

Movies for Mental Health (Online)

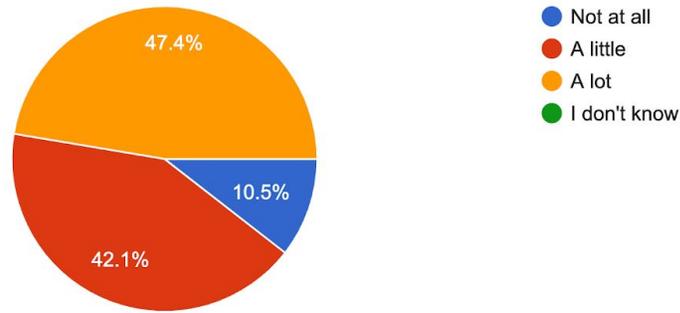
Post-Workshop Evaluations

Cuesta College
November 2, 2020

Number of attendees: 37
Number of evaluations: 19

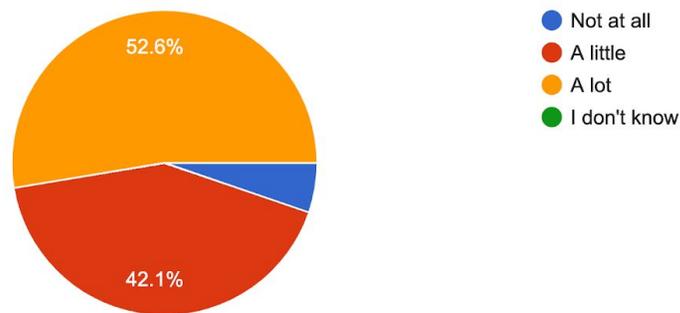
In your opinion, did this workshop increase your awareness of mental health issues?

19 responses



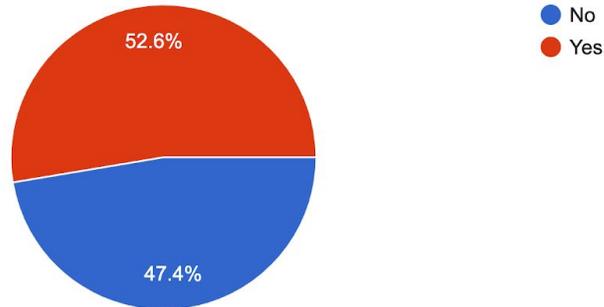
In your opinion, did this workshop help you confront and address stigma related to mental illness?

19 responses



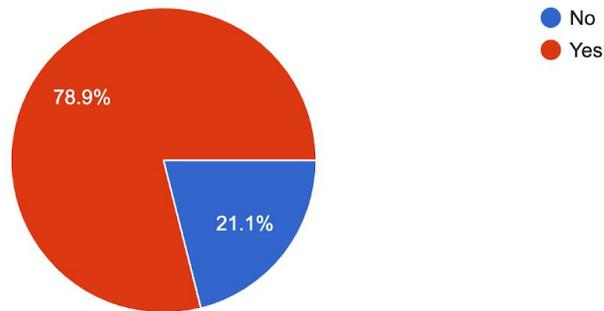
Did you know about the the Mental Health Services Act before this event?

19 responses



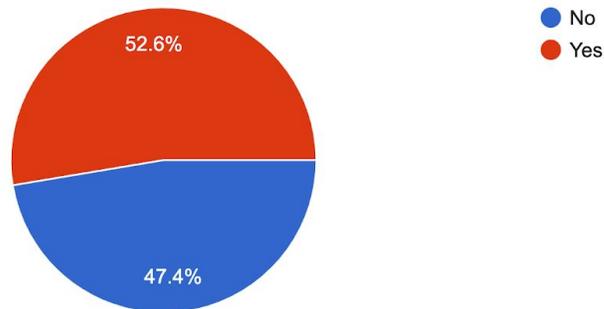
Did you know about your school's counseling services before this event?

