

# Movies for Mental Health

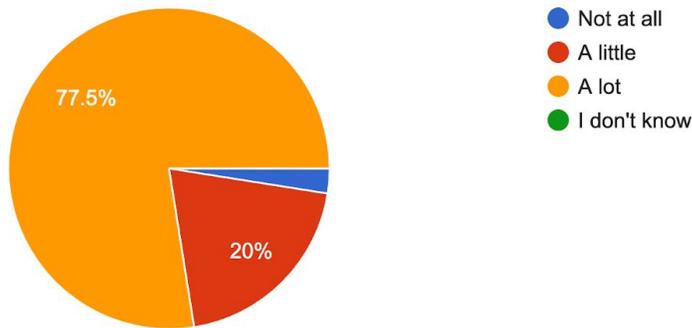
## Post-Workshop Evaluations

Irvine Valley College  
April 18, 2019

Number of attendees: 65  
Number of evaluations: 40

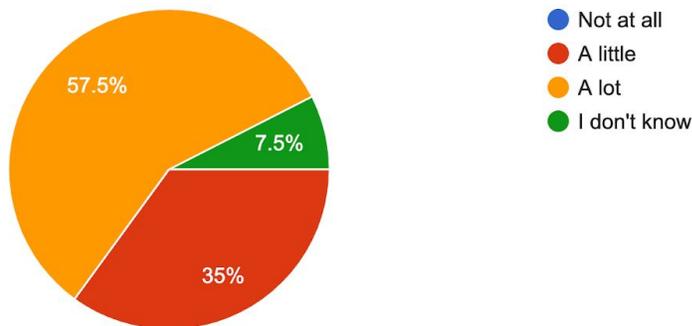
In your opinion, did this event create awareness of mental health issues?

40 responses



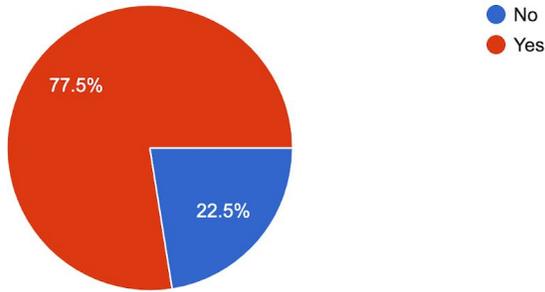
In your opinion, did this event reduce stigma related to mental illness?

40 responses



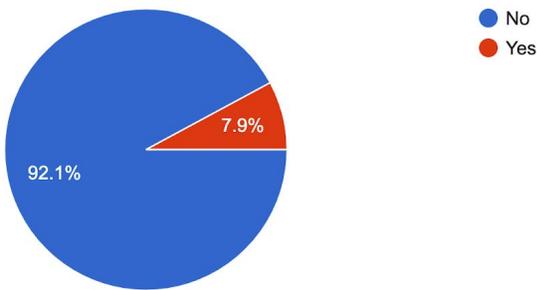
### Did you know about your school's counseling services before this event?

40 responses



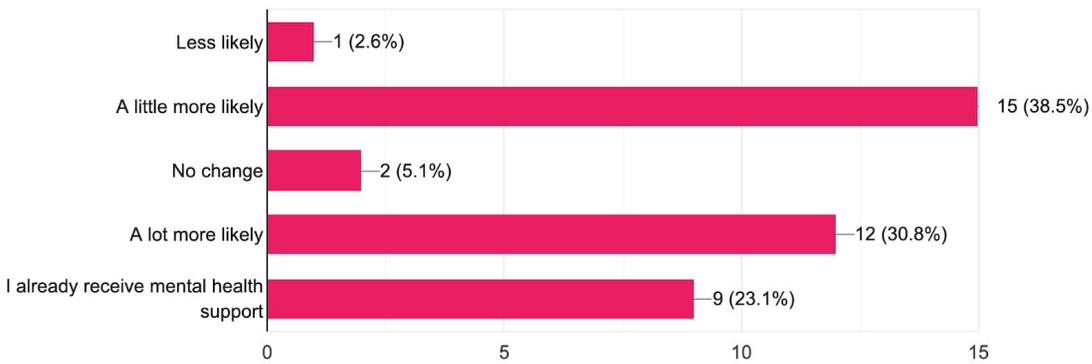
### Did you know about the Mental Health Services Act (Prop. 63) before this event?

38 responses



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

39 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	14
Off-campus MH support	12
The arts / creativity	10
Online resources	7
Traditional / spiritual	7
Professors / mentors	9
Fitness / physical activity	18
Family	13
Friends	17
Other: group	1

How did you hear about this event?	
Friend	4
Colleague	3
Counselor	4
DSPS	5
Poster / flyer	8
Email	5
Online / social media	2
Family member	5
Walked by	1
Sponsor	1
Other	6

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

Don't be shy to say what I feel.  
How everyone goes through something and how there are solutions.  
I'm not alone and there are many support resources.  
There are more free resources than I thought.  
Awareness of tools + resources  
There are more on campus and low cost community resources than I realized.  
Creativity can reduce stress.  
Admiration for students who shared their experience  
Important to treat yourself kindly, communicate earnestly.  
IVC is the best place to be!  
There's resources available and seek out help.  
I think it's better to attend this meeting to know how to be with these people.  
That we are all alike.  
A sense of community.  
I need to accept myself and take care of myself.

