

Movies for Mental Health

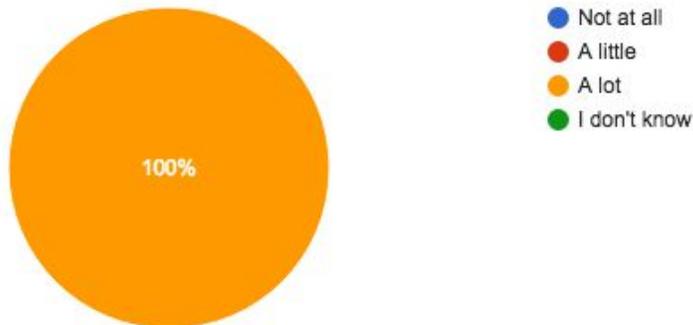
Kennebec Valley Community College

March 28, 2018

n=17 (~20 total attendees)

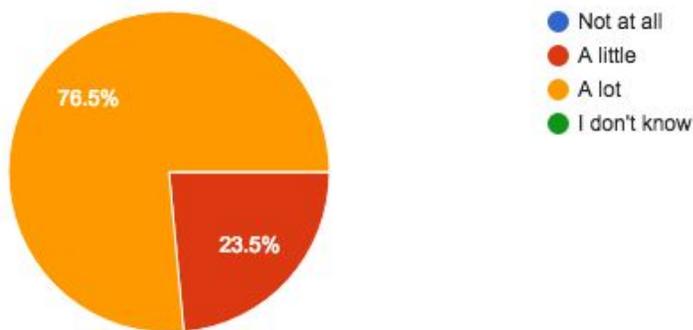
In your opinion, did this event create awareness of mental health issues?

17 responses



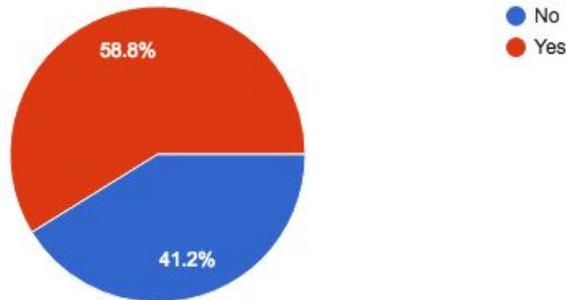
In your opinion, did this event reduce stigma related to mental illness?

17 responses



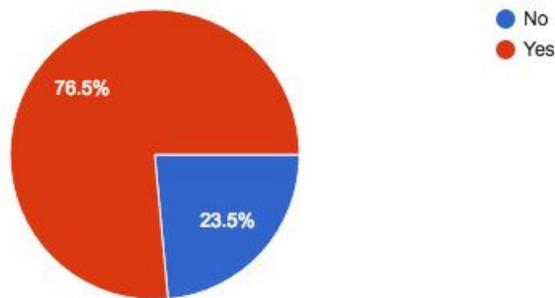
Did you know about your school's counseling services before this event?

17 responses



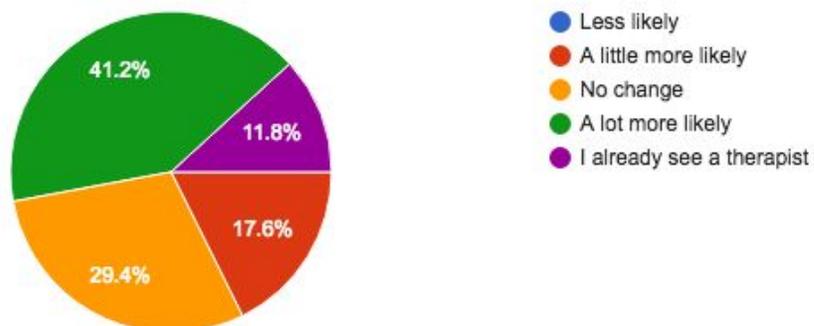
Did you know about Prop 63 / the community-based mental health resources before this event?

17 responses



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

17 responses



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

On-campus MH support	7
Off-campus MH support	5
Traditional / spiritual	5
Family	8
Friends	4
Professors / mentors	3
The arts / creativity	5
Fitness / physical activity	6
Online resources	2

How did you hear about this event?

16 responses



What was your main takeaway?

- Really appreciated the visceral effects of the films and thinking about how to share some of these films with the students I teach
- What I am doing is making a difference
- Seek help and listen
- Stigma
- Mental illness is ok to talk about
- Mental Health needs more positive attention
- Community involvement and discussions are great ways to talk about mental health
- Understanding mental illness and wellness

- Many people don't truly understand mental health
- Awareness
- I really liked the films- they illustrate what anxiety feels like
- There is help
- It helped me understand issues I have not experienced
- Diversity of people and types of issues
- Everyone's experience is different

How would you describe this event to a friend?

