ART WITH IMPACT

Movies for Mental Health (Online)
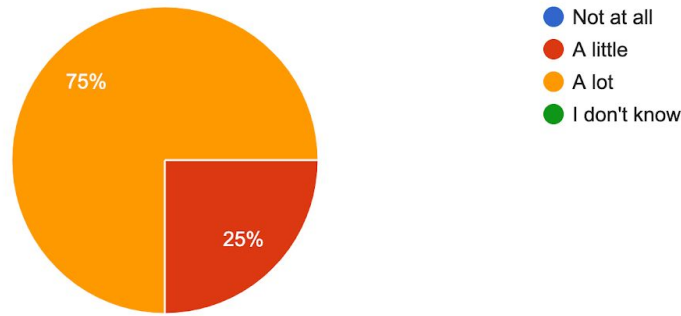
Post-Workshop Evaluations

|	
De Anza College & Foothill College May 20, 2020	Number of attendees: 72 Number of evaluations: 28

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

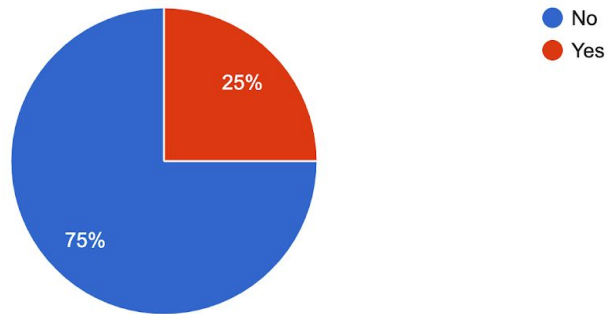28 responses

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

75%

25%

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

28 responses

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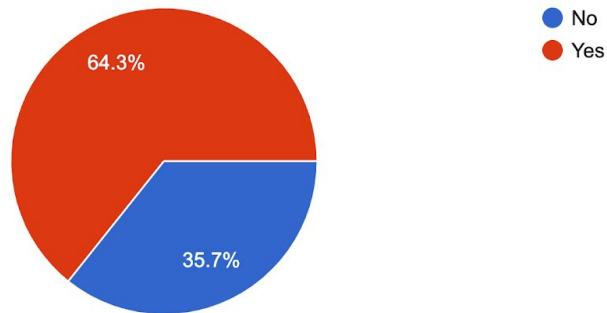- A lot
- I don't know

67.9%

32.1%
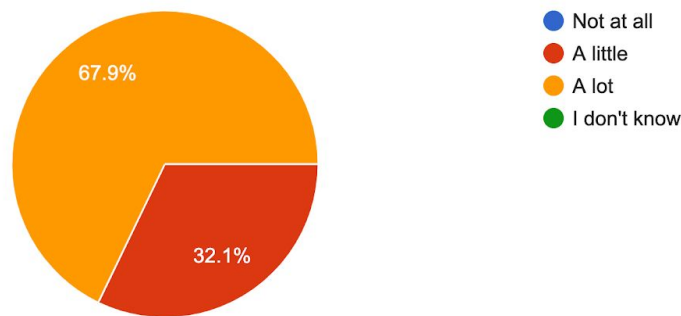
Did you know about the the Mental Health Services Act before this event?

28 responses

- No
- Yes

75%

25%

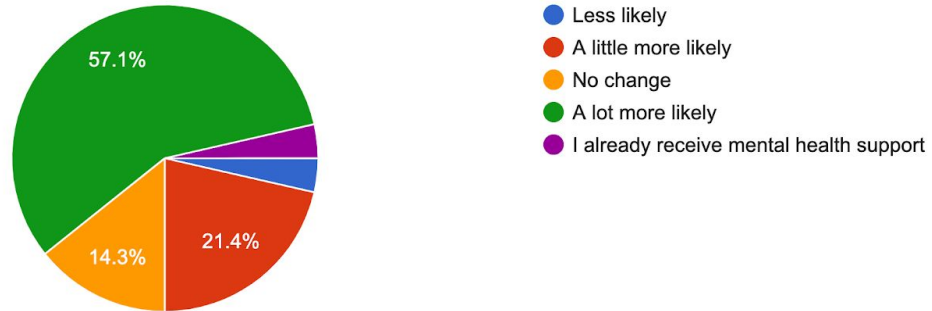Did you know about your school's counseling services before this event?

28 responses

- No
- Yes

64.3%

35.7%

Did you know about the community resources before this event?

28 responses

- No
- Yes

39.3%

60.7%
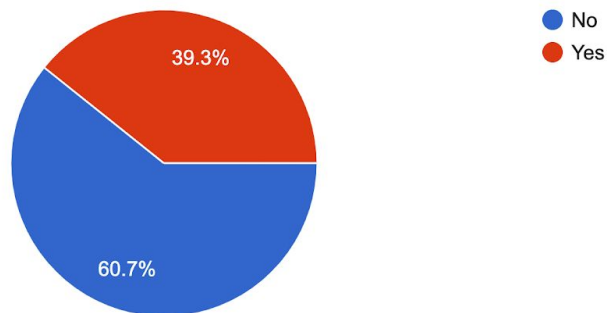
After this event, are you more or less likely to seek support for your mental health?

