

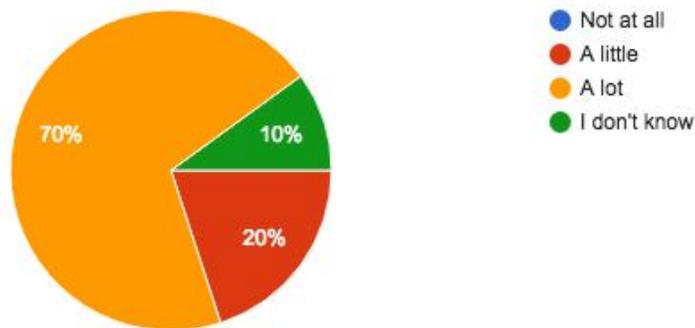
Movies for Mental Health Jefferson Community College - AFTERNOON

May 4, 2018

n=10 (~25 total attendees)

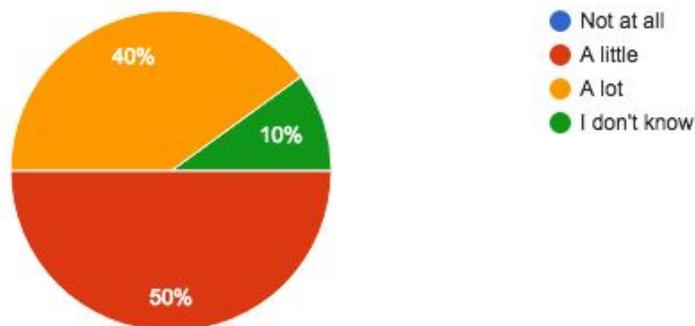
In your opinion, did this event create awareness of mental health issues?

10 responses



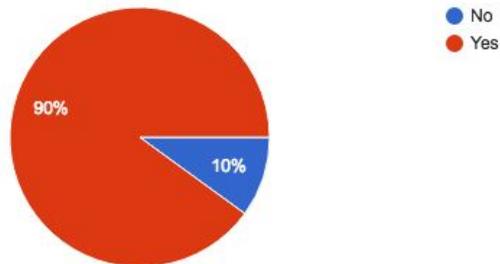
In your opinion, did this event reduce stigma related to mental illness?

10 responses



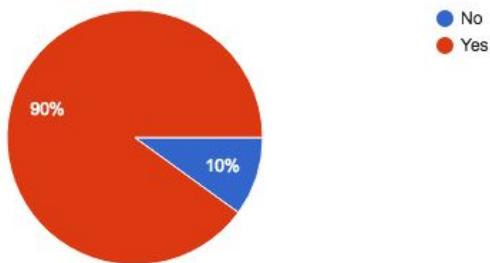
Did you know about your school's counseling services before this event?

10 responses



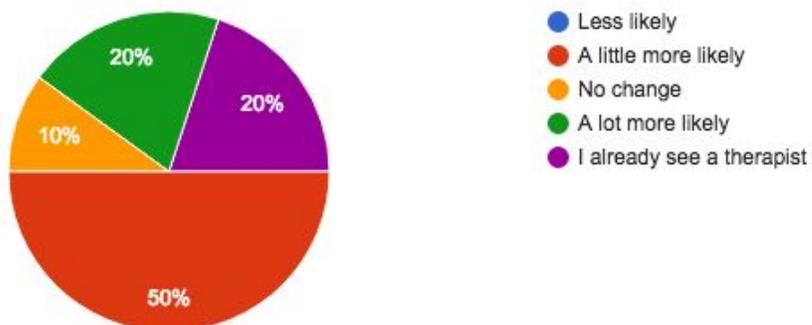
Did you know about Prop 63 / the community-based mental health resources before this event?

