

Movies for Mental Health

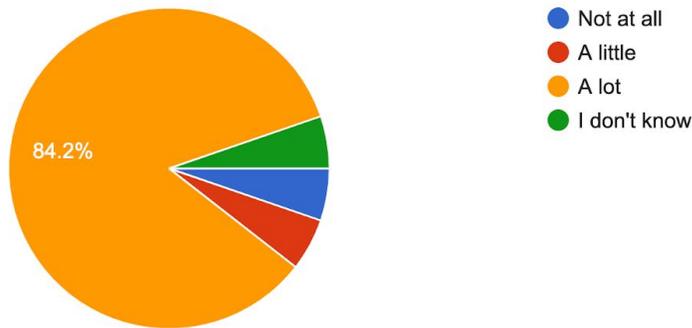
Post-Workshop Evaluations

Palomar College
April 17, 2019

Number of attendees: 38
Number of evaluations: 19

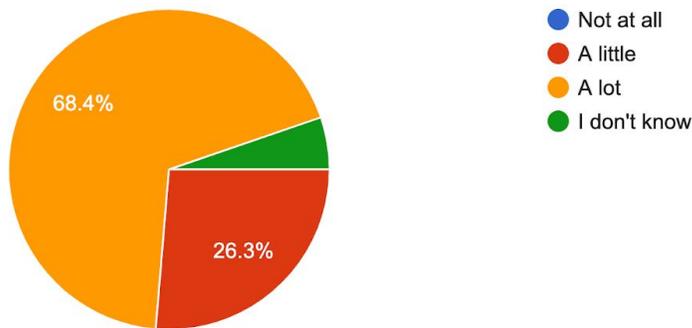
In your opinion, did this event create awareness of mental health issues?

19 responses



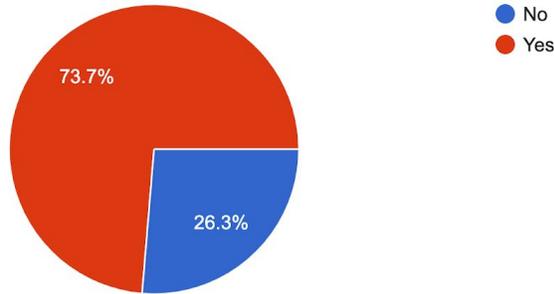
In your opinion, did this event reduce stigma related to mental illness?

19 responses



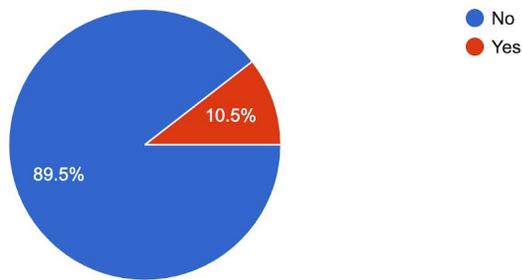
Did you know about your school's counseling services before this event?

19 responses



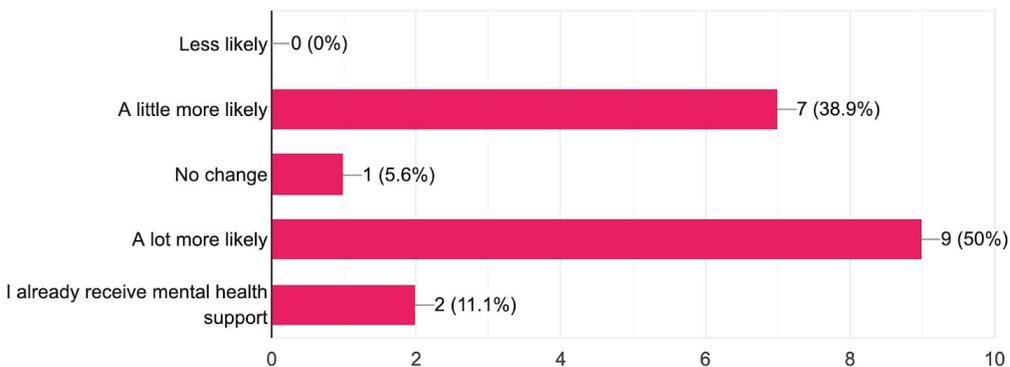
Did you know about the Mental Health Services Act (Prop. 63) before this event?

