

Movies for Mental Health

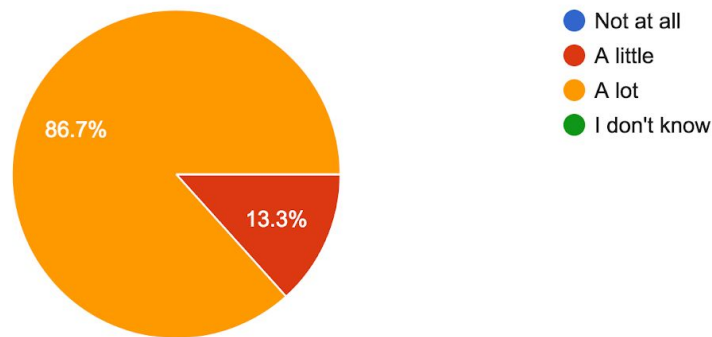
Post-Workshop Evaluations

Orange Coast College
February 7, 2019

Number of attendees: #175
Number of evaluations: #30

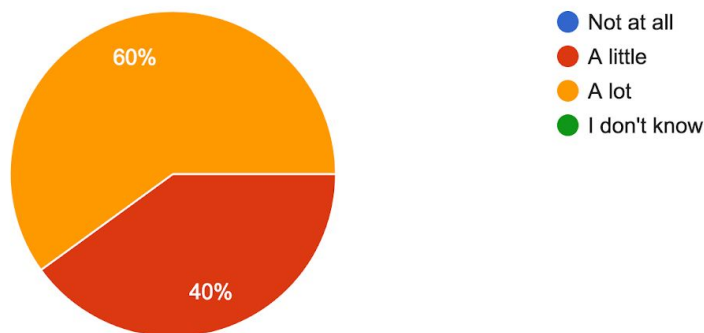
In your opinion, did this event create awareness of mental health issues?

30 responses



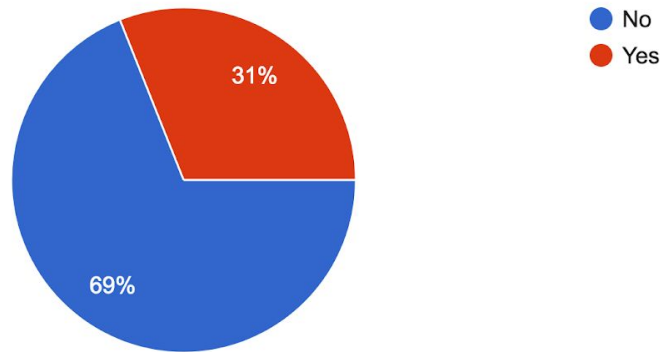
In your opinion, did this event reduce stigma related to mental illness?

30 responses



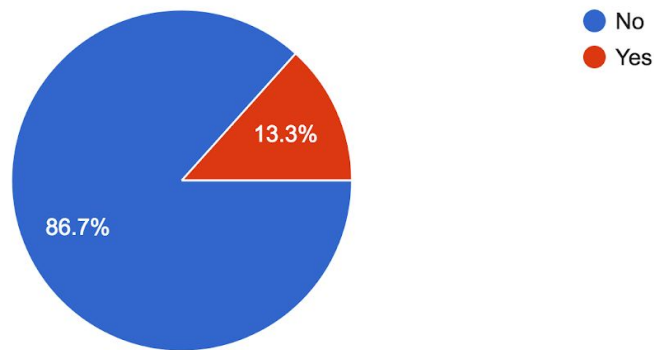
Did you know about your school's counseling services before this event?

29 responses



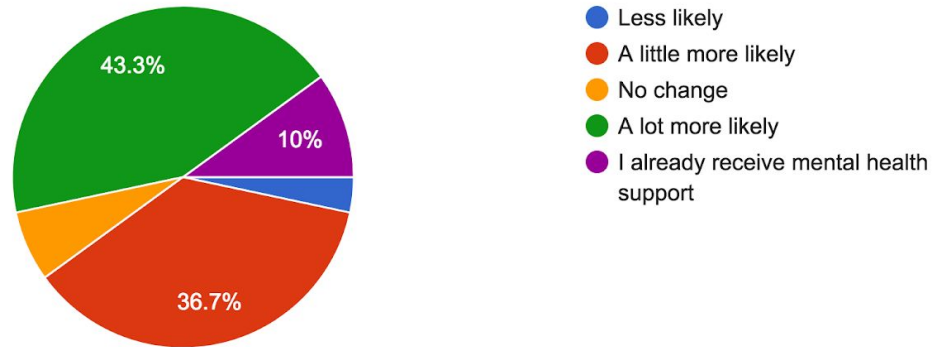
Did you know about the Mental Health Services Act (Prop. 63) before this event?

