

Movies for Mental Health

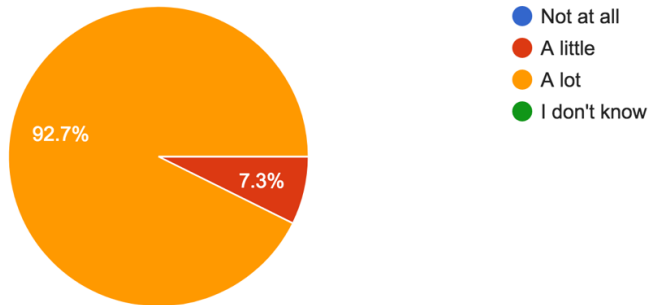
Post-Workshop Evaluations

East Los Angeles College
November 8, 2018

Number of attendees: #85-100
Number of evaluations: #41

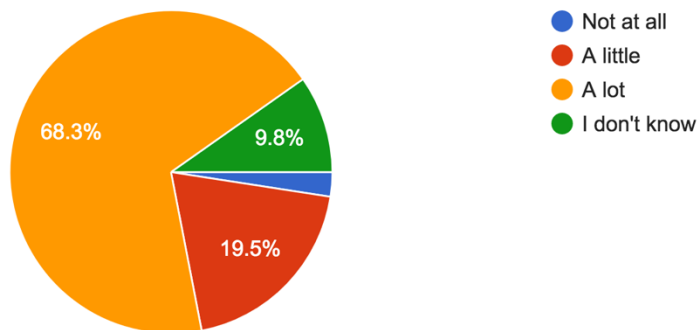
In your opinion, did this event create awareness of mental health issues?

41 responses



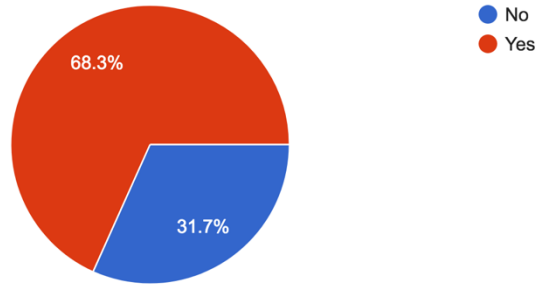
In your opinion, did this event reduce stigma related to mental illness?

41 responses



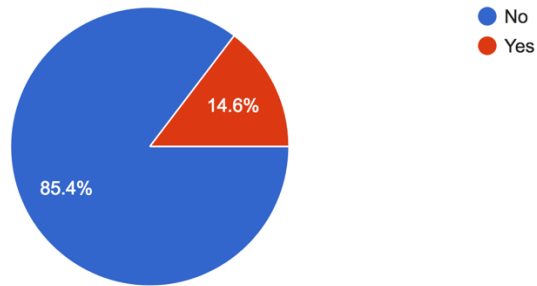
Did you know about your school's counseling services before this event?

41 responses



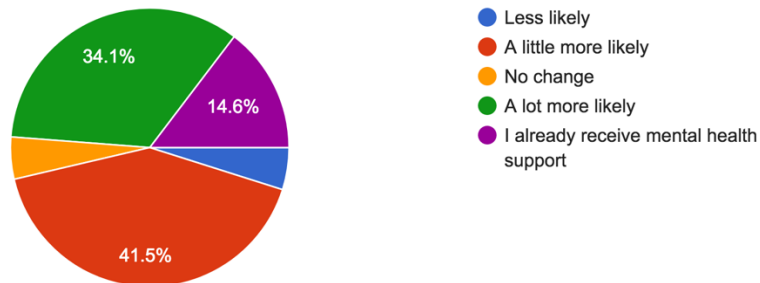
Did you know about the Mental Health Services Act (Prop. 63) before this event?

41 responses



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

41 responses



*89% of attendees, who are not already receiving mental health support, are more likely to see mental health support after this event.

What type of mental health support do you think would be most useful to you?	
On-campus MH support	20
Off-campus MH support	12
Traditional / spiritual	8
Family	11
Friends	9
Professors / mentors	6
The arts / creativity	13
Fitness / physical activity	16
Online resources	7
Other	2

How did you hear about this event?	
Friend / Word of Mouth	5
Professor / Class	17
Counselor / MH Club	2
Online / Facebook / Email	2
Posters / Flyers	13
Other	1

What was your main takeaway?
<ul style="list-style-type: none"> • Everything. • Very impactful with students. Well presented • May be lot of people have mental problems. • Know how to seek help • There is help • From teacher

- Anybody can suffer of mental illness and it's okay to seek help.
- Stories in the movie
- The Panelists
- Everyone has different mental health/health issues.
- Everybody struggles on different levels for different reasons.
- Mental health is real & important
- Mental Health Awareness
- A helpful information in health center
- Mental illness is not an isolated event.
- It's okay to seek MH.
- To see how students are more open to services.
- The great inspirational stories that give my story a happy ending.
- Emotional struggles being or coming from stigmas.
- Judging by the large turnout, we see how mental health affects everybody!
- Awareness and safe space to talk openly about mental well being
- The film and the discussions carried out throughout this event.
- I was able to gain awareness of mental health.
- Help for mental illness is everywhere.
- How to seek aid even if you're not diagnosed with MH illness.
- Mental health is important.
- The importance of mental health
- The film "The Gift". This piece speaks for itself and far surpassed my expectations of this event. I also value the panelists' sharing's.
- I can or it is safe to talk about it with my college folk!
- Mental health is real.
- How film can help someone
- Well being