28 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

57.1%
21.4%
14.3%

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

28 responses

Category	Count
On-campus MH support	13 (46.4%)
Off-campus MH support	6 (21.4%)
The arts / creativity	13 (46.4%)
Online resources	12 (42.9%)
Traditional / spiritual	9 (32.1%)
Professors / mentors	6 (21.4%)
Fitness / physical activity	15 (53.6%)
Family	8 (28.6%)
Friends	11 (39.3%)
Medication	4 (14.3%)
N/A	0 (0%)
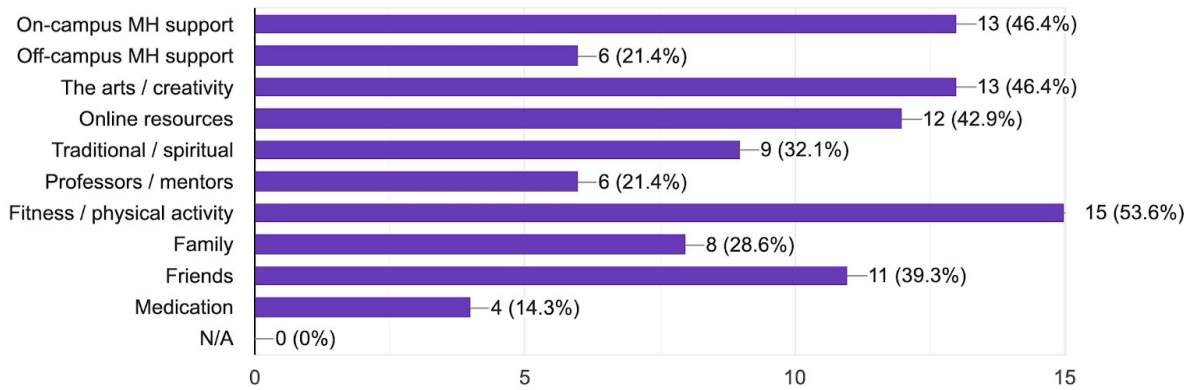
How did you hear about this event?

28 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Coworker
- Through Lisa Slede, LMFT; I work with her as a student wellness ambassador

25%
60.7%
7.1%
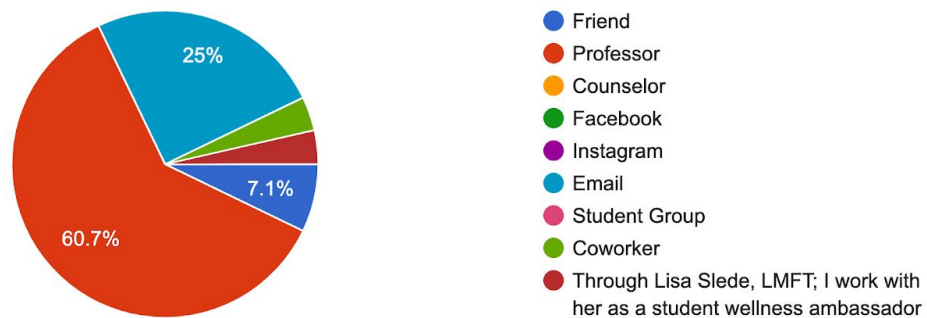
What was your main takeaway?
(Highlights: see raw data for full list)

Being more open to many options of care
Recognize when you need help and do not be afraid to do something about it (x4)
You are not alone
It's important to talk about mental health and destigmatize it (x3)
We need to stop stigmatizing mental health and see counseling and therapy that we have the opportunity that is available to us
How supportive Lisa Slede and her group at Foothill are
Maintain a good self care routine is important (x4)
I'm going to keep focusing on the path I'm on, and continue to heal from my trauma while achieving my goals <3 Thanks for this!
It is best to seek help and find what bests helps me
My main takeaway was that mental health is something common that happens to everyone, so there's no reason why people should feel ashamed about it
Main takeaway for me from this workshop is that people in this competitive generation have lots of stress, frustration that might lead to some mental health issues. We should not judge others by their opinions, look. We should give everyone space, be kind and generous. Give everyone space and listen to them. Help them by lending your hands and make them aware that there are help and services available in the community to reach out for the help.
Seeing the diversity of mental health issues
Be proactive
It is easier to talk about mental health when you have a community you feel comfortable speaking with

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

Powerful
This workshop helps get or confirm the right perspective on mental health
A Mental Health and Resource Workshop
A must see for everyone. I share the link again in class.
A fun and helpful event that helps one understand mental health
Uplifting and informative / moving and Informative (x2)
Insightful
I would describe this workshop as informative, interesting, and helpful (x3)
Reach out
Life saver
Touching
Support is free on campus
Helpful
Awesome and insightful
Eye opening to different ways to deal with stress
An informative comfortable environment to share experiences and tips about mental health
Beautiful
Emotional and valuable
Amazing workshop about awareness in mental health (x3)

