

Movies for Mental Health (Online)

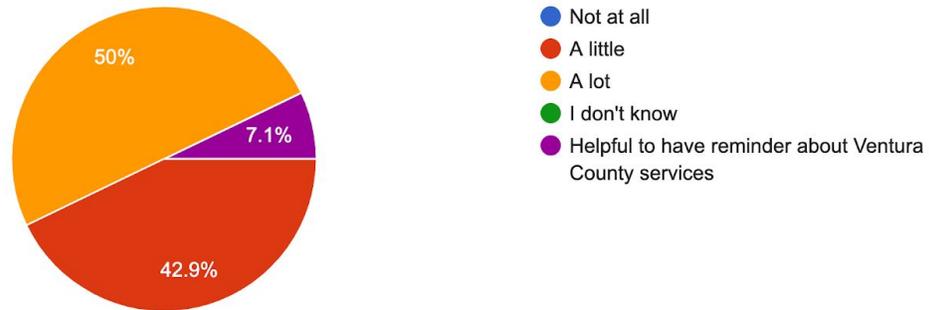
Post-Workshop Evaluations

Moorpark College
May 6, 2020

Number of attendees: 37
Number of evaluations: 14

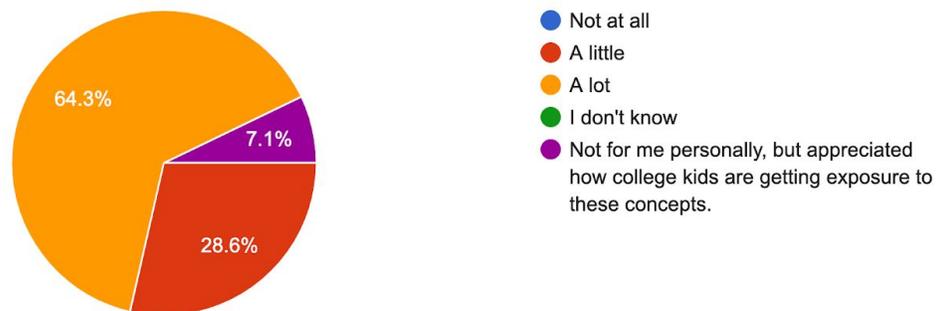
In your opinion, did this workshop increase your awareness of mental health issues?

14 responses



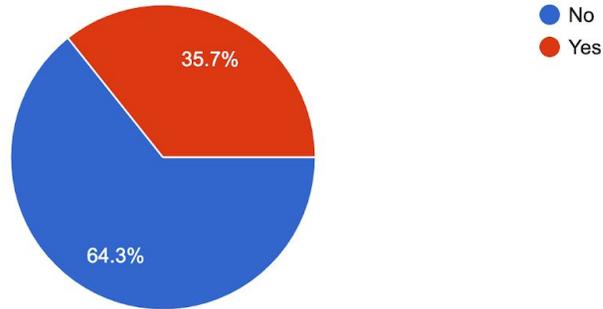
In your opinion, did this workshop help you confront and address stigma related to mental illness?

14 responses



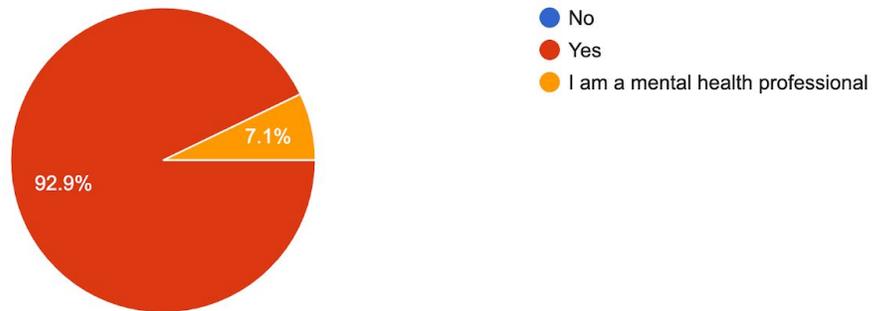
Did you know about the the Mental Health Services Act before this event?

14 responses



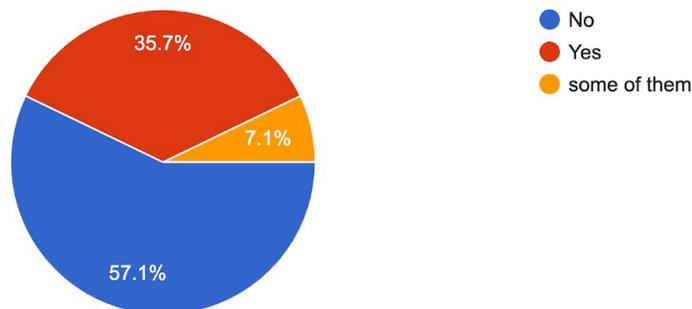
Did you know about your school's counseling services before this event?

