Movies for Mental Health (Online)
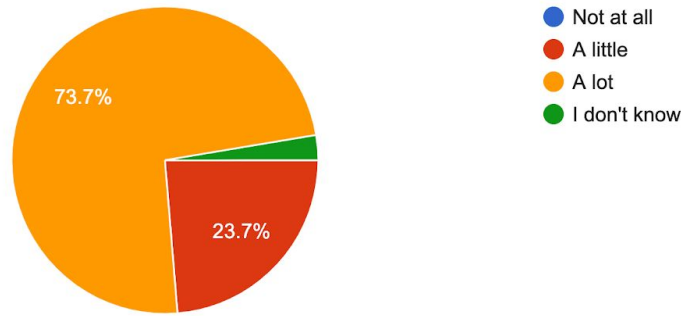
Post-Workshop Evaluations

De Anza College & Foothill College
May 27, 2020

Number of attendees: 71
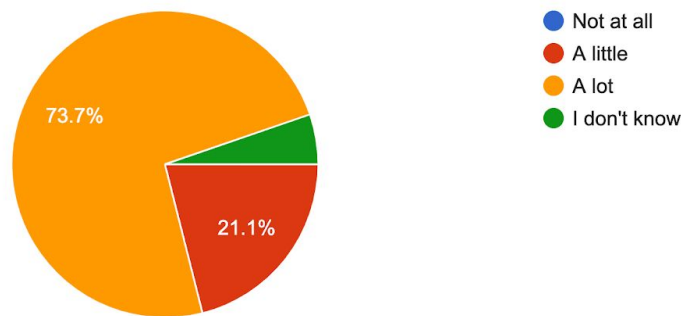Number of evaluations: 38

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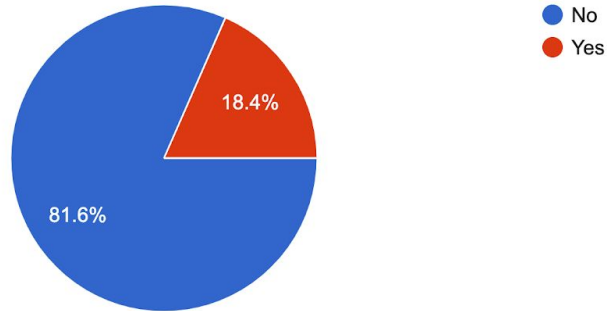38 responses

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

73.7%
23.7%

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

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

73.7%
21.1%

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

38 responses

- No
- Yes

18.4%

81.6%

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

38 responses

- No
- Yes

28.9%

71.1%
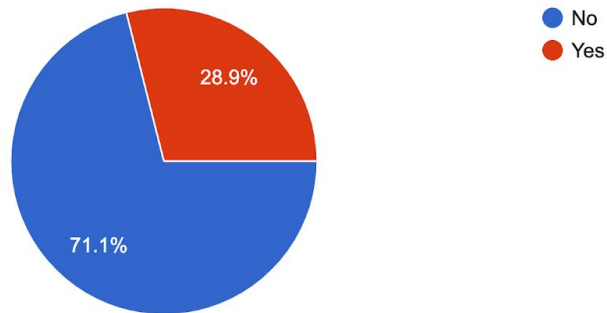
Did you know about the community resources before this event?

38 responses

- No
- Yes

18.4%

81.6%
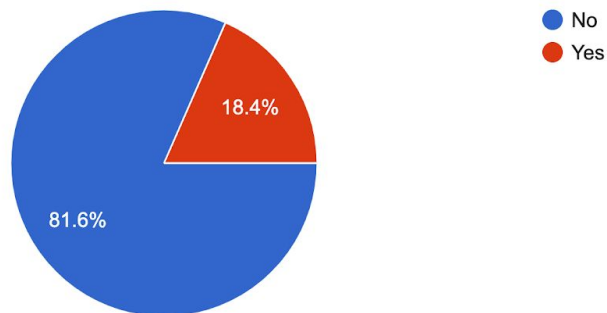
After this event, are you more or less likely to seek support for your mental health?
38 responses

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

36.8%
7.9%
10.5%
39.5%
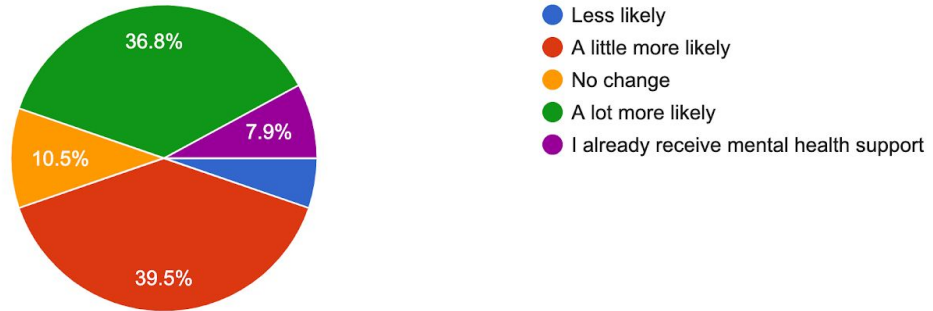
What type of mental health support do you think would be most useful to you?
37 responses

