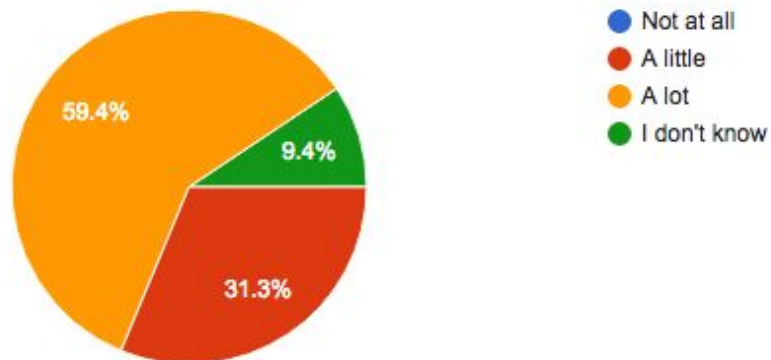
In your opinion, did this event create awareness of mental health issues?

(33 responses)

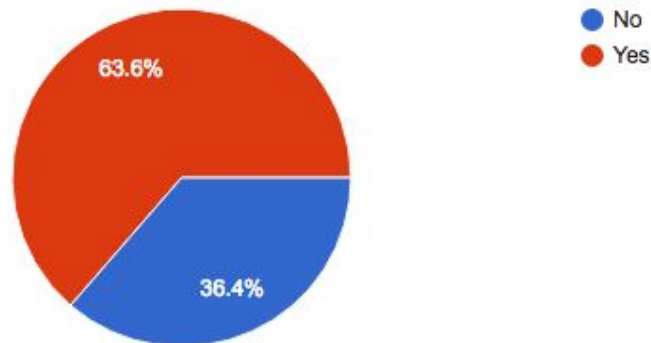


In your opinion, did this event reduce stigma related to mental illness?

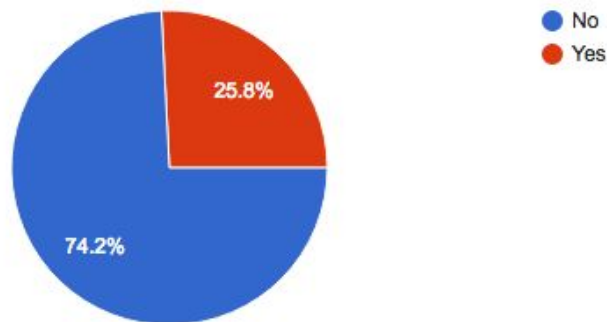
(32 responses)



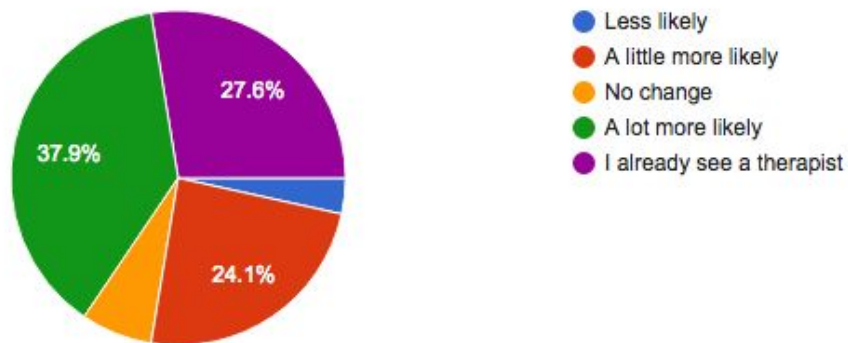
Did you know about your school's counseling services before this event?
(33 responses)



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



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

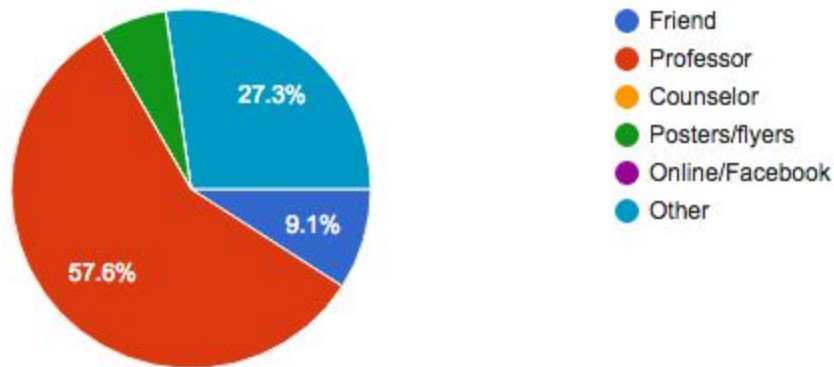


What type of mental health support do you think would be most useful to you?

