Movies for Mental Health (Online)
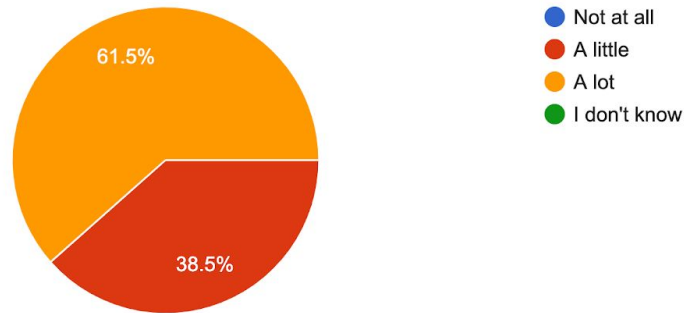
Post-Workshop Evaluations

Gavilan College
Wednesday, July 8, 2020

Number of attendees: 54
Number of evaluations: 13
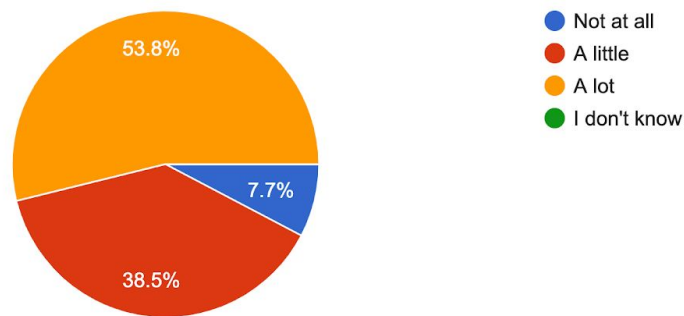
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses
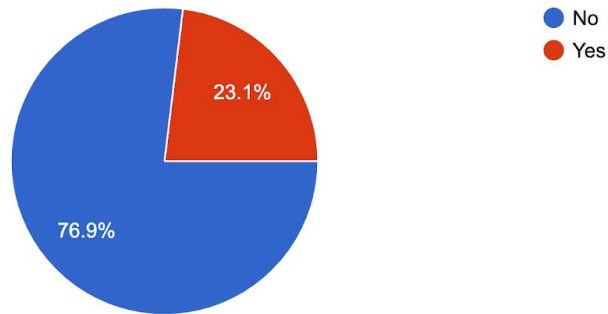

- Not at all
- A little
- A lot
- I don't know

61.5%
38.5%

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

13 responses

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

53.8%
7.7%
38.5%

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

13 responses

- ● No
- ● Yes

23.1%

76.9%

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

13 responses

- ● No
- ● Yes

69.2%

30.8%
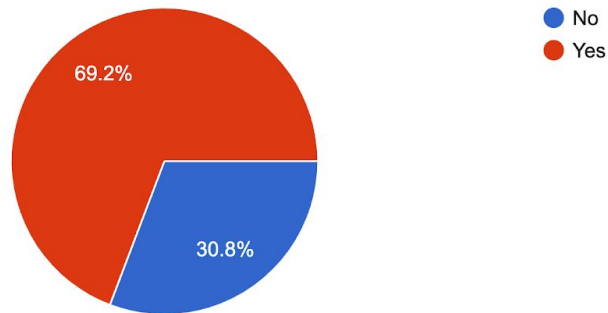
Did you know about the community resources before this event?

13 responses

- ● No
- ● Yes

38.5%

61.5%
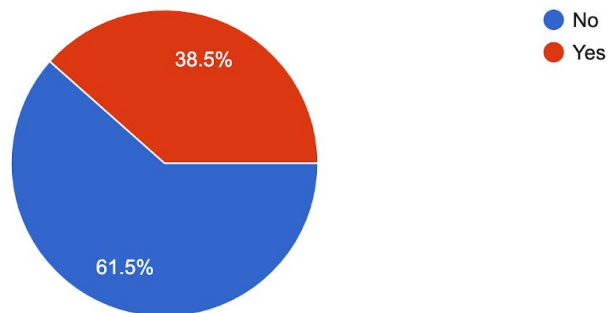
After this event, are you more or less likely to seek support for your mental health?

13 responses

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

38.5%
15.4%
23.1%
23.1%
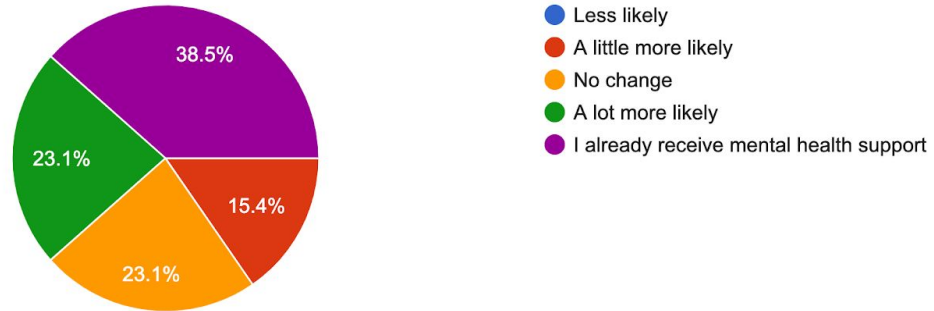
What type of mental health support do you think would be most useful to you?