19 responses



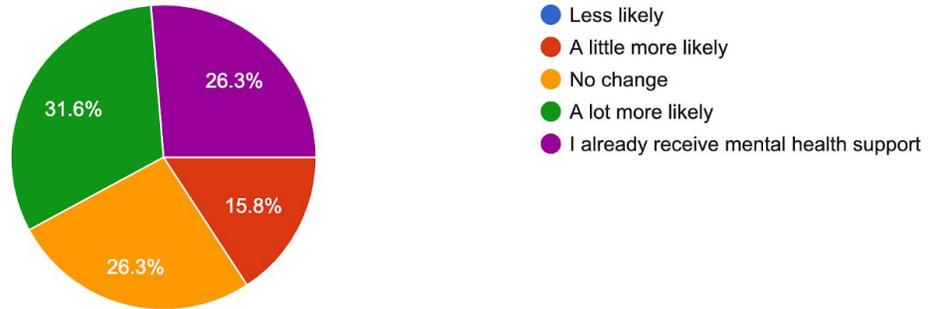
Did you know about the community resources before this event?

19 responses



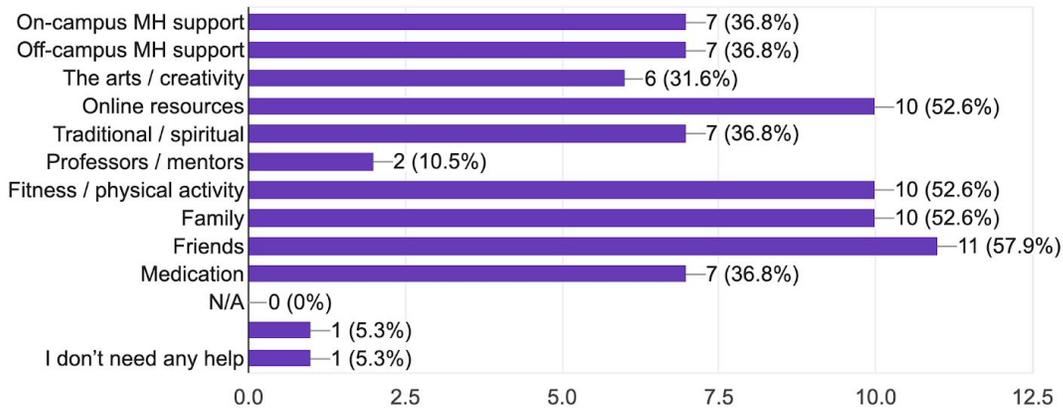
After this event, are you more or less likely to seek support for your mental health?

19 responses



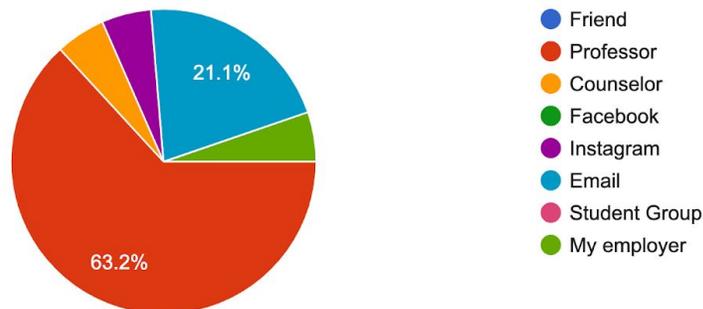
What type of mental health support do you think would be most useful to you?

19 responses



How did you hear about this event?

19 responses



What was your main takeaway?

Shine your light, share your gifts. Accept yourself and you will help others in the process.
Learning more about mental health
There are a lot of mental health resources for Cuesta students
There is always hope and people willing to help
I am appreciative of the resources and love the artistic modality of this organization
I am not alone, mental illness is more common than I believed
Positivity and seeing stigma broken
My mental health is important
How mental health is perceived internally and externally. How we manage our mental health and there are people going through similar experiences
This is an issue that lots of people are engaged about
Informative
Seek help when needed
Informative
People feel judged
A feeling of community and togetherness
Just because someone looks fine doesn't mean they are
I'm grateful events like this exist to benefit the community and provide information

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

Breaking down stigma, sharing resources, communing and connecting around the topic of mental wellness
A workshop that gave info about mental health and organizations that can help
Fun and informative, a good introduction to mental health
Helpful and informative
This is a wonderful opportunity to explore mental health through a creative, artistic lens
Beneficial, encompassing, healing
Helpful
Great way to connect with others
A useful free source to help find understanding and logical reasoning about mental health
Hard to describe...A little of a lot of things. It was like visiting an art gallery and seeing what catches your soul
Informative
Somewhat confusing films but caring facilitator and panel
They have a great list of resource
Eye opening
Sustaining
Empowering
A great resource for education and information on mental health and art pieces that illustrate facets of discussion

How might you use what you learned today?

