

Movies for Mental Health

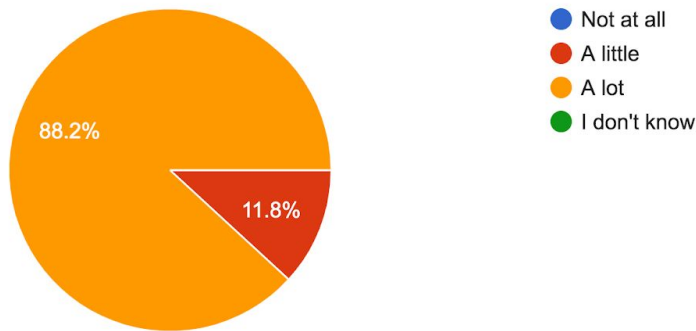
Post-Workshop Evaluations

Diablo Valley College
April 25, 2019

Number of attendees: 120
Number of evaluations: 76

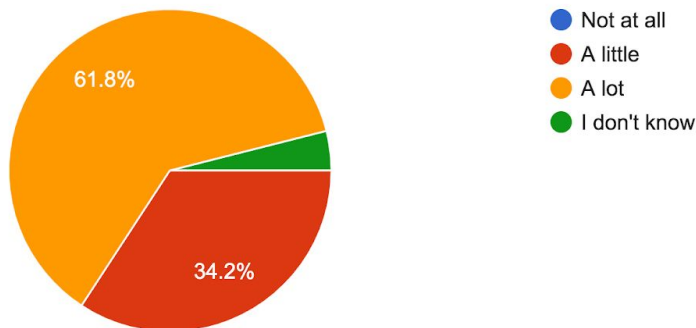
In your opinion, did this event create awareness of mental health issues?

76 responses



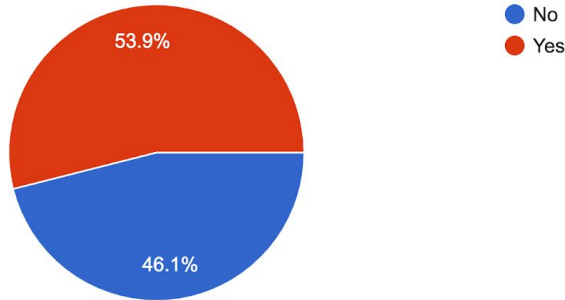
In your opinion, did this event reduce stigma related to mental illness?

76 responses



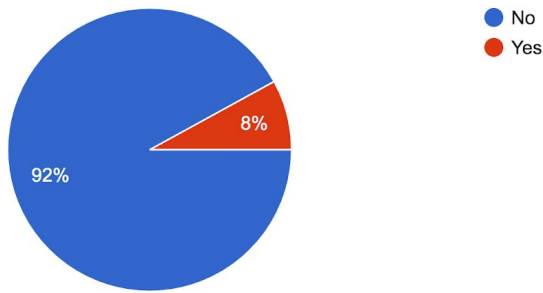
Did you know about your school's counseling services before this event?

76 responses



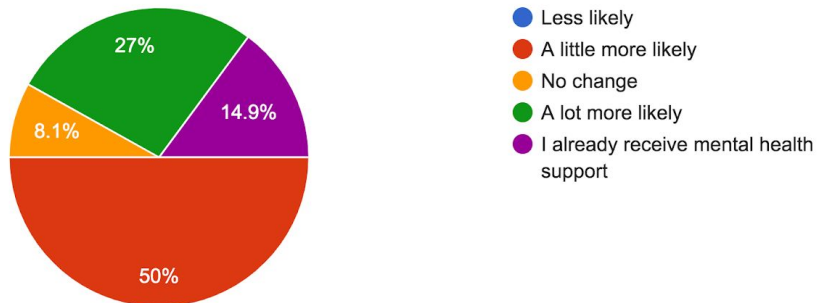
Did you know about the Mental Health Services Act (Prop. 63) before this event?