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

- A beautiful MH Workshop as well as very informative.
- Informational & educational
- Some kinds of knowledge about mental health.
- Get more knowledge about mental health
- A film discussion concerned with mental health.
- Resourceful
- Very helpful and informational
- Eye opening, interesting
- A learning experience
- Help to understand mental health
- A way to seek help.
- Very informational.
- Useful, makes you think
- Powerful

- A mental health workshop for students.
- An informative event where you are going to see how our culture takes a big part in our mental health.
- very eye opening and enlightening
- Beneficial; enlightening
- Film/mental health workshop.
- Very informative
- Very educational, helpful if they are seeking understanding and relatability.
- Helpful
- Helpful
- Helpful & welcoming
- Interactive, informative, interesting
- An event to learn more about the importance of mental health.
- Interesting, helpful, a highly suggested event to attend.
- Relevant. Compassionate. Empathetic. In solidarity. Gentle. Resourceful. Informative. Local.
- Helpful
- Having a better perspective of mental health understanding.
- Eye opening
- Cute films on real issues
- An opportunity to show via media
- It is a good workshop. I learn[ed] a lot.

How might you use what you learned today?

- By sharing it back with the community.
- Stigma vs stereotype
- Know about mental health
- If we feel we have problems, we need to seek help.
- Share w/ friend
- Spreading awareness about resources
- Care more for others
- Helps for an essay about mental :)
- To seek help and remind others that it is ok to look for help
- Somewhat, but I should use it now just don't have time.
- Help others because everyone goes through stuff.
- Seek help with family
- Staying positive! Knowing everyone is going through similar issues makes me feel less alone.
- Personally or if someone I know needs assistance
- When speaking to other students.
- The rest of the resources there was available.
- Share the information with others
- I will try to look for help/support :)
- I now have knowledge of some outside resources.
- Share with students/family

- I'm definitely going to fully proceed to go on this journey to better myself.
- I will use it to help myself mentally.
- Find more accessible ways to help for mental health.
- I appreciate being further aware of our campus MH sources here @ ELAC, incl. walk-in MH M-TH, 11A-1PM
- It makes this college a safe campus on my view.
- I would use it by talking to others about it.
- Continue to practice self-love tips
- Take better care of myself
- If someone I love needs help
- From learning today I will apply in my daily life.

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

- My own self.
- Still figuring that out
- Language barriers
- Finding reasons & financial
- Being able to accept that you are worthy of help
- Commitment/lack of knowledge about resources
- Unfamiliar with resources
- Care about mental health that can cause physical issues
- Financial, cultural, time
- Who don't regard or know that they have mental health
- No having time.
- Fear of judgement or accepting that things aren't good.
- Social anxiety.
- Society and Financial
- We do not accept that we need mental help.
- Feeling comfortable with my issues.
- What I would have to do to solve them
- My schedule, both work and school.
- AT the moment none, but before the stigma and financial barriers.
- Understanding/respectful
- Time
- Insurance limiting coverage/visits, have not found resource to offer testing for adult ADD testing.
- Time.
- Depression
- Time
- Transportation
- My schedule
- Financial, status, judgement

- Anxiety
- At the immediate present, I am struggling to finish this fall semester; the HW, tests, papers must take priority.
- My work and school schedule.
- The biggest barriers is financial issues and society.
- Culture & family
- Shameful from culture

How can we improve this event in the future?

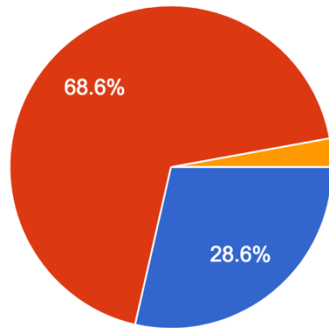
- More time.
- A heater. it was cold in here. j/k. very well done.
- Have longer/more events throughout the semester.
- Nothing, everything was fine
- Maybe use an anonymous way to ask Survey questions like a clicker or a live Answer/student feedback system.
- Time
- Respect and help each other (gift).
- It was great no need to change.
- More food, just kidding. it was perfect.
- Keep up the good work.
- More films
- More pizza, a few more movies
- Less discussion maybe. Students get distracted and they lose focus from the topic.
- Keep doing this
- Plan for more participants (more food), including vegetarian/healthy options.
- Bring it to campus more than once a year
- It was perfect, but maybe questions that Show a raise of hands for people to see they aren't alone.
- You don't need to do that. It has gone well.
- More awareness and advertisement
- More advertisement
- More interaction between the audience, among themselves
- N/A - Fine as is
- The event worked well, no suggested improvements
- In time, having more student speakers may help although the admin did make good, well-taken effort to publicize + invite student speakers.
- Define different type of mental illness.
- We can improve this event in the future by promoting it more.
- Awesome job!
- More Asian representation?
- More activity like today

Major	
Business	2
Psychology	5
Engineering	4
Nursing	2
Sociology	2
English	1
ESC	1
Chemistry	1
History	1
Theater	1
Child Development	1
Political Science	2
Criminal Justice	2
Undecided	4

Year	
First	8
Second	16
Third	8
Fourth	3
Fifth +	1
Staff / Faculty	1
Other	4

Gender Identity

35 responses



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

Race / Ethnicity	
Black / African / African American	1
Hispanic / Latinx	24
Indian / South Asian	1
Asian / Asian American	12
Mixed Race / Ethnicity	2