13 responses

Category	Count
On-campus MH support	4 (30.8%)
Off-campus MH support	7 (53.8%)
The arts / creativity	5 (38.5%)
Online resources	7 (53.8%)
Traditional / spiritual	4 (30.8%)
Professors / mentors	5 (38.5%)
Fitness / physical activity	4 (30.8%)
Family	8 (61.5%)
Friends	3 (23.1%)
Medication	1 (7.7%)
N/A	1 (7.7%)
Therapy	1 (7.7%)
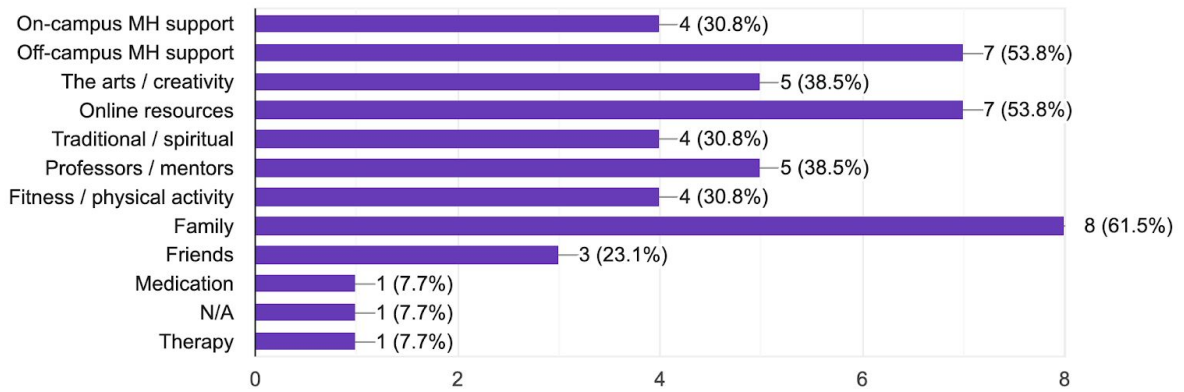
How did you hear about this event?

13 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Assignment for CalWORKs

7.7%
15.4%
7.7%
7.7%
46.2%

△ 1/2 ▼
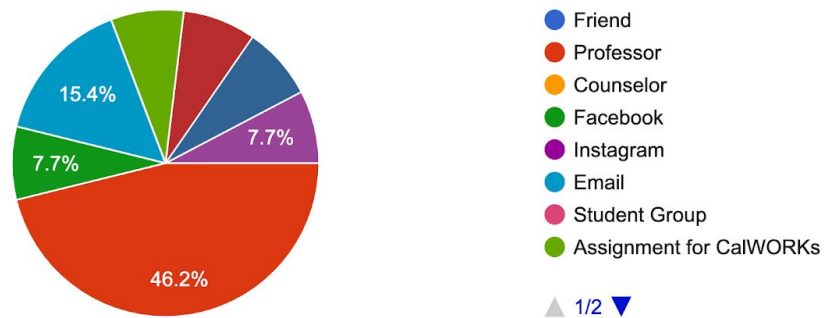
What was your main takeaway?

To ask for help and seek it if needed
Resources are available
Mental health should not be something to be ashamed of
Mental health is a real issue and no one should be scared to get help
Reminded of the importance of mind & body connection, and of the healing impact of art
We need to keep in connection with ourselves
I've learned all this before with my current therapist
Thankful for the campus resources; I'm impressed
Where to find resources
Seek help when needed
Take care of you self
Mental health is important, crucial we work to destigmatize mental health needs and help-seeking
Good to have a Supportive Community

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

You are not alone
Informative way to learn about mental health (x2)
An online discussion about mental health short films
A great learning experience
Healing
Supportive that other groups are working to break stigma
Mental health resources
Helpful (x2)
Learn the signs of mental health
Inspiring and empowering
A good movie experience

How might you use what you learned today?