- Thought provoking
- An open conversation about something real
- Informative
- Excellent way to learn more about mental health/wellness
- Great way to let others get a visual of how mental illness feels
- An evening to watch movies and talk with others to get a better understanding of mental illnesses around us
- Low-key and comfortable
- It was beneficial to see how people deal with mental illness
- Talking about how useful the videos were
- A great, low-key and eye opening way to learn about mental health
- Impactful
- A great opportunity to explore mental health in a safe and supportive environment
- Casual and informative
- It dug into an area so many people want to ignore
- Creative way to discuss mental health
- A great resource and open forum to discuss mental health

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

- Time
- Time
- Work/life balance and time for me as a working mother
- Money, no insurance
- Self-care
- None
- Don't want to be labeled
- How easy and hard it is to get help
- Stigma
- Self shame
- What my family will think, and time
- Time - my schedule is so full
- Money
- Time and availability - childcare, and non-support for help at home

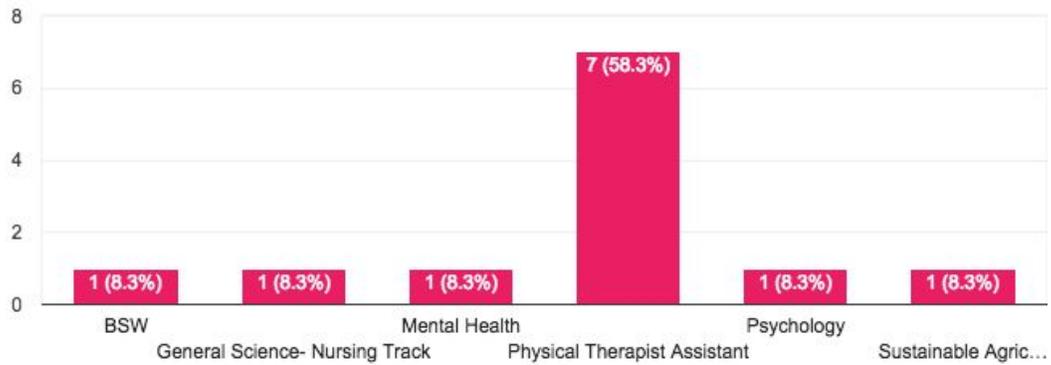
How can we improve this event in the future?

- None

- N/A
- Earlier in the day
- Include as part of classes that focus on MH
- Nothing specific. Great job!
- Involve more, different time of year

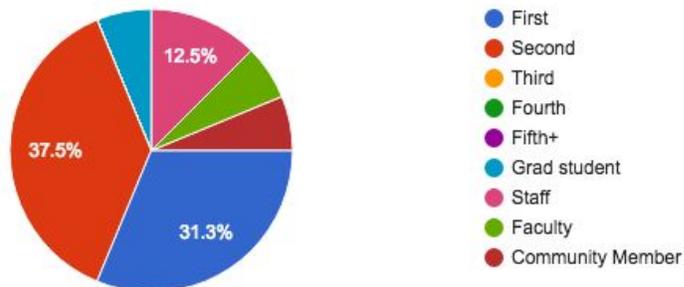
Major?

12 responses



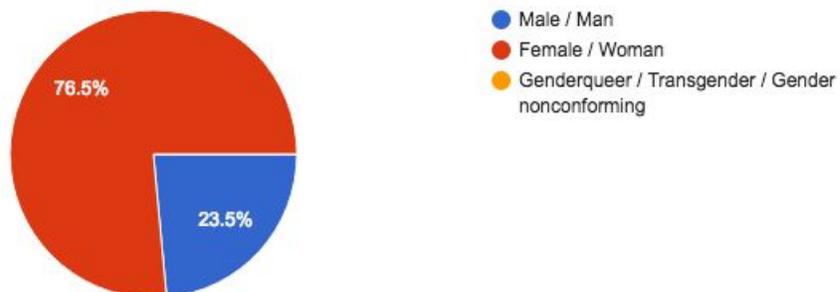
Year

16 responses



Sex/Gender

17 responses



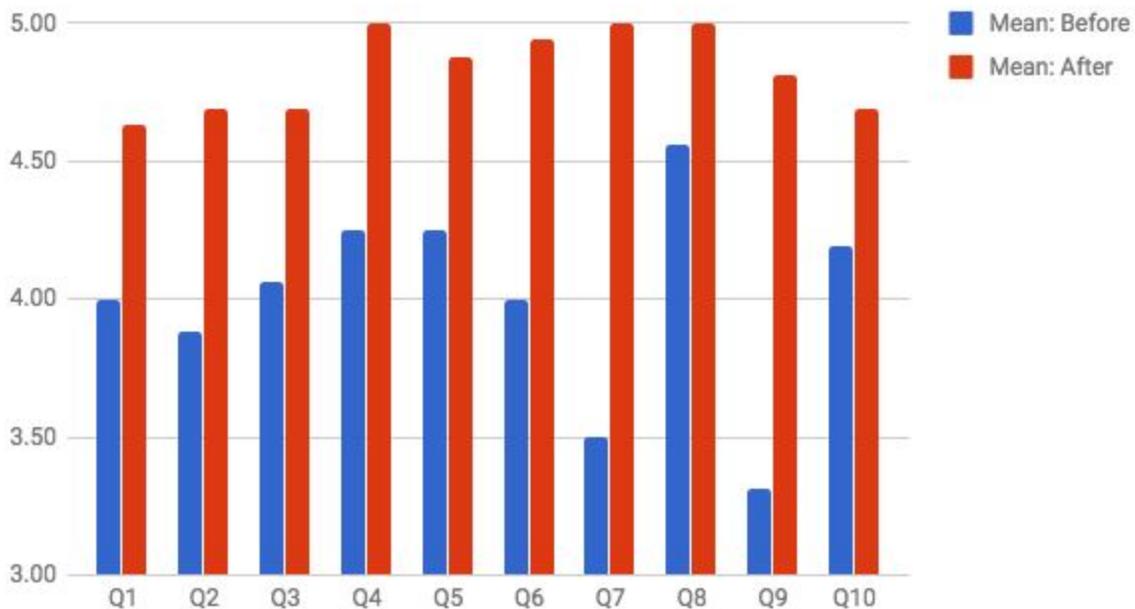
Ethnicity

Native American	White / Caucasian
1	16
6%	94%

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.

Mean: Before and Mean: After



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.