Category	Value
On-campus MH support	5 (13.5%)
Off-campus MH support	6 (16.2%)
The arts / creativity	14 (37.8%)
Online resources	14 (37.8%)
Traditional / spiritual	12 (32.4%)
Professors / mentors	6 (16.2%)
Fitness / physical activity	14 (37.8%)
Family	21 (56.8%)
Friends	15 (40.5%)
Medication	10 (27%)
N/A	2 (5.4%)
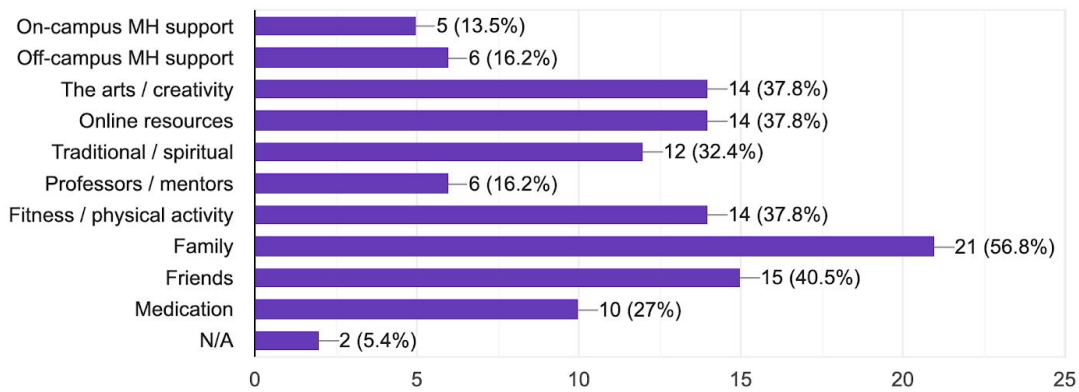
How did you hear about this event?
38 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Eventbrite

89.5%
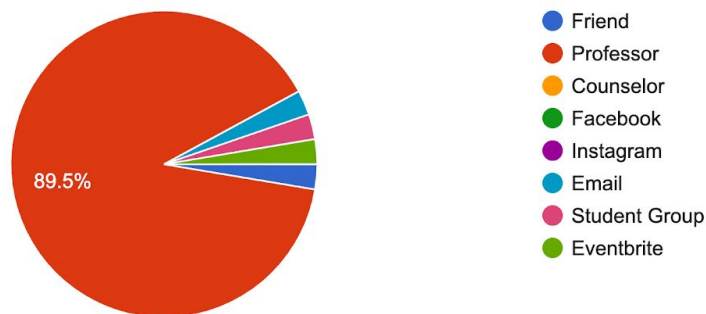
What was your main takeaway?
(Highlights: see raw data for full list)

Great
Mental issues are complicated but there are solutions
The importance of having a collaborated conversation with multiple people
I am not alone a lot of people are in the same boat (x2)
Body scan
Never be embarrassed to ask for help. It is okay and we need to normalize instead of judging people
Mental health is equally important as physical health (x3)
Someone can help by directing towards someone who can actually help
Don't be afraid to vocalize how you're feeling
That there is a lot of people have these feelings and there are the ones that can beat it and the other who can't that should be helped
It is okay to reach out to others. People deal with mental illnesses differently (x4)
Resources available, the importance to talk and discuss openly (x2)
Relatable
About sigma and mental illness and mental wellness
To do communication, socialization
How to overcome stress (x2)
To get knowledge about mental health
How to control mental health
Knowledge to overcome the current situation (x3)
Embarrassment
We may have good foundation to build on

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

A great resource
Informative (x3)
Eye-opening (x3)
Insightful, one of the best interactive workshops I have attended during this quarantine. This is due to the exercises, polls, and chat box
Life changing, great resources, more self awareness
Great way to unlock your wellbeing
Mental health help program / Mental health awareness program (x2)
Cool
It is very educational and a very welcoming experience
It's nice, educational, friendly, and useful
Great information, respectful, useful, informing
Do attend it, more useful workshop / it is a must (x4)
Resources! Options (x2)
This workshop videos shows the inner feelings of us (how do house maker feels at home). It's really worth it to watch the videos and we can know the info of advisors, if really need the mental health illness support
Awesome experience (x2)
Good
As a mental health awareness class that helps us with mental health problems and solutions
Very helpful about mental health knowledge (x4)
It will help to know about our community organizations