75 responses



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

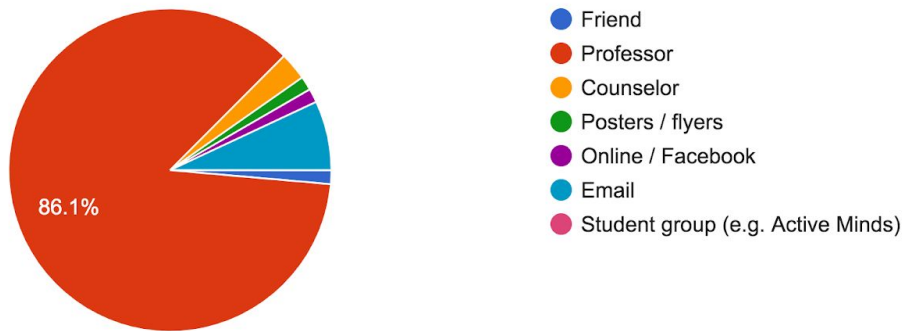
74 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	32
Off-campus MH support	23
The arts / creativity	25
Online resources	11
Traditional / spiritual	15
Professors / mentors	22
Fitness / physical activity	36
Family	28
Friends	31

How did you hear about this event?

72 responses



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

That you are not alone, there's help out there, and a large, loving community supporting others.
 To find myself in a story. And that everyone is going through something.
 That there are a lot of stigmas associated with mental health, and we should have more conversations & open up to seek health and support.
 Lots of services available at DVC.
 Mental health shouldn't be viewed as a bad thing. There is always help.

A lot of people go through their own events, and we all go through them differently.
Acceptance is really important to treatment and recovery.
Mental health is important. It's okay to be emotional.
Spread awareness; be patient with yourself and others.
Do not be reluctant to seek help if you need it.
That we can't be so prejudiced. We have to accept.
Mental health service are there and beneficial.
People aren't alone, and should be open about mental health.
Forgive. Don't be so hard on yourself.
Be able to accept and offer aid to others with mental illness.
New understanding on mental health and treatments.
It's okay to feel vulnerable and seek help.
Educators and students want resources for mental health.

If you were telling a friend about this workshop, you would describe it as:
(Highlights: see raw data for full list)

Easily accessible mental health knowledge.
A good place to talk about mental health without judgment.
Extremely helpful! Whether or not you have mental health issues.
A supportive environment for mental health.
Extremely helpful and a privilege to attend.
Stunning. It was very insightful hearing about the personal experiences.
Provides a new look/perspective into mental health. Humanizes mental health disorders.
The films were very powerful.
Crowded—get there early.
A well-informed, interactive workshop for people who suffer from mental health issues.
Powerful. Got a glimpse of what person with mental health is feeling through video
A conference on the necessity to take care of oneself.
An informative, insightful meeting/workshop.
Compelling and life-changing.
An awesome way to destigmatize these issues.
A help for anxiety and depression.
Very educational and helpful.
Eye-opening.

How might you use what you learned today?

(Highlights: see raw data for full list)

Listen to others more. Forgive. This will be very helpful towards my career as a psychologist.

I can help some people with mental health problems.

Offer support and knowledge to family, friends, etc.

Utilize DVC counseling services.

Apply to volunteer for crisis center, share info / resources with others.

Try harder, study and search more. Be more open-minded.

I learned where I can find help.

To speak with my students.

Be more sensitive to people's mental health struggles.

Find help at these places if needed or refer others.

To get help and be more patient with those in any mental health problems.

With myself and how to become okay with not being okay.

Listen to others when they feel down. Be open minded and not judge people.

I am inclined to help with the Contra Costa Mental Health Crisis Center.

I will make a film about my OCD.

If I see someone in crisis call 211.

Support friends and family better.

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

(Highlights: see raw data for full list)

Everyone is not the same, even if they have the same disorder. Treat me like me not like someone else.

Stigma against admitting there's an issue. (x8)

Inaccurate or unuseful help.

Money. (x9)

Financial burden to family. Unable to dedicate time to seek adequate help.

