

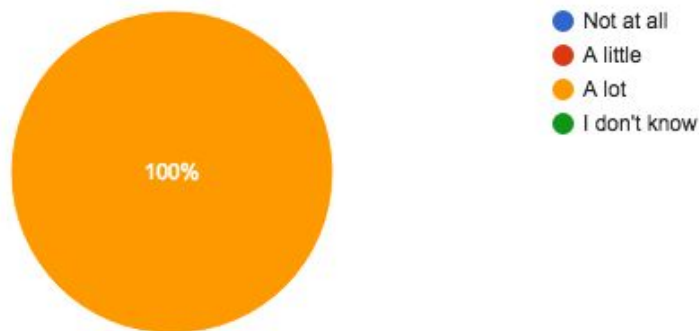
Movies for Mental Health Pima Community College

February 20, 2018

n=17 (~45 total attendees)

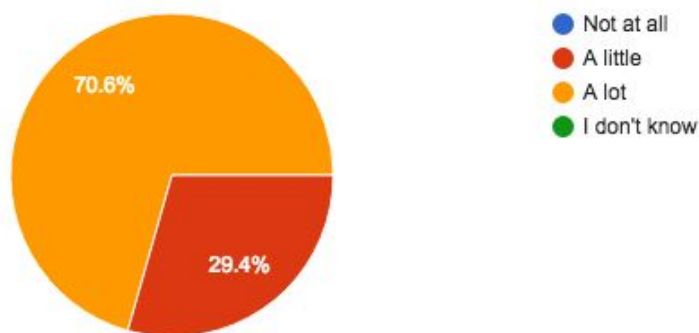
In your opinion, did this event create awareness of mental health issues?

16 responses



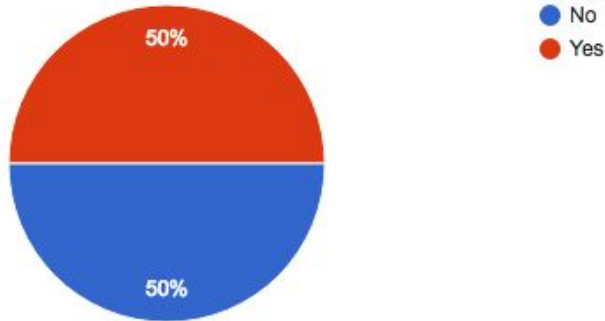
In your opinion, did this event reduce stigma related to mental illness?

17 responses



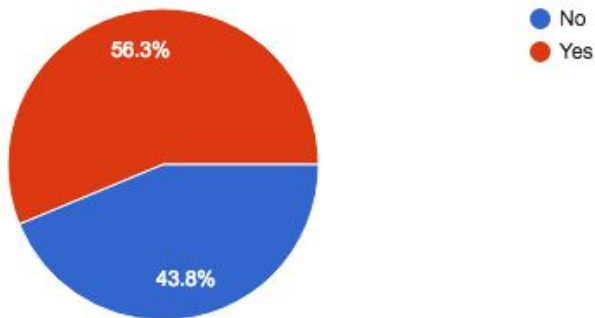
Did you know about your school's counseling services before this event?

16 responses



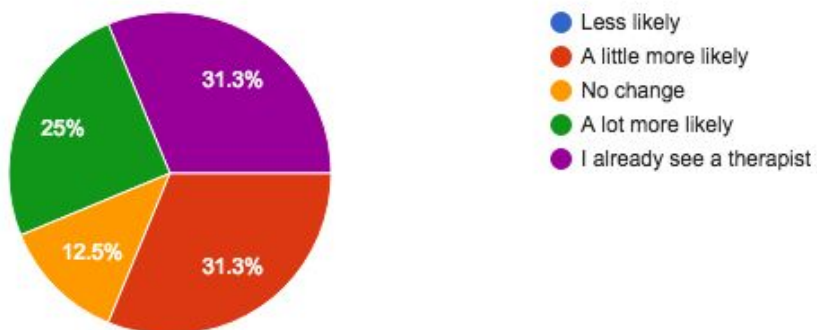
Did you know about Prop 63 / the community-based mental health resources before this event?

