# ART WITH IMPACT

Movies for Mental Health

Post-Workshop Evaluations

Santa Rosa Junior College
April 11, 2019

Number of attendees: 90
Number of evaluations: 67

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

67 responses

- Not at all
- A little
- A lot
- I don't know

86.6%
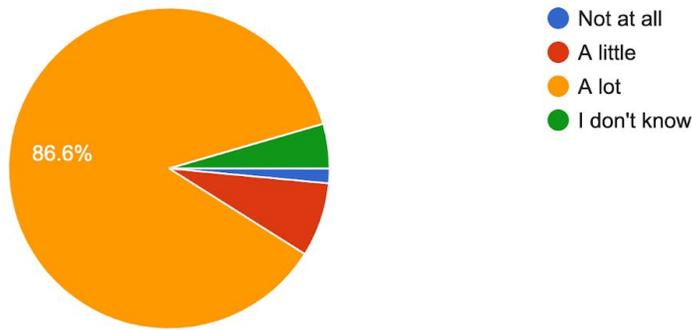
In your opinion, did this event reduce stigma related to mental illness?

67 responses

- Not at all
- A little
- A lot
- I don't know

71.6%

6%

19.4%
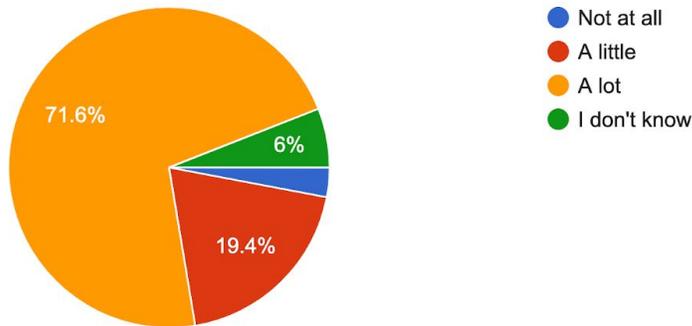
Did you know about your school's counseling services before this event?

66 responses

- No
- Yes

78.8%

21.2%
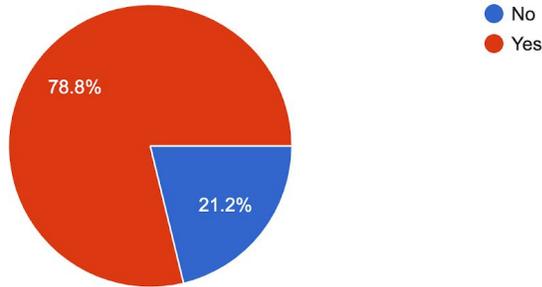
Did you know about the Mental Health Services Act (Prop. 63) before this event?

66 responses

- No
- Yes

34.8%

65.2%
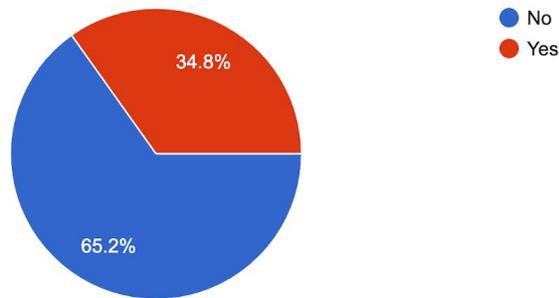
After this event, are you more or less likely to seek support for your mental health?

