

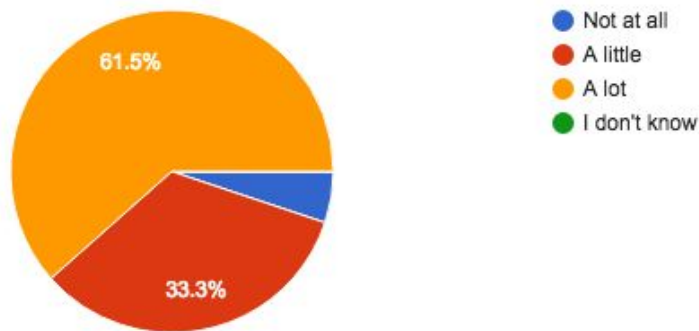
Movies for Mental Health Miami University Regionals

April 17, 2018

n=40 (~60 total attendees)

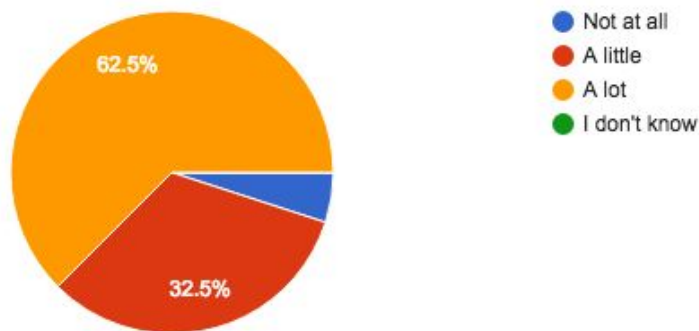
In your opinion, did this event create awareness of mental health issues?

39 responses



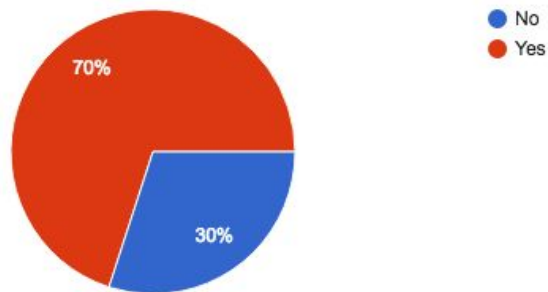
In your opinion, did this event reduce stigma related to mental illness?

40 responses



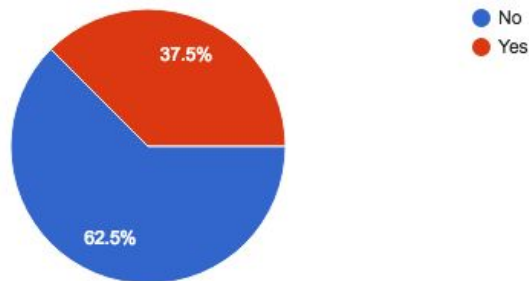
Did you know about your school's counseling services before this event?

40 responses



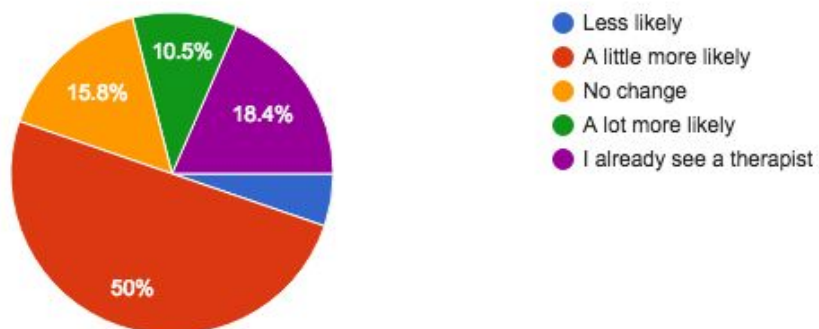
Did you know about Prop 63 / the community-based mental health resources before this event?