16 responses



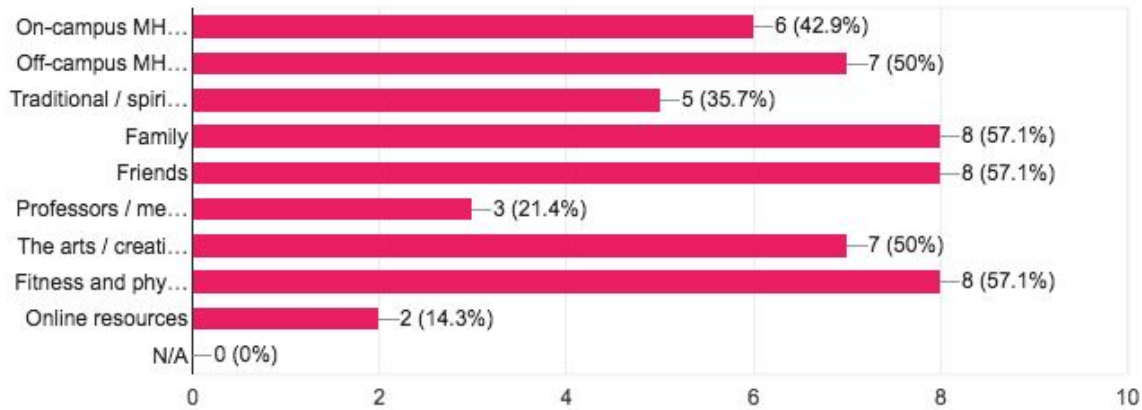
After this event, are you more or less likely to seek support for your mental health?

16 responses



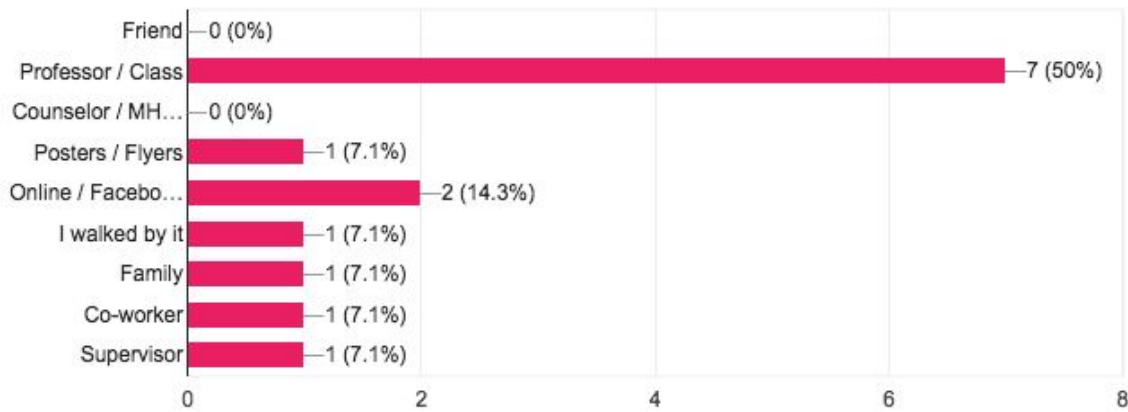
What type of mental health support do you think would be most useful to you?

14 responses



How did you hear about this event?

14 responses



What was your main takeaway?

- Meaning of stigma
- Stigma understanding
- Understanding mental illness, health, and stigma
- Loved how we could all interact with each other
- Don't know
- How to see signs of mental illness
- Stigma has real effects
- Seek help
- Awareness. You don't know what others are going through
- More people are affected than you think

- It's okay to get help
- We have community, support, and information
- A dialogue must be had about mental health
- The impact of mental illness on individuals and how to get help

How would you describe this event to a friend?

- Informative and inspiring
- Different illness and how to understand
- Very meaningful. I learned a lot.
- Awareness of mental illness
- Only if they ask
- Lively, engaging!
- An interesting session discussing the social stigmas about mental illness and why that needs to change.
- Informal, interesting
- Mental health discussion and sharing
- Learning how to understand mental health/wellness
- Eye-opening
- A series of ideas that help shed mental health stigmas
- Touching. Something to spread.

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

- Getting the correct help
- I do not personally suffer from mental illness but my native culture helps me when I get slightly depressed.
- Social stigma
- Confidence issues
- None really
- Self-stigma
- Money, reclusiveness, years and years of being told not to worry about it
- Aside from finances, fear of stigma
- Money
- Stigma
- Family conflict

How can we improve this event in the future?

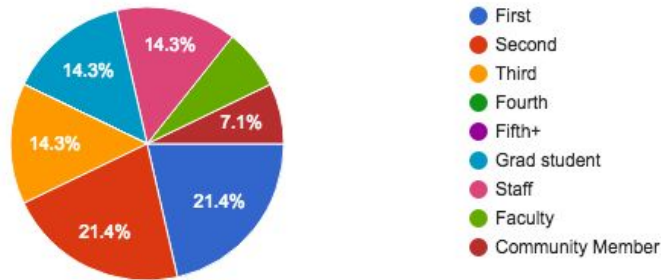
- You're good
- No suggestions - great as is
- N/A
- Keep it more structured. Don't allow people to get off topic.
- A little less talking about different issues
- Word of mouth

Major?

