

# Movies for Mental Health (Online)

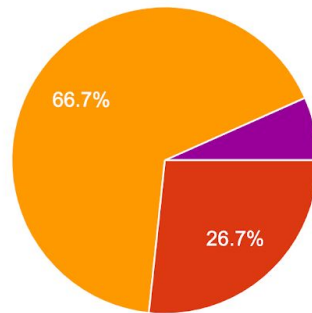
## Post-Workshop Evaluations

Crafton Hills College  
May 15, 2020

Number of attendees: 38  
Number of evaluations: 15

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

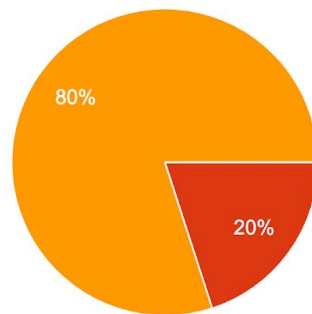
15 responses



- Not at all
- A little
- A lot
- I don't know
- i was very aware already but i do love talking about and i do think it needs to be talked about more so i really enjoyed this

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

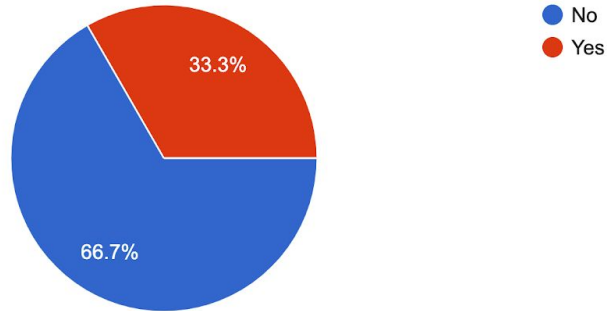
15 responses



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

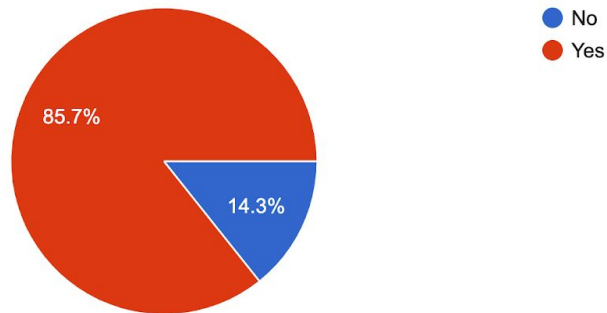
Did you know about the the Mental Health Services Act before this event?

15 responses



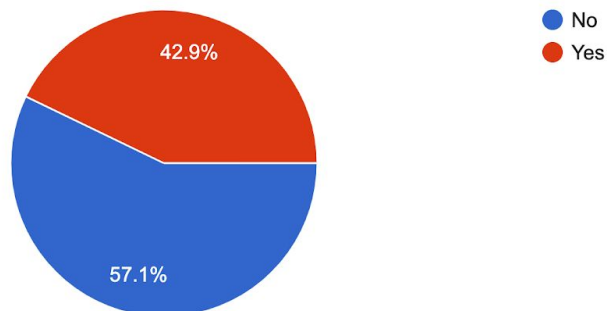
Did you know about your school's counseling services before this event?

14 responses



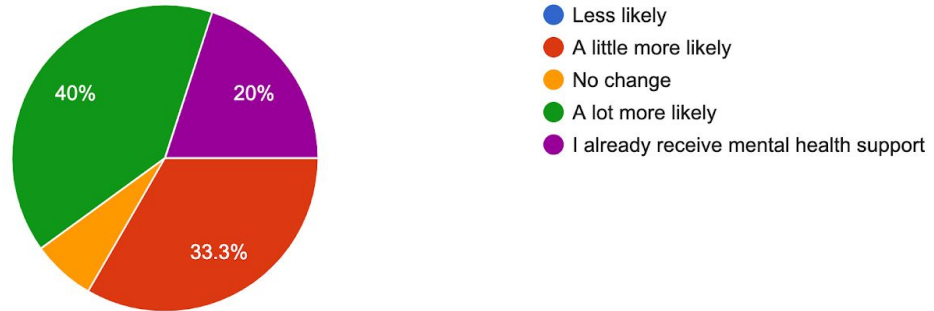
Did you know about the community resources before this event?