63 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

28.6%

34.9%

30.2%

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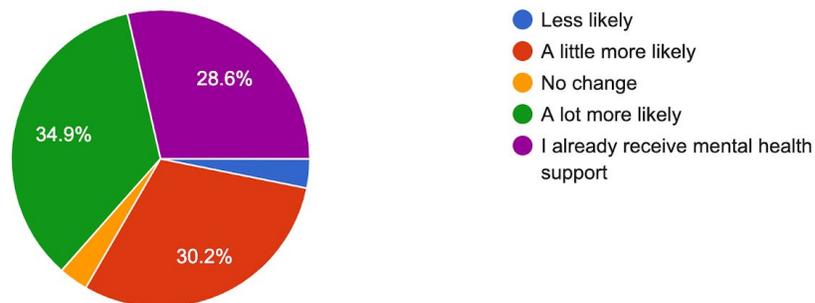
What type of mental health support do you think would be most useful to you?	
On-campus MH support	27
Off-campus MH support	18
Traditional / spiritual	15
Family	15
Friends	18
Professors / mentors	11
The arts / creativity	24
Fitness / physical activity	27
Online resources	10
Other: Peers	1

How did you hear about this event?	
Friend	6
Professor / class	25
Student group	5
Email	3
Online / Facebook	2
Posters / flyers	15
Other	8

What was your main takeaway? (Highlights: see raw data for full list)
The need for a stronger positive voice for mental health You never know who may be suffering from mental problems just by looking at them I'm not alone How strong our community is Remembering to have empathy

Movies (x2)
You don't need to deal with it alone
That mental illness looks different for everyone
Powerful, honest, resilient
Keeping the conversation open. Being there for others but not overwhelming myself
I now know that SRJC provides mental health assistance
Not all mental illnesses are obvious or the same
Mental wellness is a component of mental health
We are WORTH help
Something we need to talk more about / normalize
Super super well done! Very interesting and inspiring
We need to speak up and out about mental health; also, acceptance of others is HUGE

If you were telling a friend about this workshop, you would describe it as:
(Highlights: see raw data for full list)

Awesome way to destigmatize mental illness through film and discussion
Informative, healing
Eye-opening, helpful
Uplifting
An opportunity to see how mental health is throughout our community
Enlightening, helpful, moving
It was good. Loved the movies. Found them all touching
Supportive, safe, interactive
Powerful, moving, informational
Worthwhile, educational, relatable even if you don't have a mental health problem
An informational event to spread awareness and seek help
De-stigmatizing thing we are usually scared to discuss
Relatable, relevant, real, important
Interactive, supportive, inspiring, positive
Excellent, enlightening - super good at normalizing and de-stigmatizing
Made me feel less alone
Uplifting, inspiring, emotion-provoking, feel that I am with my tribe FINALLY

How might you use what you learned today?
(Highlights: see raw data for full list)

Listen better
Remember to take care of myself
Be more aware of the mental health issues going on around me
Just remembering to let people and loved ones know that they have people here for them
I will nurture the little girl in me
In conversations with family, friends, even strangers
Reach out for help
Better strengthens me to pursue the help i'm getting myself to reach out for
An awareness of mental health and compassion for others suffering
Make connections; build a support network
Be more open and talk about my journey with mental health

What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

Time (x5)
Denial (x4)
Stigma (x4)
Feeling alone
Anxiety/fear (x2)
Not wanting to leave my house
Unable to speak up for myself
Misinformation
Money (x4)
The cost/insurance and stigma by mental health providers
"Toughing it out"
Doubt that there is help for me
Fear, judgmental feeling like you will not be taken seriously
Understanding that i had a problem
Money and comfortability around people I don't know
Thought I am responsible for my well being
Transportation
The idea that i can just rely on self-reliance and i don't need support
Not seeing it as big a deal as it may be
My barriers have been hanging in there waiting for meds to work; also fear of seeming weak

How can we improve this event in the future?