Having the time to do so. (x7)

What others might think. (x3)

The courage to ask for help; Stigma; Personal doubts

It comes and goes--temporary--so by the time I seek help I feel different.

Not enough support.

Being okay to talk about it.

Denial; being vulnerable.

Lack of knowledge on help availability.

Want to feel strong and independent. Speaking my problems out loud.
 Finding the right words to say; communication.
 Self-dignity; lack of knowledge.
 Culture and fear of judgment.
 Lack of real support for female veterans.
 Finding people to trust.

How can we improve this event in the future?

Bigger venue. (x24)
 There was a rushed feeling to the event, but I think that's unavoidable.
 More movies and experience. (x4)
 More mental health student stories. (x2)
 More space for seating!
 Less Powerpoint slides.
 Handout flyers on where to find help.
 Make it more known throughout the campus.
 Maybe hand out a list of resources in the area.
 Educate people on various mental illnesses so people are informed.
 Better organized and better set up
 Louder speaker, elevated stage or in lecture hall.

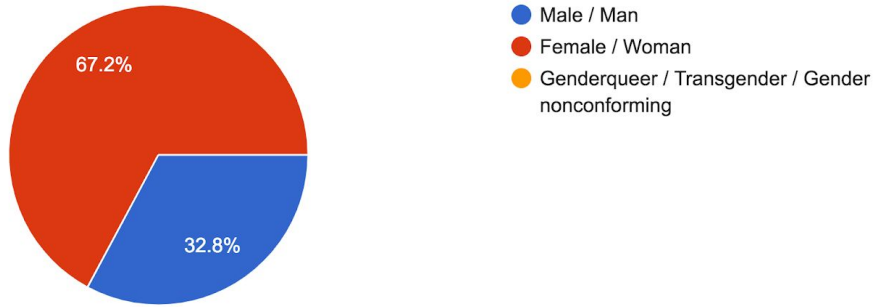
Major

(Highlights: see raw data for full list)

Psychology	12
Nursing	8
Business	5
Biology	4
Computer Science	3
History	3
Sociology	2
Radiology	2
Kinesiology	2

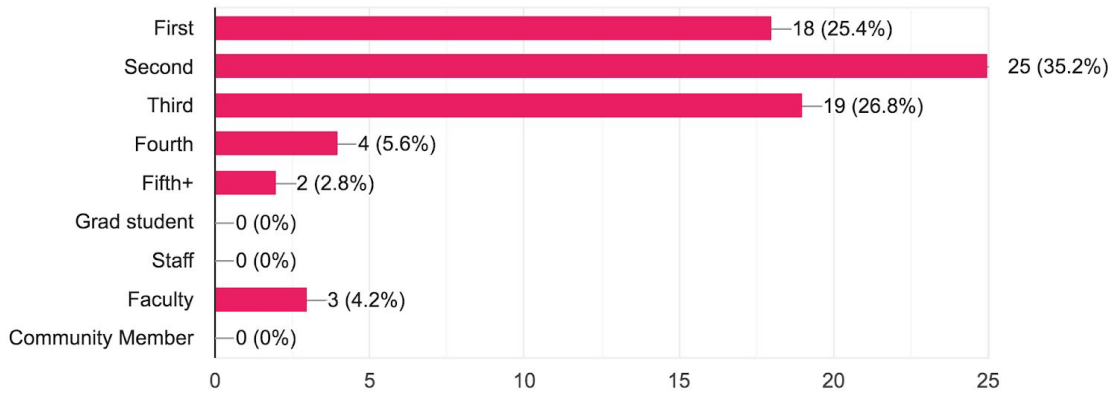
Gender Identity

67 responses



Year

71 responses



Race / Ethnicity		
Asian/Asian American	16	23%
Black/African/African American	2	3%
Middle Eastern	5	7%
Indian / South Asian	2	3%
Native American / First Nations	2	3%
White / Caucasian	30	44%
Hispanic / Latinx	21	30%
Pacific Islander	4	6%