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

Informative for anyone who is struggling or wants to support those who are struggling.  
Helpful, informative  
IVC has an abundance of resources/support for MH  
Informative panel; interesting films  
Beneficial to self  
Informational; comforting  
insightful, helpful, uplifting  
A peaceful get-together to discuss mental health.  
Creative and supportive look at mental health  
It opens eyes.  
It can change your courage level for the better.  
Opening the boxes that housed my debilitating mental illnesses  
It was so useful.  
A good network to have for support.  
A mental health event that helps you if you are struggling.

## How might you use what you learned today?

(Highlights: see raw data for full list)

Be more comfortable and open about my issues

I will refer my friend to the free therapy organizations I've learned about.

If I feel sad or anxious I know I can talk to someone.

Help my children + be more aware of their issues & concerns

Support students more

Take better care of myself and use my resources

Will use the resources

Trying to be more mindful.

Help people who are struggling.

Websites, group therapy, resources

For myself, friends, family and helping them address their illnesses too/seek resources for their health

To help people I come into contact with.

Communicating with others can benefit me with whatever's going on.

I would love to go to these off campus MH supports. OCAPICA & MSW Intern

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

(Highlights: see raw data for full list)

I don't want anyone to know what I feel.

The many steps it takes to find a therapist through insurance.

Lack of awareness of accessible resources.

Time and wanting to do more activities or discover more interesting things.

Stigma

I learned from my students it's culture/belief systems

Knowing the services exist, but finding fit.

Pride

Stigma from family, difficulty finding a therapist

Anxiety/fear to disappoint others

Sometimes we don't recognize we have mental problems.

Time and money are prohibitive.

Stress

Trusting new people.

Myself

Not fully opening up and being fully judged on areas of mental health

Shame & Acceptance

## How can we improve this event in the future?

By give good advice to other persons  
 I think schedule it in the weekend.  
 Play group games and get audience involved  
 More promotion throughout school, and advertising of mental health resources on the flyers.  
 By doing it multiple times in one week so everyone could come and use.  
 I would have been more comfortable talking without the microphone.  
 It was good the way it was. (x8)  
 Make it more aware and known  
 You did fantastic  
 Get a male panelist too.  
 French fries  
 Warmer room  
 Showing more films.  
 Lay groundwork/general information for mental illness.  
 More logistical with it  
 Have none  
 more emails, more awareness, more panel talks and programs  
 Really enjoyed the group dialogue and more time for strategies/ways others cope/deal w/ their situations  
 Explain with more details can help up to help these people.  
 Have individual parts or parts when coming in instead of paper b/c pollution.  
 Provide more events like this.

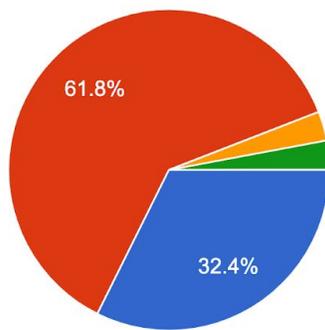
### Major

Accounting	<b>1</b>
Aerospace	<b>1</b>
Animation	<b>1</b>
Art	<b>1</b>
Art   Journalism	<b>1</b>
Biology	<b>3</b>
BioMedEngineering	<b>1</b>
Business	<b>1</b>

Communications	1
Computer	1
Criminology	1
Economics	1
History	1
Kinesiology	1
Math   Music	1
Multiple	1
Nursing	1
Physical Therapy	1
Psych	5

### Gender Identity

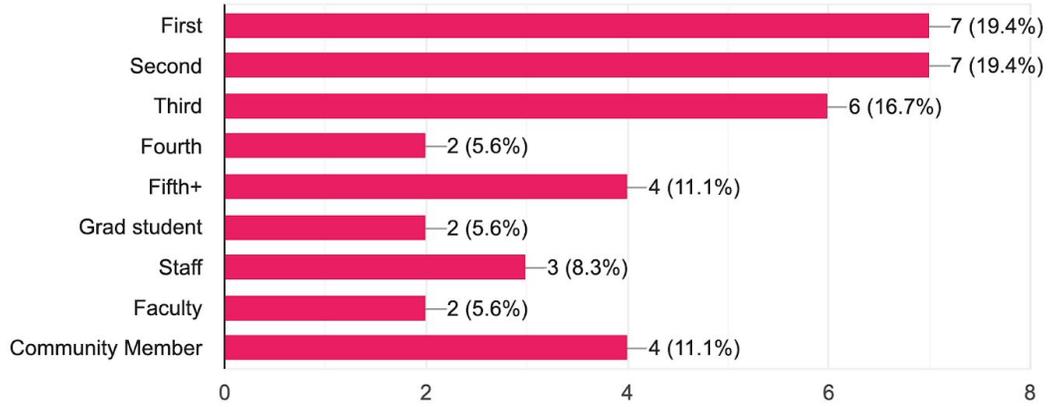
34 responses



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

## Year

36 responses



Race / Ethnicity		
Asian / Asian American	<b>6</b>	<b>16%</b>
Black / African / African-American	<b>2</b>	<b>5%</b>
Hispanic / Latinx	<b>3</b>	<b>8%</b>
Middle Eastern	<b>7</b>	<b>19%</b>
White / Caucasian	<b>15</b>	<b>41%</b>
Multiracial	<b>4</b>	<b>11%</b>