10 responses



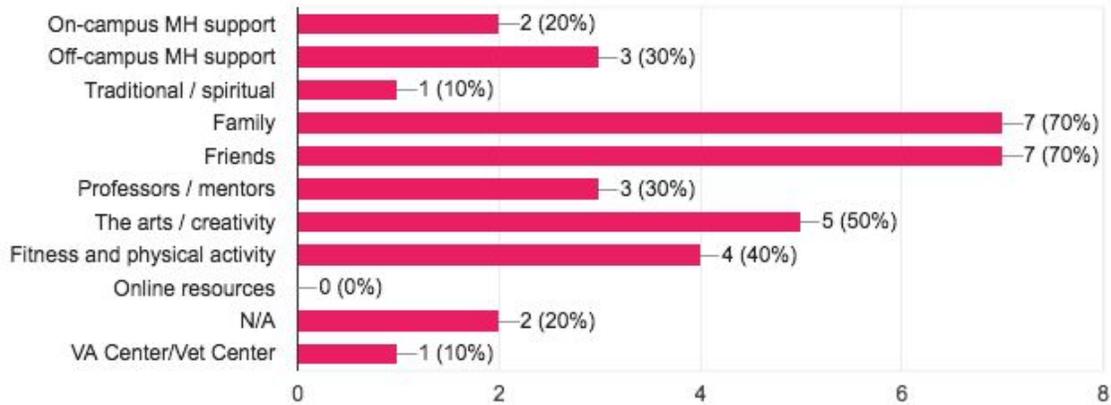
After this event, are you more or less likely to seek support for your mental health?

10 responses



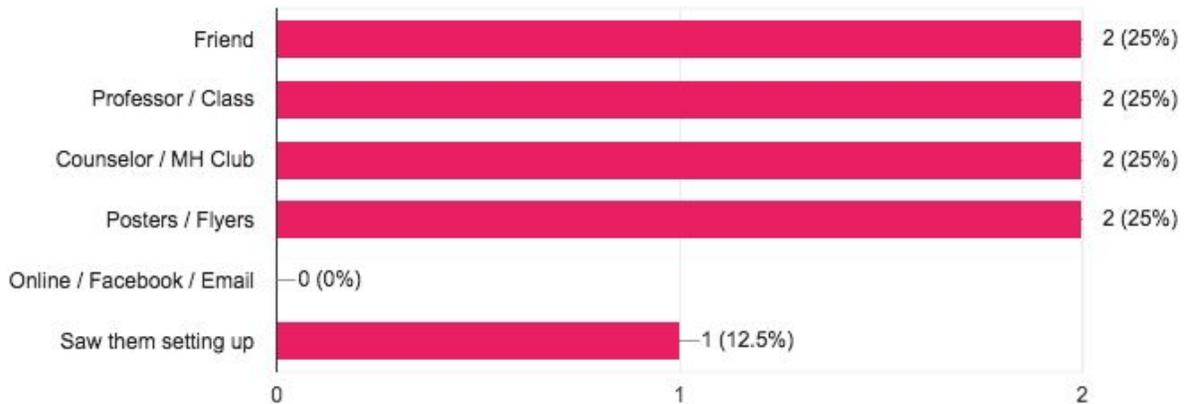
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

8 responses



What was your main takeaway?

- Stigma awareness
- Don't be worried about what others think
- Help not hurt
- I don't know
- I don't know
- You are not alone in your mental illness

How would you describe this event to a friend?

- That it was very helpful in understanding the stigma of mental health and how it affects them and the people around them
- Very inspiring and informational to mental health and the stigma behind it
- Poster/internet
- Educational
- Eye-opening
- It helps you
- Powerful
- Be open-minded going in on what you already know about mental health

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

- Stigma
- Others' opinion of me
- N/A
- Scared to talk to someone about how I'm feeling
- I don't know
- "I am a man I'm tough and I don't need help" mentality
- Being afraid of judgment, not having extra outside support

How can we improve this event in the future?

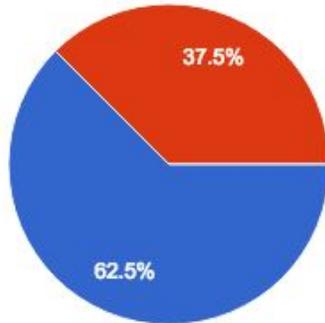
- Advertise the event
- N/A
- I don't know
- N/A
- No changes. Was very well done.

Major?

- Psychology - 2
- Individual Studies
- Liberal Arts
- Humanities and Psychology
- Human Services
- Early Childhood
- Wildlife Preservation
- Allied Health Math/Science

Year

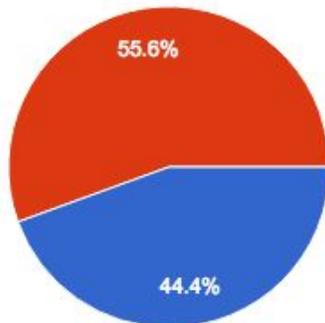
8 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