It was great (x13)
Lead speaker could have introduced himself better. a little more of seth's personal story would allow the audience to connect
Better seating for handicapped
Structure talking points, provide resources, reduce audience interaction
Dogs were great. Please bring them back!
It was great. Make it bigger
Audience needs microphone. A little more prepared, knowledgeable about technology
Petting pets in a different room
Time management
More informational presentation to classes and videos were great
More time (6)
More / better food (x2)
Bring in suicide survivors/ spread awareness about mental illness with suicide
How to help a person - what not to say to a person with mental illness
More talk about variety. Give us more solid info, less talk from audience
Unsure--maybe put out sugar for the tea/coffee :)
Present the therapy dogs
Do it again next year! :)
More discussion time after movie
Perhaps more outreach
Allow more time for the wonderful students to speak -- share lived experience

Major	
Advocacy	2
Anthropology	2
AODS	3
Autos	1
Biology	2
Communications	1
Community Health	1
Computer Technology	1
Film	1
GED-phse	1
Graphic Design	1
Human Services	10
Humanities	2
Kinesiology	1
Nursing	1
Political Science	1
Psychology	5
Restaurant Management	1
Social Work	2
Sociology	2

Year

61 responses

Category	Value
First	14 (23%)
Second	16 (26.2%)
Third	7 (11.5%)
Fourth	3 (4.9%)
Fifth+	7 (11.5%)
Grad student	2 (3.3%)
Staff	3 (4.9%)
Faculty	1 (1.6%)
Community Member	10 (16.4%)
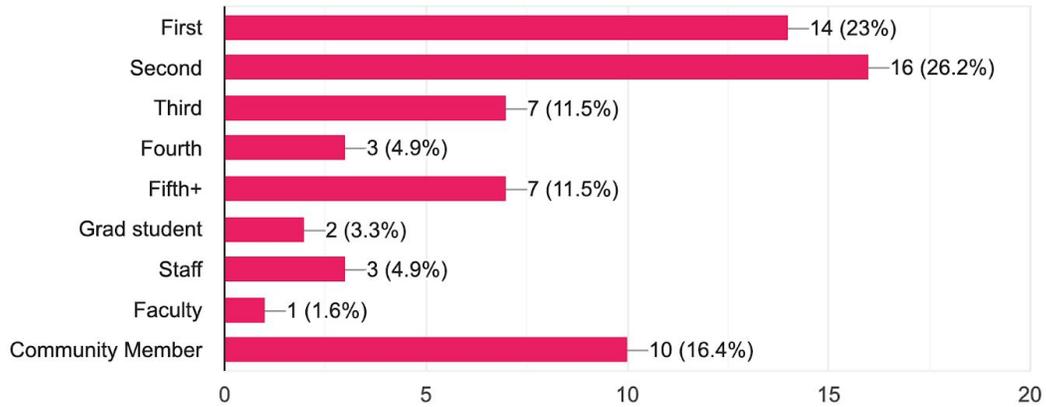
Gender Identity

51 responses

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- [didn't say]
- prefer not to state
- straight

68.6%
23.5%
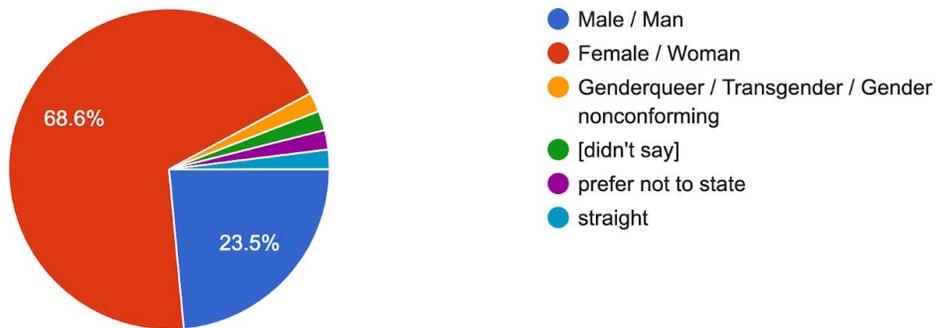
Race / Ethnicity		
Asian / Asian-American	**2**	**4%**
Black / African / African-American	**2**	**4%**
Hispanic / Latinx	**12**	**22%**
White / Caucasian	**29**	**54%**
Multiracial	**9**	**17%**