14 responses



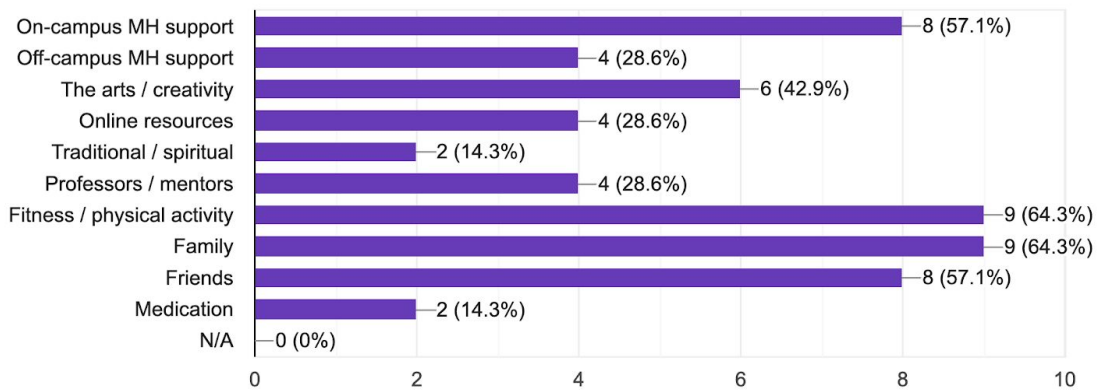
After this event, are you more or less likely to seek support for your mental health?

15 responses



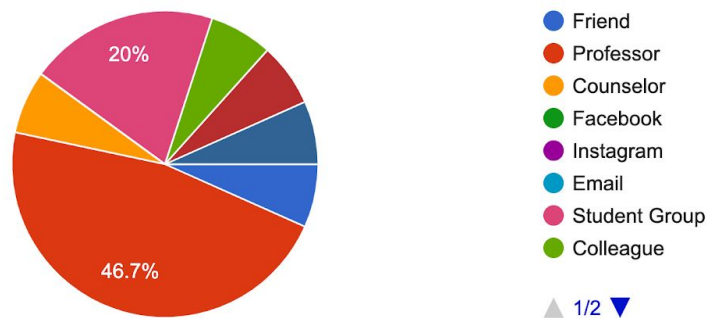
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

15 responses



### What was your main takeaway?

Struggles of others and their breakthroughs  
 Self care  
 We're all in the together  
 That we are all struggling with our own mental health struggles  
 It is OKAY to feel the way we feel and get help when needed  
 People cope in different ways  
 Frances story was very compelling  
 My feeling are very close to the surface and I feel extra sensitive  
 The actual workshop and how it was presented  
 Very powerful stories - takeaway-there is light at the end of the tunnel  
 We can enjoy the waiting by creating...purpose and perception give value  
 I enjoyed learning about the resources the campus has  
 There is always hope in the end, always know there is a way of the hard times  
 CHC is even more supportive of mental health than I ever imagined

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

A support group  
 Very beneficial and emotional  
 Inspirational  
 Eye-opening and relaxing  
 AMAZING and very insightful  
 Gives you a different lens into how you see people  
 A support group for mental wellness  
 Somewhat painful due to the sad stories and hearing about everyone's trauma  
 Really interesting and interactive  
 Powerful  
 Healing  
 Resourceful, eye opening , and self reflection  
 A great way to learn about mental health and it shows that you are not alone in this struggle. It helps demonstrate the importance of getting help.  
 Enthraling: a visual spectacle that allowed us to go into the heart of mental health together as a CHC community

### How might you use what you learned today?

(Highlights: see raw data for full list)