Sex/Gender

9 responses



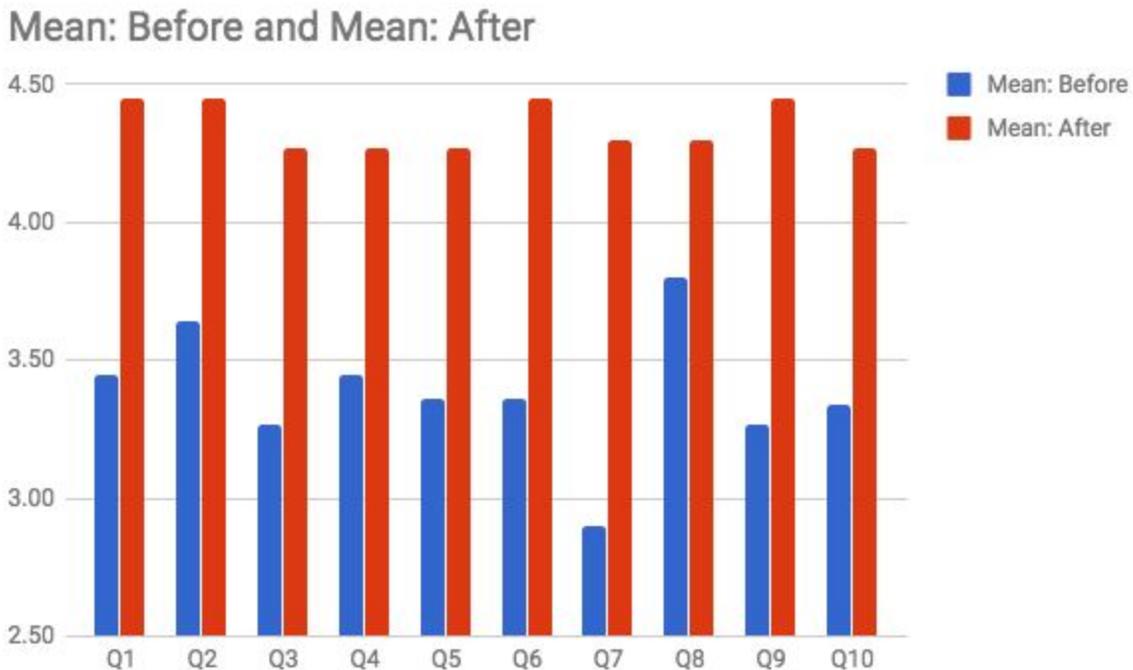
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Multi-Racial
0	5	0	4
0%	56%	0%	44%

Before / After Surveys

Students were asked to agree or disagree with the following statements on a scale of 1 (not at all) to 5 (absolutely). They did so before the workshop, and immediately after. The chart below demonstrates the average ratings students gave for each question, comparing their ratings before the workshop to their ratings after the workshop.



Q1: I would feel confident describing what "mental health" is to another person.

Q2: I have an understanding of what it might be like to live with a mental illness.

Q3: I know how to look for and identify signs that I or someone else might need mental health support.

Q4: I can name specific reasons why someone would choose to not get mental health support when they need it.

Q5: I can give examples of how mass media and popular culture influence the way people think about mental health.

Q6: I can explain what stigma is, and how it relates to mental health.

Q7: I know of at least one specific on-campus mental health resource available to me.

Q8: I know of at least one specific community / off-campus mental health resource available to me.

Q9: I know of specific ways that the arts and creativity can raise awareness about mental health issues.

Q10: I am likely to reach out for support for my mental health if / when I need it.

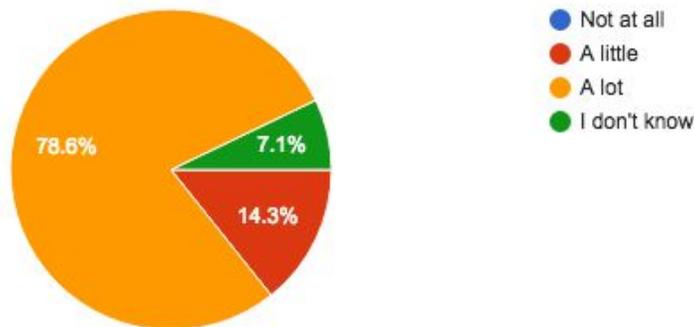
Jefferson Community College - EVENING

May 4, 2018

n=14 (~25 total attendees)

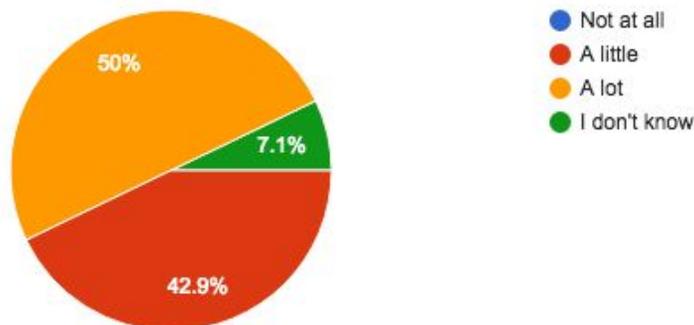
In your opinion, did this event create awareness of mental health issues?