How might you use what you learned today?
(Highlights: see raw data for full list)

Assess how I feel and talk about it
I will apply breathing and body scanning techniques throughout the day (x3)
Share it with my classes and practice my breathing and body scanning
I can understand and manage my stress better
I'm going to go ask my children how they're doing
Share with others / colleagues and friends (x5)
Reach out / I definitely want to reach out to psych services and open the discussion more (x7)
I will listen to others first, try some breathing exercise in terms of letting go things and shout out for help in the community if needed. And, spread the awareness.
Empathy with others
Encourage conversations about mental health & prioritize self-care
I will spread the work of these important movies and share them with friends (x2)

What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

Embarrassed / I am shy (x3)
Time, Money, and feeling like I'm not "sick" enough and that others could need the help more than I do (x2)
Finding time (x3)
Cultural stigma / stigma (x2)
None that I can think of because my sister in law has her PhD from Harvard in Psychology
Stigma, for sure. I'm afraid to complain about anything at all because.. "Karen"
My biggest barriers are that in my culture is not taken seriously; which can be embarrassing to talk about
Fail on academy
The biggest barriers might seems practicing myself some kind of spiritual and holistics method
Feeling scared to express how I feel (x2)
Prioritizing self-care just as much as physical care
Financial matters / money (x3)

How can we improve this event in the future?
### (Highlights: see raw data for full list)

Some speakers talked a little bit too fast
Able to see the speakers' faces
Honestly I thought it was amazing and I wouldn't have changed anything (x3)
More accessible for teachers / students. I had a difficult time incorporating it into canvas (canvas learner!)
Have the event longer! (x2)
I loved this. The interactive interface was heads above any of the other virtual events I've attended. Your support team was pretty excellent, too. / Everything was smooth, great tech support! (x2)
This event can be improved by having people on the chat talk about their experiences on the live portion.
It helps me a lot
Maybe add more panelists
I would like to talk more about the movies

Major	
Computer Science	1
Nursing	5
Psychology	2
Sociology	1
Film: Screenwriting / Film + Television Production	2
Graphic Interactive Design	1
Business / Business Administration	3
Child Development	2
Undeclared	1
Network Programming	1
Criminal Justice	1
Political Science and Humanities	1

Year
25 responses
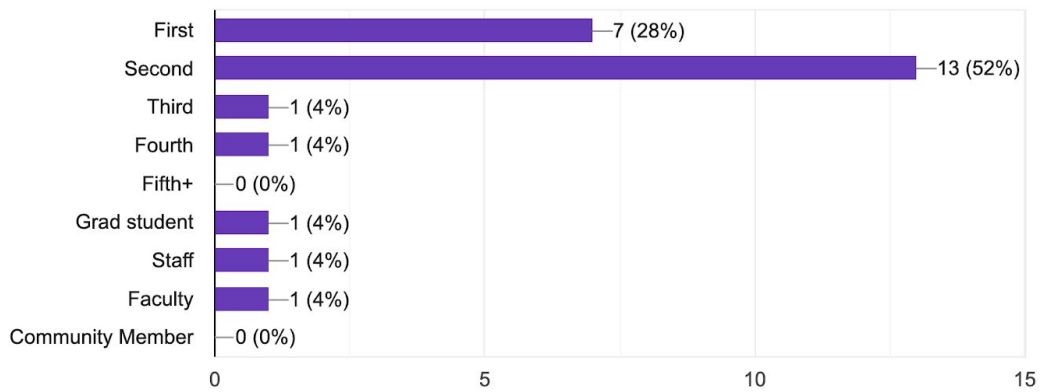
Gender Identity

26 responses

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
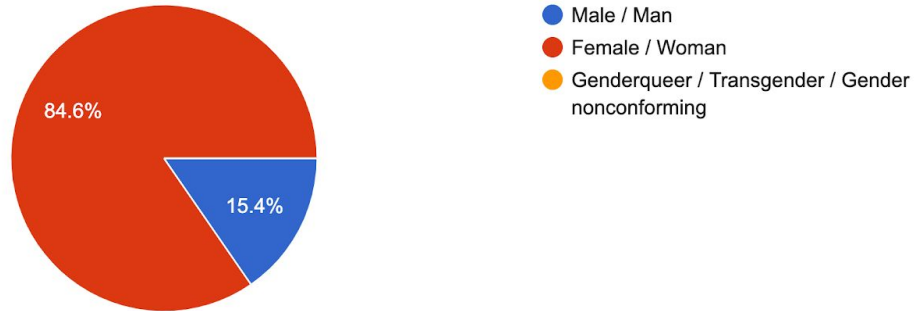
Race / Ethnicity		
Asian / Asian-American	11	44%
Black / African / African-American	0	
Hispanic / Latinx	4	16%
Indian / South Asian	1	4%
Middle Eastern	0	
Indigenous / Native American	1	4%
Pacific Islander	2	8%
White / Caucasian	5	20%
Multiracial	1	4%