- Nursing (x4)
- Political Science
- Welding
- Computer Technology
- Associate of Arts
- Social Services
- Psychology

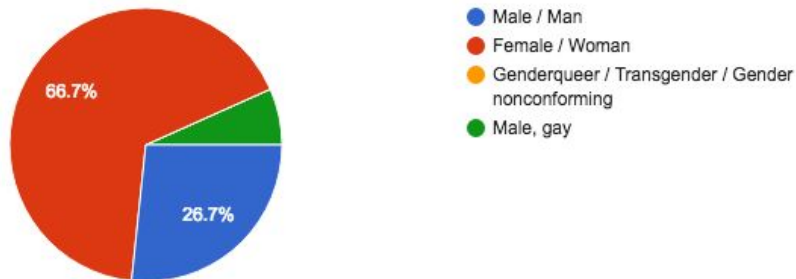
Year

14 responses



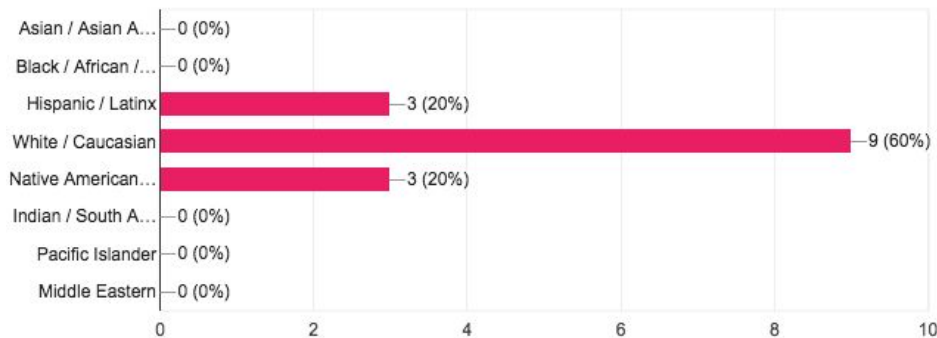
Sex/Gender

15 responses



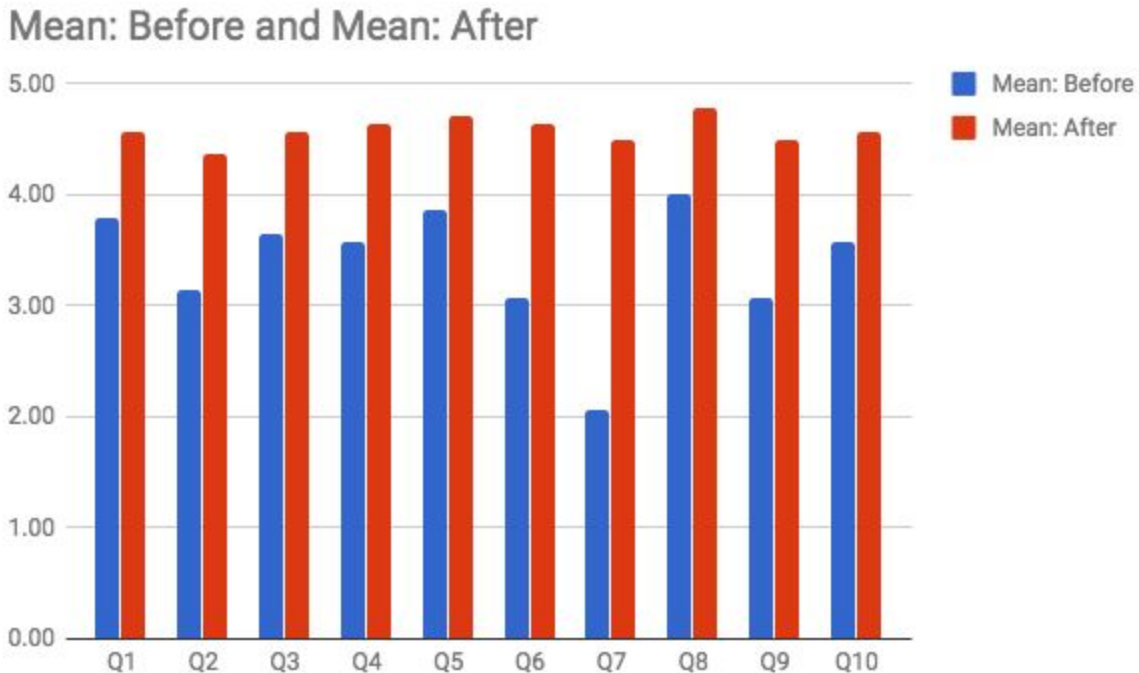
Identifiers

15 responses



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.



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.