40 responses



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

38 responses

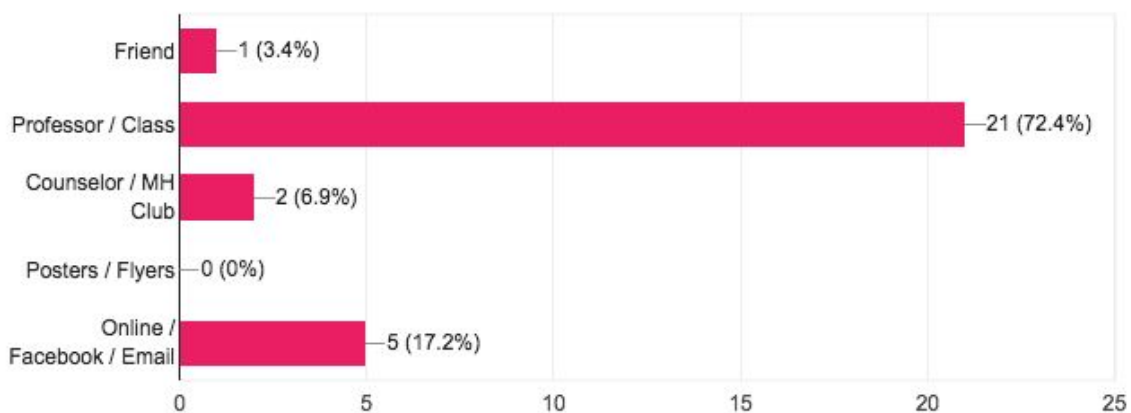


What type of mental health support do you think would be most useful to you?

| | |
|-----------------------------|----|
| On-campus MH support | 14 |
| Off-campus MH support | 3 |
| Traditional / spiritual | 3 |
| Family | 19 |
| Friends | 20 |
| Professors / mentors | 5 |
| The arts / creativity | 8 |
| Fitness / physical activity | 9 |
| Online resources | 2 |
| N/A | 2 |
| Medication | 1 |

How did you hear about this event?

29 responses



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

- We can ask for help when we are dealing with a mental illness.
- If I have something I can't deal with I have to find help from others and love myself more.
- Don't give up.
- Say the truth.
- People need to recognize their mental health.
- Perfect.
- How to relax.
- I learned a lot about mental health and how to get help.
- I think it let me understand life and everything.
- Information about mental health.
- Never lose hope.
- Receive yourself. Be honest with your emotions.
- Good event.
- Different "views" into mental health.
- Breaking down stigmas.

How would you describe this event to a friend? (Highlights - see raw data for full list)

- This is very important for your health. Please pay attention.
- That's a meaningful event to have knowledge about mental health.
- That it's a useful and beautiful event for your mental health.
- Give an example for my friend or let her watch the movie about mental illness in real life.
- It's a very useful event.
- All my friends should visit this event.
- Hope. Don't give up.
- It's a great explanation and has many great things.
- Funny and useful
- Great event to learn knowledge about mental health.
- An important conversation.
- Fantastic
- A good activity to hear more about how to know yourself.
- Great, meaningful, not too heavy
- The videos show different ways mental health impacts people's lives and you discuss options for help.

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

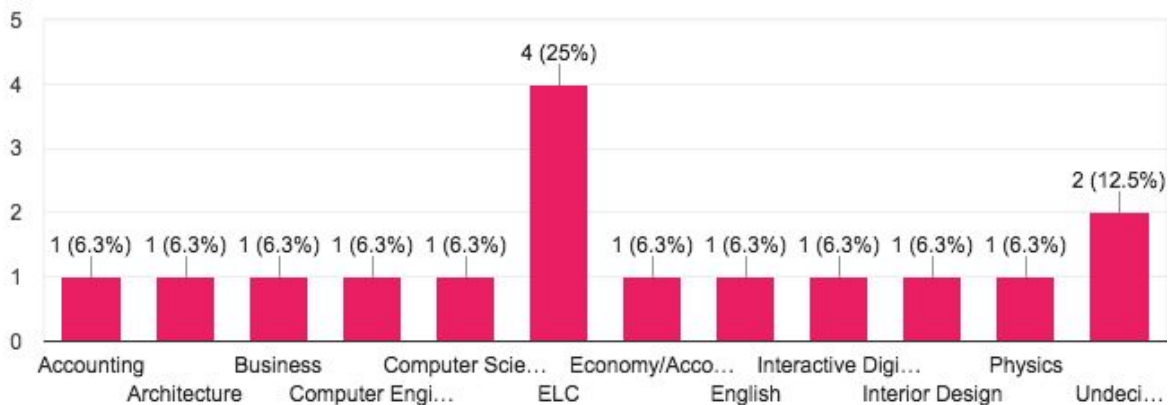
- Introvert
- I
- Language not understanding
- No information
- Family
- Information

How can we improve this event in the future?