Be open and listen to people who might have mental illness
Reflect on how I actually feel
Reach out to resources or give resources to others
Use more somatic exercises with clients
Body Scan
Breathing exercises have always been my favorite
More connection with local colleges
Being able to share the information
Be open to listening
Looking for signs
Advocate for mental health more often and offer to share as a guest speaker/panelist at M4MH
Helping others who struggle with mental health issues

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

Being judged
Fear, nervousness, shyness
COVID-19 is both a stressor and physical barrier
Battling the idea of never getting better
I have none at the moment (x3)
Before "Obama Care" I had no insurance
Will it help or not
Jumping through hoops with insurance or lack of insurance
Self-limiting beliefs, cultural stigma
Lack of supportive community

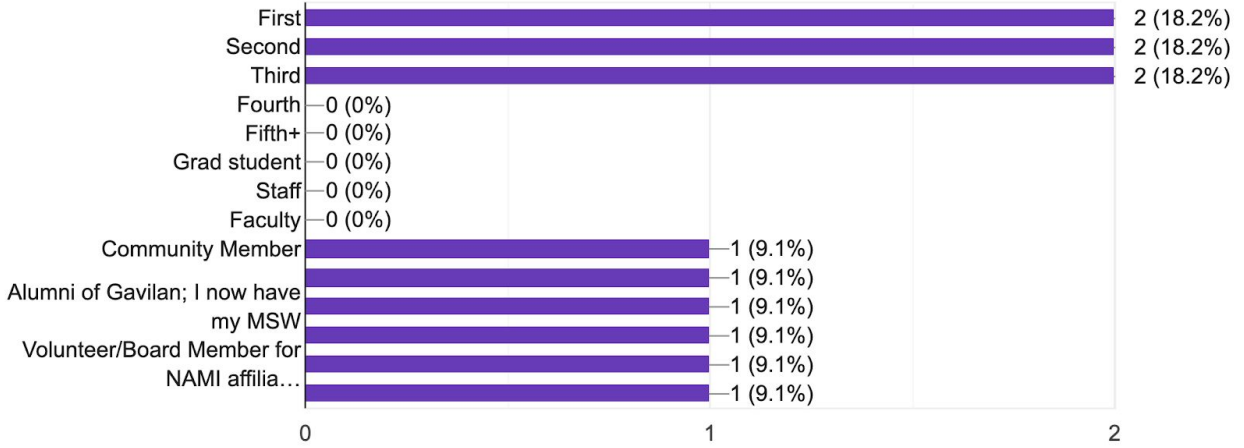## How can we improve this event in the future?
(Highlights: see raw data for full list)

Nothing everything was great (x5)
Have more panelists
More short films!
Maybe a bigger panelist and not all women, so that we get a different perspective of both sexes
Maybe more discussion and questions
It was incredible and amazing, as is. Thank you.
Comment: Beth did a great job hosting; enjoyed the Panelists. What to Improve: Include directions for How to Enter meeting. Many times, simply entering name failed to enter meeting, so only thing left for user to try is sign up for BigBlueButton, which led to a wait-for-acceptance-type confusion. Trial and error with entering name eventually won. Entering meeting doesn't have to be this technically complicated, flaky, or troublesome.

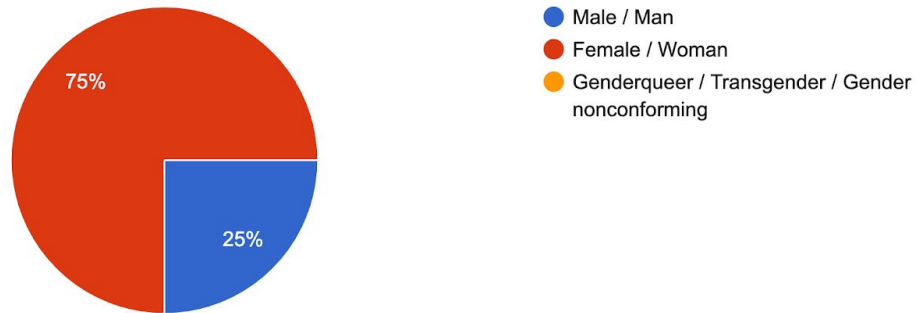| Major	
Business	2
Nursing	2
English	1
Computer Science	1
Early Childhood Education	1
Counseling	1
Graduated - Social Science, Spanish	1
Peer Support Specialist, PHD - Personal History Degree	1

Year

11 responses

First	2 (18.2%)
Second	2 (18.2%)
Third	2 (18.2%)
Fourth	0 (0%)
Fifth+	0 (0%)
Grad student	0 (0%)
Staff	0 (0%)
Faculty	0 (0%)
Community Member	1 (9.1%)
Alumni of Gavilan; I now have	1 (9.1%)
my MSW	1 (9.1%)
Volunteer/Board Member for	1 (9.1%)
NAMI affilia…	1 (9.1%)

Gender Identity

12 responses

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

75%

25%

Race / Ethnicity		
Asian / Asian-American	2	15%
Hispanic / Latinx	5	39%
White / Caucasian	3	23%
Multiracial	3	23%
Other	0	