I can offer more support to those around me now that I am more aware (x2)  
 I'll try to use some of the coping skills that were mentioned in the public chat / daily (x2)  
 How to better connect with my body and mind and I loved the breathing and body connecting  
 Enhance the things that bring me joy  
 Try to focus on my feelings and focus on feeling good by finding a good feeling thought  
 Self awareness and help educate others / be available and open to others (x3)  
 I'm going to talk to my therapist about this and tell her I might try out one of the classes at Crafton  
 I will probably not use what I learned today, I already do meditation to deal with my own MH issues  
 I'm going to look into the San Bernardino community resources and share them with my friends

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

(Highlights: see raw data for full list)

Getting used to asking for help / being shy about it (x2)  
 My hispanic culture (x2)  
 My own judgement and telling myself I don't deserve help / not taking the time for myself (x2)  
 The fear that people might view me differently or weak  
 My mind - the stories I tell myself / myself having a negative mind (x2)  
 Haven't suffered as some of the others have  
 This pandemic is my current biggest barrier  
 Poverty  
 I am nervous to attend a MH class because it's hard to let others see you in a low state / social anxiety (x2)

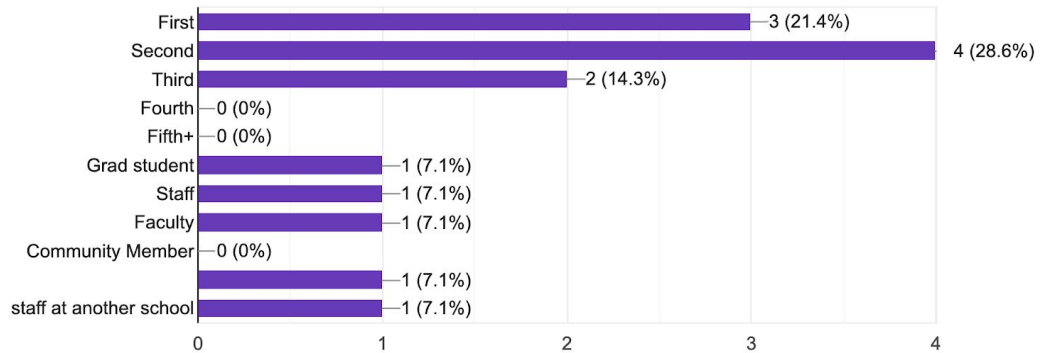
## How can we improve this event in the future?

More verbal participants  
 No issues on my end  
 I really like the mind/body exercises. Maybe adding more mental/breathing exercises would be helpful  
 It was truly great. Keep it the way it was!!  
 Face to face would be nice  
 Attending this event onsite instead of online would be more entertaining and powerful  
 More group chat  
 Be more open  
 Awesome event-different platform and in some way more powerful than when held on campus  
 Make it more often, three times a year  
 Maybe a zoom meeting with everyone  
 I really liked the event, especially with the people who had the first hand accounts  
 I thought it was perfect

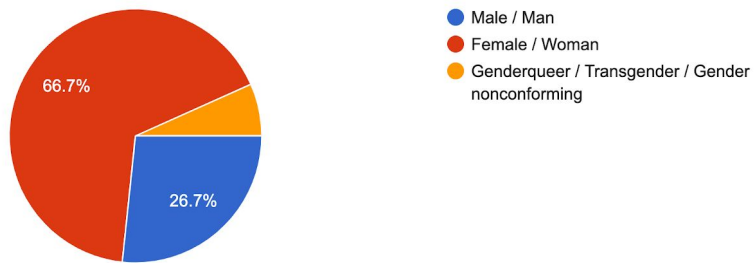
## Major

Education	2
Journalism	1
Psychology / Psychology and Sociology	3
Respiratory	1
Political Science / Political Science and Pre- Law	2
Wildlife Biology	1
Social Science, History, and Religious Studies	1

Year  
14 responses



Gender Identity  
15 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	1	7%
Hispanic / Latinx	7	47%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	5	33%
Multiracial	2	13%