(31 responses)



How did you hear about this event? (33 responses)



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

- I'm very much NOT ALONE!!
- Mental health doesn't define who you are.
- Being able to feel what others feel and understand that just saying it'll be ok is not enough.
- How some people need help and some people can figure it out for themselves. Know when to help. I love the movie idea for showing and teaching and expressing mental illness and mental health.
- How one can seek help if needed and you're not wrong or weird for having a problem.
- Art With Impact exists and can be a useful program to tackle awareness and issues of stigma.
- Maintaining self-care
- A person is not the label. The person is the person.
- How the mainstream media myth influences the stigmatic views of mental health. How the art and

creativity of film helps bring awareness.

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

- Perspective changing
- A mental health booster to help me!
- Worth it
- Breathtaking. It was real and informative.
- This event will help us better understand mental health.
- Open forum for mental health topics surrounding videos depicting mental illness.
- Very informative and helpful. And that everyone should attend because knowledge is power.
- A very enriching experience
- In grave detail. To advise them to seek out one similar if not the next event.
- Amazing, helpful, educational

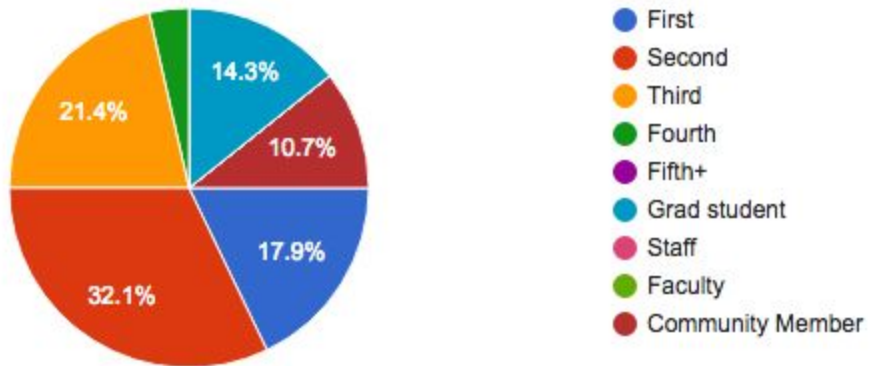
How can we improve this event in the future?

- Not sure. Offer it twice a year.
- N/A (4)
- Show what stigma looks like through role play maybe. Not sure.
- Invite more people
- I think this event was fine the way it was
- Better way of explaining the event and communicate better with panelists to prep.
- Just more time.
- Have it more readily available for everyone from children to seniors
- More panelists (2)
- No complaints
- I found it perfect.
- Not having it so cold. More water.
- See if any one of the services take county health coverage for those who really want to seek help for themselves
- Ask for the audience to participate more

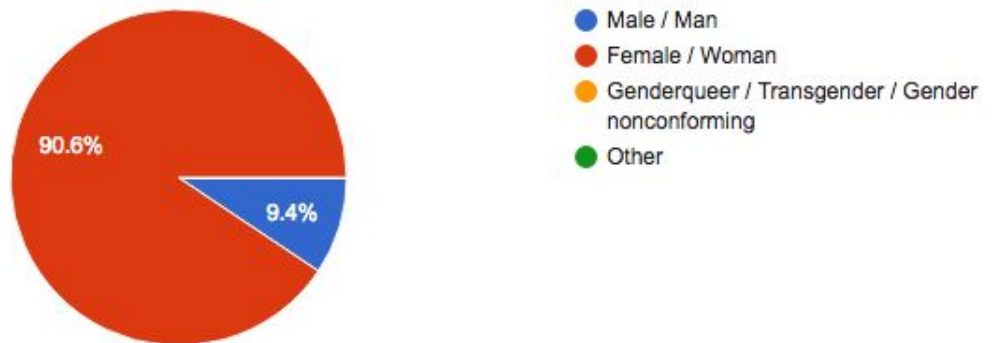
Major?

- Nursing (5)
- Medical Assisting/CCC
- Health & Human Services (9)
- Psychology/Human Behavior
- Criminal Justice (2)
- Social Work (2)
- Sociology
- Liberal Arts Math & Sciences
- Drug counselor for youth
- Dentist

Year (28 responses)



Sex/Gender (32 responses)



Identifiers

Asian / Asian American	Hispanic / Latinx	White / Caucasian	Black / African / African American	Multi-Racial
2	8	4	16	2
6%	25%	13%	50%	6%