19 responses



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

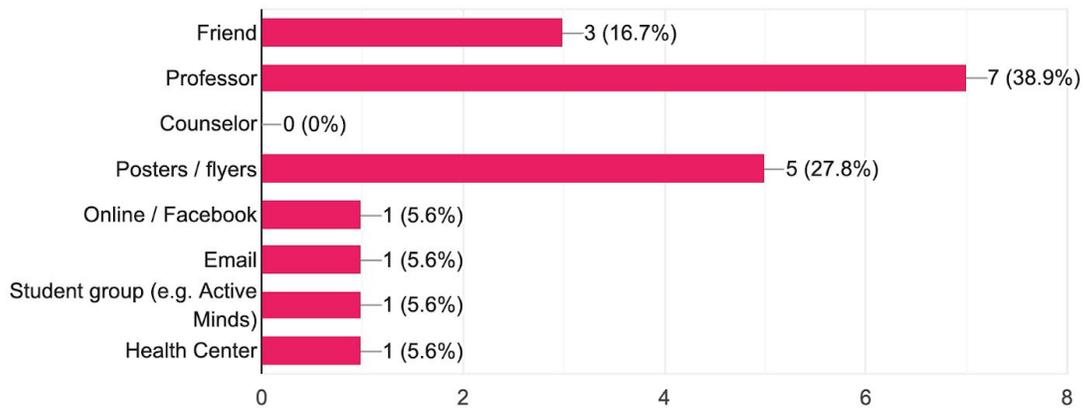
18 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	9
Off-campus MH support	5
The arts / creativity	10
Online resources	5
Traditional / spiritual	7
Professors / mentors	9
Fitness / physical activity	11
Family	6
Friends	6

How did you hear about this event?

18 responses



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

Awareness and reduction of stigma
 Information about services
 The arts are a powerful tool for mental health depiction.
 Finding the right people that care is crucial.

It is important for each individual to take care of their mental health.

I am not alone.

It's ok to want help.

Mental Health awareness is a huge thing/important.

Depression has many faces.

I need to be a resource for people who are struggling.

The mind is just as important as everything else.

That more people are speaking out.

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

(Highlights: see raw data for full list)

Powerful

A great first step in understanding.

Necessary to students; could see the importance of mental health and see this as something more normal.

Very helpful, opens your skills in everyday life.

Interactive, emotional, and noteworthy

Motivating & helpful

Very eye-opening

Creates awareness to mental health and shares a friendly environment to seek help/share stories.

Informative

Well done. There was awareness + resources. The personal accounts were the best part.

Well-done mini-movies followed by brief discussions and panel.

How might you use what you learned today?

(Highlights: see raw data for full list)

I'm going to share/spread the word.

I want to use the videos more.

I have a better understanding of what is available.

Talk to friends

To normalize talk about this topic

Practice mental health skills in everyday life.

Help others by showing them

I want to tell others they're not alone in their feelings

I'll be able to [be] more understanding/more open minded

Seeking support

Contact people involved in solving these programs + volunteer to help others.

Looking at my issues as more than just trivial.

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

(Highlights: see raw data for full list)

- No reaching out
- Availability, price, and where to go.
- Access
- Lack of trust in the system in place and myself.
- Do not feel compression about my feelings.
- Money
- People in my life dismissing/thinking I'm dramatic.
- Finding people who don't make it worse
- Being afraid to speak up
- Medication abstinence
- Not having the time.
- Not knowing how to ask or when to ask for help.

How can we improve this event in the future?

- Just continue to do what you're doing. It was all perfect.
- Panelist at the beginning.
- Allow for more time. (x3)
- More food
- More presenters with diverse opinions.
- Advertise it more, make it big. (x4)
- more ways for people attending to connect and establish support
- Holistic approaches
- Incorporate more interactive activities.

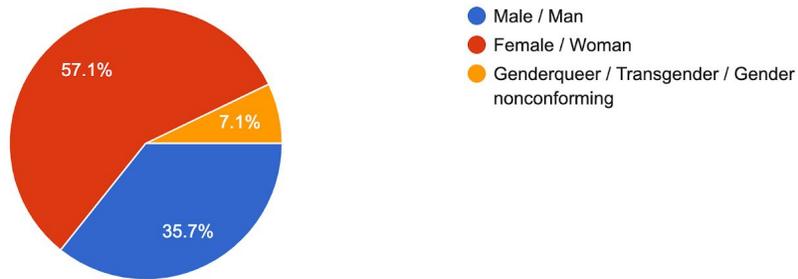
Major

Alcohol and Drug Studies	1
Business	3
Criminology	1
English	1
Film	2

Nursing	1
Physical Therapy	1
Psychology	2
Public Health	1

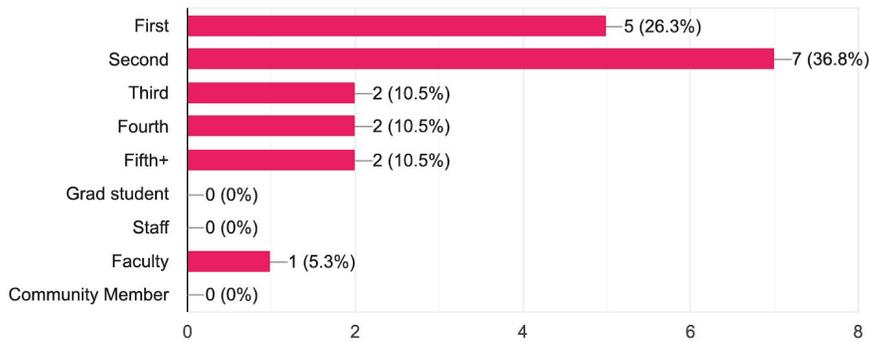
Gender Identity

14 responses



Year

19 responses



Race / Ethnicity		
Black / African / African-American	1	5%
Hispanic / Latinx	10	53%
White / Caucasian	5	26%
Multiracial	3	16%