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

Empathy towards others going through mental health issues
I apply exercises to my daily life (x3)
Def will be having further convos with coworkers and keeping diff circumstances in mind when talking to individuals
I would use the body scan to relax (x2)
Talk to my friend about it and try to help (x2)
Would be more open to talk about issues
Try to have some me time during this quarantine maybe go for a drive or a walk, engage myself in nature
Use breathing exercises and try to express feelings more
Acceptance
We have a support system at our school, so I might check it out (x3)
Use the resources available for myself or refer others / sharing info (x2)
Communicatio , speaking out leads relax
Meditation, don't get depressed try to come out from that
I can use this experience for more strong soul
If I feel I need help I will not be shy to ask for (x2)
For reducing stress through meditation (x2)
To help friends, family, and children
I learned more through this
I will use for reduce liability
By creating awareness about mental health (x3)

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

Money / pandemic (x2)
Finding culturally competent support
I do not have barriers, I have always seeked mental health support (x3)
Family beliefs
Being shy and scared
Confrontation
Time (x2)
Don't have extra help with kids
Responsibility
Language barrier (x2)
Speak out
Not sure
Shame, fear (x3)
Guilt, Loneliness, Shame
I am making my barriers as strength and handling with my kids happily
Maybe stress
Lack of education (x2)
Some big barriers are financial situations or familial situations
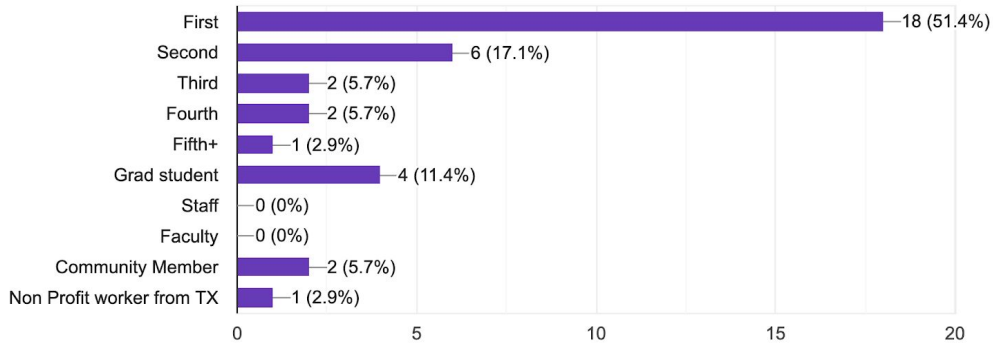Lack of information (x3)

How can we improve this event in the future?
Given the circumstances, I thought this was well down No change Having it be longer Nothing! it was life changing! Announce more earlier Ask for people's experience throughout the workshop More and more session to make everyone aware of mental health In my opinion the session was great don't need to change It is good as is Longer, please provide again, more promotion is needed By spreading a word to every student to attend this kind of workshops Please do more workshops, related to inspiration None Good It was great itself Program was good This is good Giving more ideas how to cure this problem, like meditation ideas Prepare a better Wi-Fi environment No need to improve, it's good only Make people more aware of the event

Major	
Child Development	9
Psychology	3
Social Work	1
Chemistry	1
Nursing	3
Kinesiology	1
Engineering	2
Business	2
Graphic Design	1
Communications	1

Year
35 responses

First	18 (51.4%)
Second	6 (17.1%)
Third	2 (5.7%)
Fourth	2 (5.7%)
Fifth+	1 (2.9%)
Grad student	4 (11.4%)
Staff	0 (0%)
Faculty	0 (0%)
Community Member	2 (5.7%)
Non Profit worker from TX	1 (2.9%)

Gender Identity
38 responses

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

89.5%

10.5%
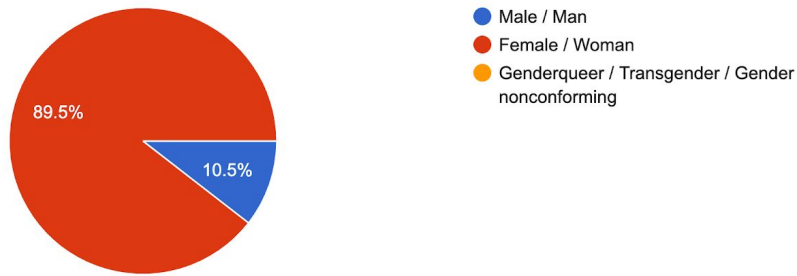
Race / Ethnicity		
Asian / Asian-American	**14**	**38%**
Black / African / African-American	**0**	
Hispanic / Latinx	**3**	**8%**
Indian / South Asian	**8**	**22%**
Middle Eastern	**0**	
Native American / First Nations	**0**	
Pacific Islander	**0**	
White / Caucasian	**9**	**24%**
Multiracial	**3**	**8%**