14 responses



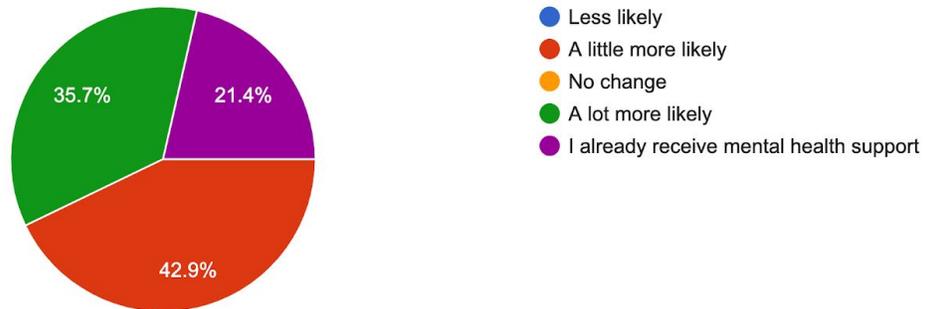
Did you know about the community resources before this event?

14 responses



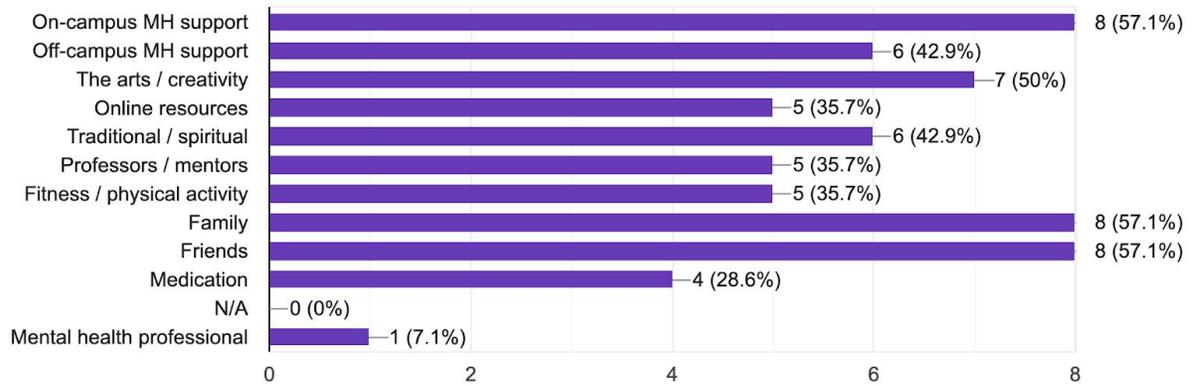
After this event, are you more or less likely to seek support for your mental health?

14 responses



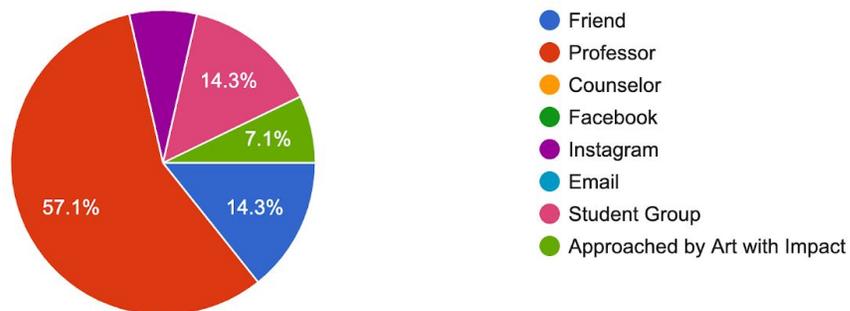
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



What was your main takeaway?

Seeing how the younger generation is engaging in mental health awareness
 A reminder to listen to my inner child, and remember to be kind to myself
 STRESS
 That we need to reduce the stigma but also celebrate the acceptance that eventually comes with a traumatic event
 Healthy reminders that there are people who are there to support and help people suffering and families. It's about getting the resources out there and this was a great step in that direction!!!
 All the different coping/self-care/wellness checks to help were
 I need to have more self-love
 Surprised how ubiquitous mental health issues are now
 Destigmatizing mental health issues and increasing awareness about mental health
 Understanding more of my own internal stigmas
 The movies
 Mental health coping and exposure through art

If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

Appropriate for college students! Kind and compassionate panel!
 Inclusive and uplifting
 HELP HEALING
 A way to watch movies that put together some emotional thoughts that are hard to describe with words
 Informative and encouraging (x2)
 Enlightening
 Engaging, informative, interactive, and inspirational (x2)
 Powerful, eye-opening, relatable (x3)
 Hopeful for yourself
 Very inspiring

How might you use what you learned today?