30 responses



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

30 responses



****89% of attendees, who are not already receiving mental health support, are more likely to see mental health support after this event.***

What type of mental health support do you think would be most useful to you?	
On-campus MH support	17
Off-campus MH support	5
Traditional / spiritual	6
Family	10
Friends	14
Professors / mentors	5
The arts / creativity	14
Fitness / physical activity	19
Online resources	4
N/A	3

How did you hear about this event?	
Friend / Word of Mouth	1
Professor / Class	24
Counselor / MH Club	0
Online / Facebook / Email	1
Posters / Flyers	3
Other	1

What was your main takeaway?
<ul style="list-style-type: none"> ● Need to bring awareness ● The videos ● There's a lot of resources in this community. It was nice to see students opening up about their mental health and have "aha" moments. ● That help is there. ● To have a purpose of living. ● Services at campus. ● Seeing my peer confident. ● There are ways that mental health can effect one. ● I didn't know how common people struggle w/ the same problems. ● Learn about other people. ● I'm not alone. ● Compassion & Mercy. ● Maintaining & seeking assistance w/ your mental health is important and never something to be ashamed of. ● The large amount of OCC health services. ● Helpful workshop that helps spread awareness. ● There are many resources/outlets to share mental health. ● You are never alone. ● Don't be afraid, just do it. ● More mental health resources than I was aware of.

If you were telling a friend about this workshop, you would describe it as:
<ul style="list-style-type: none"> ● Motivation ● Awareness ● Learning expo ● Mental health ● Important Help

- Informative for resources in community, inspirational videos.
- Comprehensive information
- Inspiring and amazing
- Efficient
- A informative event
- Valuable - informative
- Awareness + resources for mental health.
- Helpful
- Good to know
- Knowledgeable
- A good workshop, better than you expect
- Educational. There are many resources on campus.
- Eye Opening
- Good, but lacking in what I believe to be critical information, faith in God.
- Effective and Clear
- Impactful
- Informative - esp. regarding available resources
- Fascinating speeches that educate on mental illness.
- Healing and education
- Eye opening. The videos really made me think in ways I haven't before.
- Mental health event. Try to help other[s]
- Informative, organized, helpful
- Helpful
- Beneficial for a better understanding of MH

How might you use what you learned today?

- To find help & talk
- To help others
- To help others
- Might seek therapy in the future
- To recommend it to friends and family
- Interested in film making tips that ARI provides.
- Refer friends
- Happiness, gave me motivation
- Recommendation
- More therapy
- Spread the word
- Resources on campus.
- Made me more strong
- Be a good listener
- I'll keep in my mind everyday.
- Seek counseling.
- Able to open up more
- Ask more questions of people who I believe may be anxious/depressed.

- For my mental health, I'll do more exercise, try to step away from daily Routine, and have time for personal.
- Check out the panelists' organizations.
- I will pass this on to the women I work with.
- This event helped to remind me of passions that help me get by.
- I will never be afraid to get help.
- Take advantage of the resources and volunteer opportunities.
- Good
- Resources for mental health for myself/others
- Transition to action
- To help inform others

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

- Knowing where to go
- Don't think it would work
- Be confidential
- Money and time
- \$
- In denial, embarrassing
- Self image, social Q's
- Talking about it
- Being judged for it.
- Do not know "I am one"
- Inconvenience?
- Finances
- Fear
- Concerns regarding privacy
- I don't really have current issues.
- Transportation
- Probably the fear of concerning/hurting my family.
- My own self-confidence/not being "brave" enough to ask for help.
- Self-doubt, depression, fatigue
- Financial; Confidential Information
- The Latinx background I grew up in.

How can we improve this event in the future?

- More student speakers
- Too long
- Put the word out more
- Want to learn more about Art With Impact
- Have discussion after films

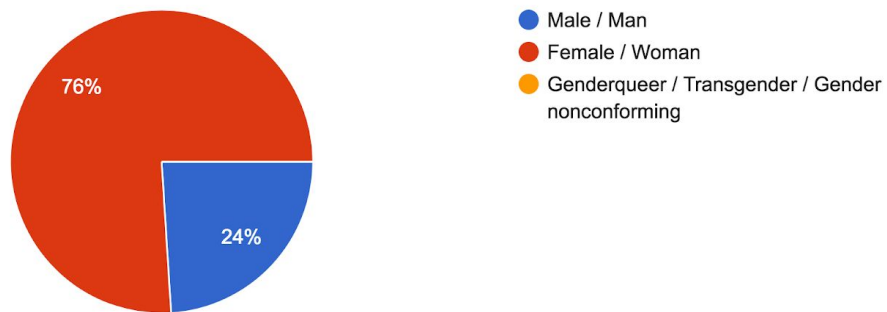
- It was perfect
- It is only shown one time, please how it more often
- More student panelists
- More chairs.
- Less Time
- Doing great for now
- No improvement needed
- Bigger room would be great.
- Larger room/theatre
- Advertise it more throughout the school campus.
- I didn't think the large amount of feedback given after each film or the talking to your neighbor was helpful.
- It was fine as is.
- Make it larger and involve more students.
- More advertisement. If I didn't hear it from my professor I never would have known!
- A map to location on campus flyer.
- A larger space

Major	
Allied Health	4
DMS	3
Psychology	2
Ultrasound	1
PSG	1
Communication	1
Biology	1
Bio-Engineering	1
Art	1
PCA	1
Theater Arts	1
Journalism	1
Rad Tech	1
Dental Assisting	1

Year	
First	8
Second	8
Third	2
Fourth	1
Fifth +	1
Staff / Faculty	1
Community Member	4

Gender Identity

25 responses



Race / Ethnicity	
Black / African / African American	1
Hispanic / Latinx	6
Asian / Asian American	4
White / Caucasian	10
Middle Eastern	2
Mixed Race / Ethnicity	3