14 responses



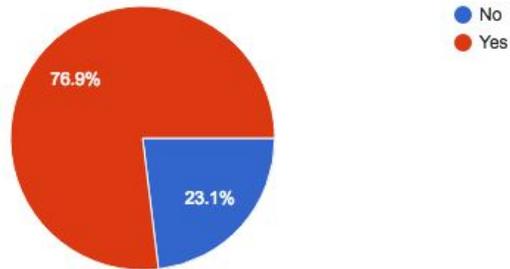
In your opinion, did this event reduce stigma related to mental illness?

14 responses



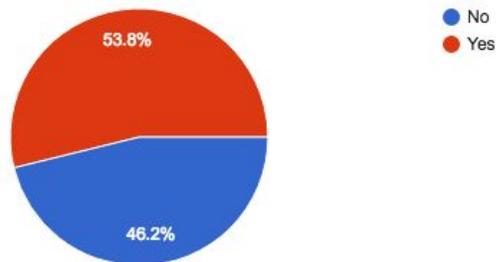
Did you know about your school's counseling services before this event?

13 responses



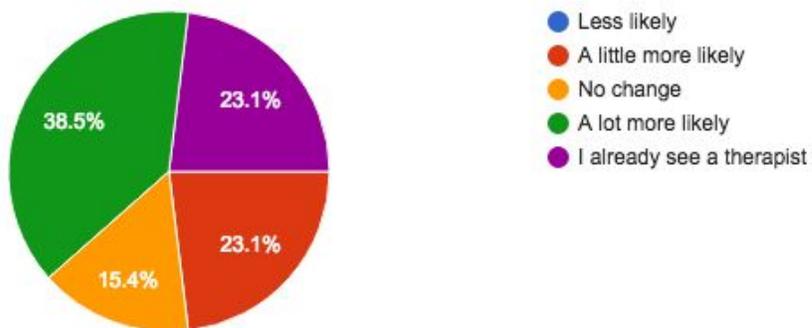
Did you know about Prop 63 / the community-based mental health resources before this event?

13 responses



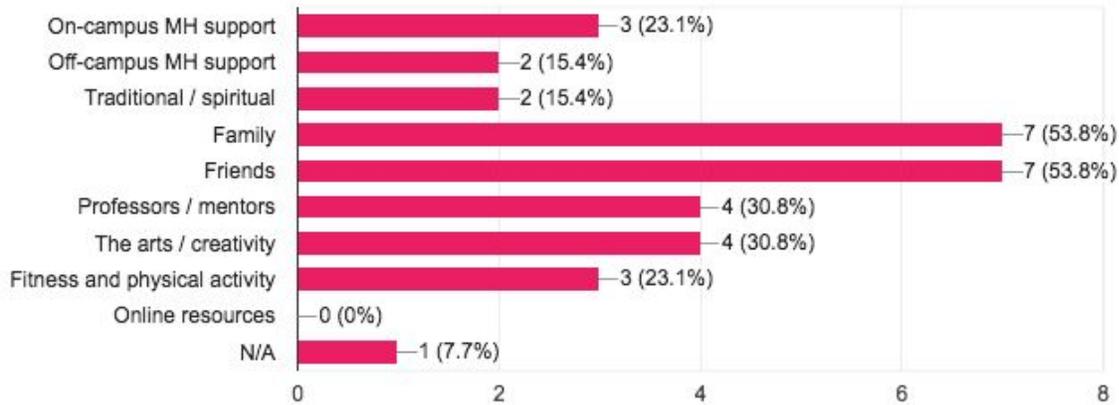
After this event, are you more or less likely to seek support for your mental health?

13 responses



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

13 responses



How did you hear about this event?

11 responses



What was your main takeaway?