Connected me to the importance of watching films from a psychological perspective
 I plan on utilizing some of the apps and services that were recommended
 RELAX EXERCISE
 I want to go into school psychology so I will use this as a spring board to start the conversation that I will be having for the rest of my life :)
 Passing along info to friends who need it. Using the info for myself. Starting a discussion
 To advocate to others who may be struggling
 Checking in with myself more often and making sure I am taking care of myself in my day-to-day life
 Try to be more positive
 Will use the breathing exercises, especially the "rainbow"
 Increase awareness about mental health and serve as a mental health advocate in my local community
 I liked some of the thoughts/self-talk used in the last video and want to implement that into my own life
 To accept everything
 Increase empathy
 Seek help

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

(Highlights: see raw data for full list)

Currently in therapy/analysis
Insurance/ finances, and fear of judgment.
The stigma behind it but also thinking that I don't need them because I do not have a clinical diagnosis
Lack of available psychiatrists recently
Being afraid of judgement
Stress , outside pressures, loss of control
Specific referral
Cultural stigma
Anxiety, fear of vulnerability
Time, feeling like I can do it on my own
Fear of family's views (x2)

How can we improve this event in the future?

Discussion of mental health themes in each film in more depth re: potential diagnosis, inner dialogue, conflicting affects, specific cultural implications, and adding a psycho-education piece
I think more people need to hear about it!
Not something you guys could have changed. Great job, really enjoyed this format of films, and discussions
Fix technical issues
More group work
Not sure
Publicize online and promote the event on a wider scale
Explaining more about the discussion aspect of the workshop, I was feeling a lot of anxiety cause I wasn't sure if I would need to be seen or heard. This workshop helped walk us through it and explain everything once we were here and I think more explanation beforehand. I know I also definitely could've looked into it more online and through the website.
Share it with everyone on a email list
It's great as is
Very good!

What was your experience like in the breakout room?

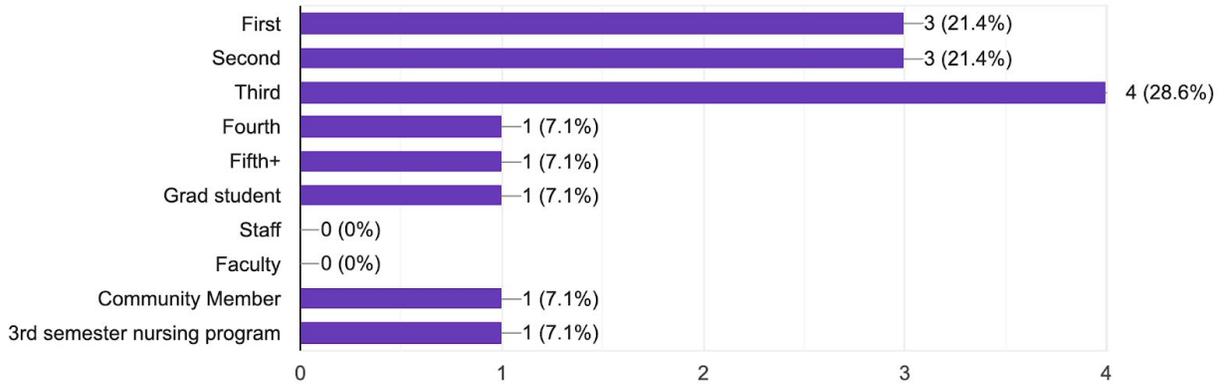
(Highlights: see raw data for full list)

No- two people dominated (x2)
Yes, although we could have used a few more minutes as our discussion got cut off (x3)
NO / Did not participate (x3)
Yes! We found something relatable to discuss and I felt really connected to them, even though it was a short time
The audio was not working for everyone, so not really (x2)
Not as much, however, I appreciate the interactive portion being offered
Yes, I was really lucky to have one of the guest psychologists in my breakout room, it was neat to connect with them

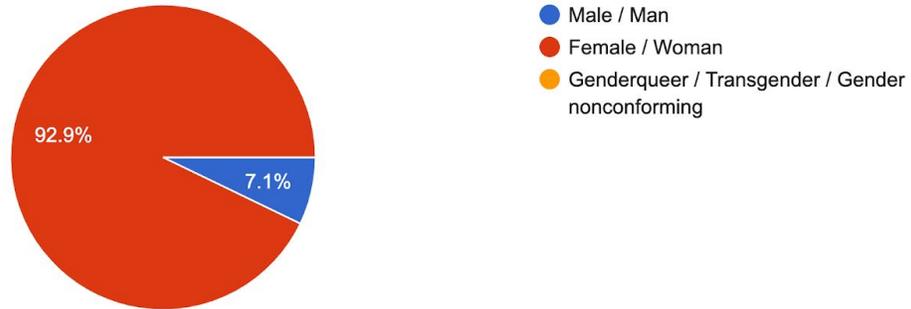
Major	
Nursing / RN	3
Sociology	1
Multimedia	1
Child Development	2
Political Science	1
Engineering	1
Business	1
College Counseling	1
Psychology	2

Year

14 responses



Gender Identity
14 responses



Race / Ethnicity		
Asian / Asian-American	2	14%
Black / African / African-American	0	
Hispanic / Latinx	3	21%
Indian / South Asian	0	
Middle Eastern	1	7%
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	7	50%
Multiracial	1	7%
Other	0	