Improved self-talk; body scans and deep breathing exercises
Use more places on campus that have mental health resources
Share with others that there are resources they can utilize
Referrals
I am a therapist and will guide clients to Art with Impact as a resource
I will use the resources provided to seek external health
Seeing the the Films in different cultural views
Accepting myself
Practicing the body scan at night or in the morning
It's good to know I'm not alone; it's good to know the community is there
Just more understanding of how individual feel
I will watch my language and reach out to friends & family who may need help
Share the resources
Seek counseling
Being more aware of stigmatized words
With friends
Be able to provide specific resources to those when needed

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

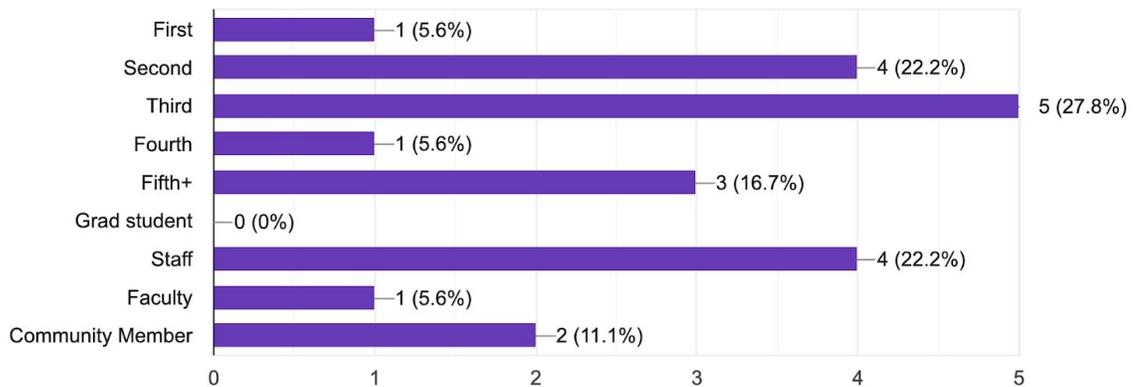
Cost
Trying to find online resources
I have few barriers
Financial difficulty, difficulty with insurance providers
The cost of mental health services and all the hoops you have to jump through
I won't take my medication as needed to because I want to do it without them. Talking most importantly
having the time
The ongoing nature of the illness (Bi-polar) and the energy drain to remain functional. The isolation from
Covid has made this MUCH harder.
I've dealt with judgmental professionals in the past
Not enough support groups
Money and the cost of a good therapist!
Personal shame
Time and finances

How can we improve this event in the future?

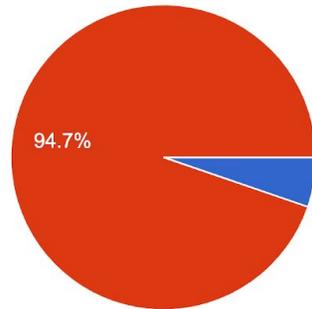
More advertisement
 Having versions based on experience with mental health would be nice
 No suggestions, it was great!
 None. Great work.
 More events like this should be held with teens and young adults. I would love to see monthly events
 This was GREAT
 I think the entire workshop was very efficient and effective
 The variety of elements was great. I think some kind of directed conversation after the film could help--conclusions not just reactions
 It runs a little long
 More movie varieties
 End on time
 It was perfect
 The sound cut out a lot I'm not sure that was within your control or not but sometimes I would miss what the moderator said

Major	
Business	2
Communications	1
English / History	1
Nursing	1
Psychology	8

Year
 18 responses



Gender Identity
19 responses



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

Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	2	11%
Indian / South Asian	0	
Middle Eastern	0	
Indigenous / Native American	1	5%
Pacific Islander		
White / Caucasian	13	68%
Multiracial	2	11%
American-Mexican	1	5%