- Go to more university, go to public place like park and hospital.
- Do it again
- Maybe some professional knowledge about some methods to decrease daily stress.
- Give more movies.
- I think it is good.
- Do it again
- Movies need more longer and clearer words.
- More films or stories
- Everything was okay.
- Society
- Make people observe this event.
- Nothing this process is perfect.
- Give more chance for people to speak
- Add more films
- More communication with students
- He is good.
- Reduce the times ask questions. People who have mental health problem don't want to talk too much.
- It's already solved.
- The words on the screen are too small.
- Learn more from others.
- More videos about real examples
- Learn more knowledge
- You guys did great job.
- Give more details about illness healing
- Explain the difference between thoughts/feelings more.

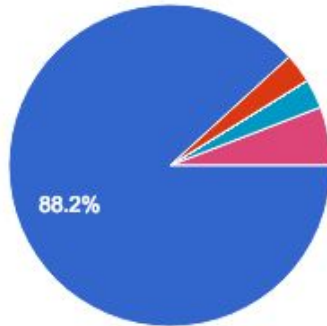
Major?

16 responses



Year

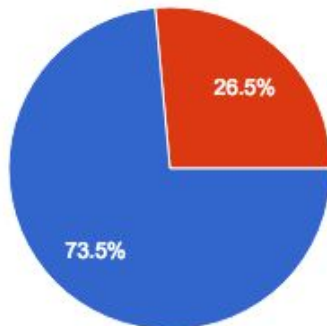
34 responses



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

Sex/Gender

34 responses



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

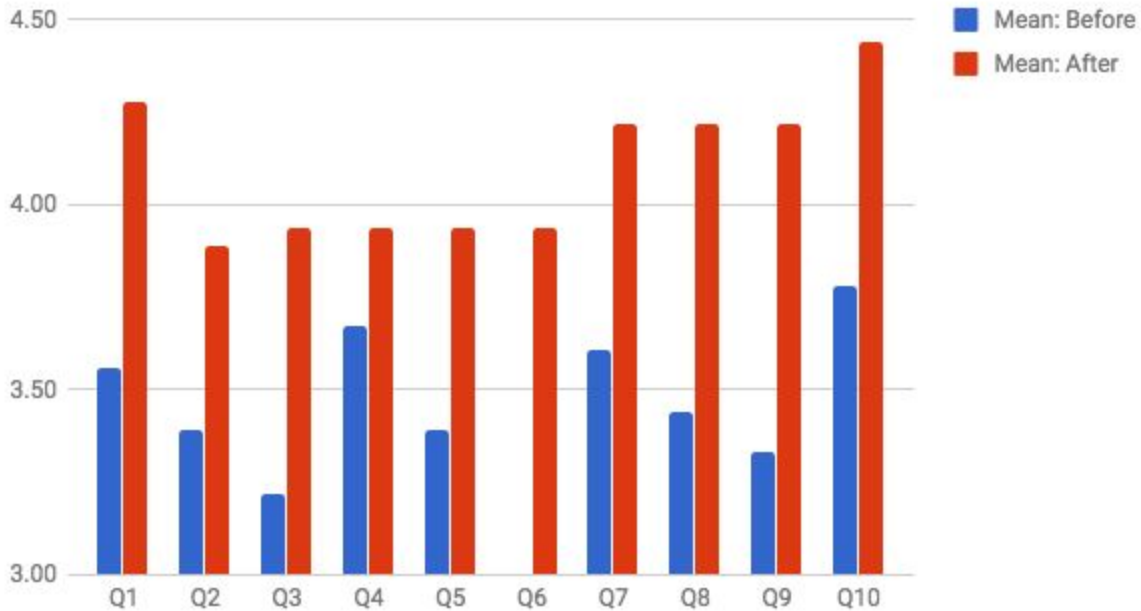
Ethnicity

| Asian / Asian American | White / Caucasian | Hispanic / Latinx | Middle Eastern / Iraq |
|------------------------|-------------------|-------------------|-----------------------|
| 30 | 3 | 1 | 1 |
| 85% | 9% | 3% | 3% |

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.