- How important it is to discuss mental health AND mental wellness
- It's stigma
- Mental illness is real and people are actually dealing with it
- Be kind to all
- Even if you feel alone, there IS help. I need to realize getting help isn't a bad thing. I'm not weak as much as I've been told. Not being okay, is okay
- Lots of people have similar problems

- Communication
- Mental illnesses are going undiagnosed a lot of the time
- The videos

How would you describe this event to a friend?

- It's helpful
- Very inspiring and insightful
- Over-powering
- Relaxing and understanding
- Informative and casual
- Powerful. Could be life changing
- Informative
- Meaningful
- I don't know
- It's helpful and relatable

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

- My family
- Classes and work
- Seeking help
- Staying positive
- My trigger is my parent, and it has ruined everything
- Stigma and time
- Acceptance
- I don't want to seem weak
- Communication

How can we improve this event in the future?

- Having more people speaking their stories
- N/A; I love how it is
- Responding more
- Attract more attention
- I think it is good as it is. Maybe find a way to get more people to come.
- More stories (longer)
- Educate and openly ask questions

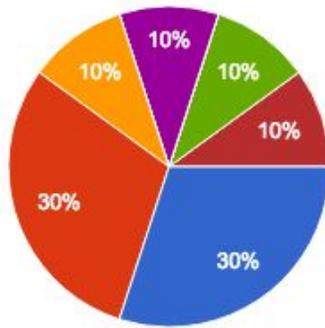
Major?

- Psychology
- Tourism
- Criminal Justice
- Accounting

- Fire Protection Technology
- Human services
- Early childhood development

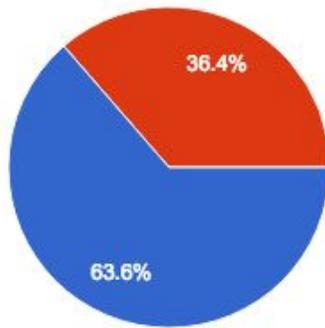
Year

10 responses



Sex/Gender

11 responses

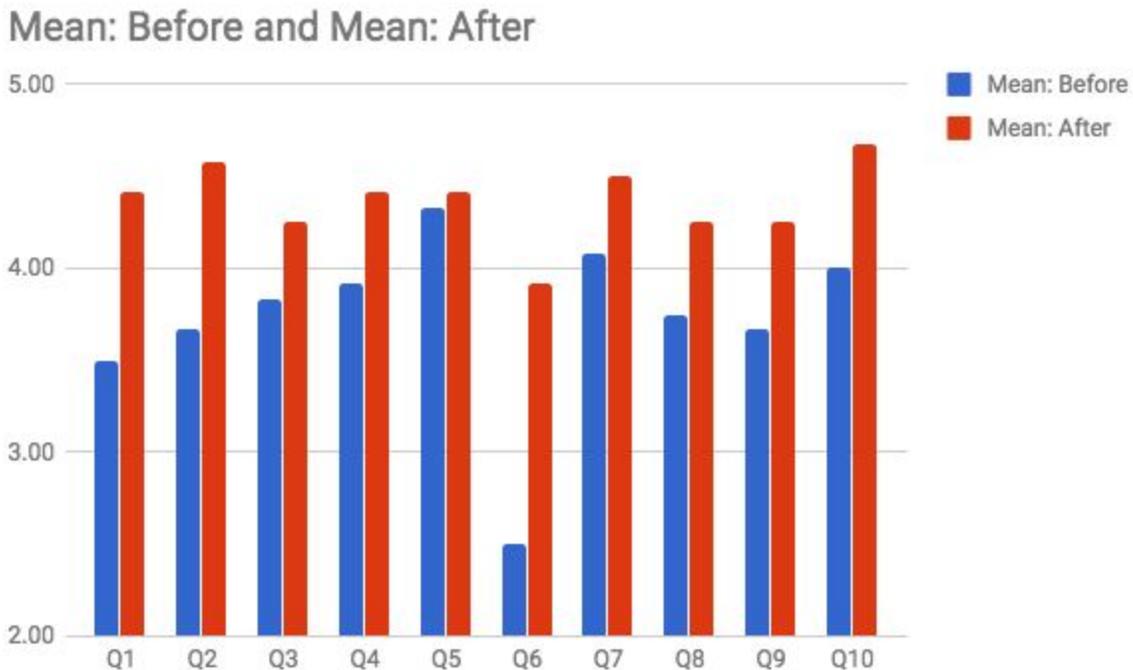


Ethnicity

Black / African American	White / Caucasian	Hispanic / Latinx	Multi-Racial
5	6	0	1
42%	50%	0%	8%

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