

Movies for Mental Health (Online)

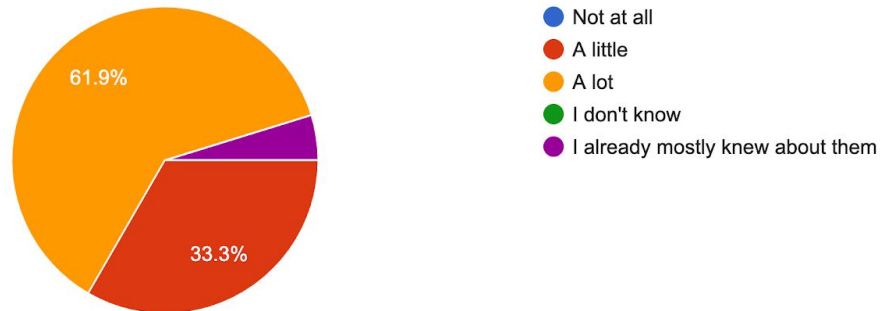
Post-Workshop Evaluations

University of Maryland, College Park
Wednesday, April 15, 2020

Number of attendees: 50
Number of evaluations: 22

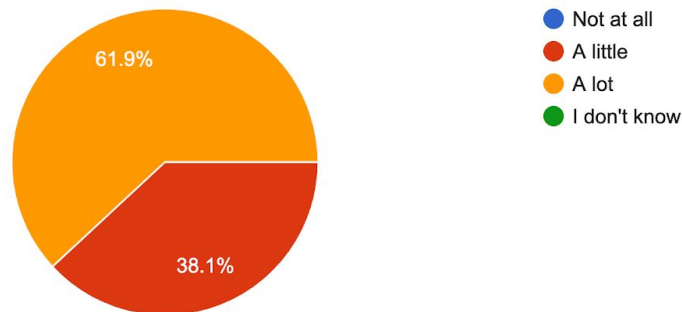
In your opinion, did this workshop increase your awareness of mental health issues?

21 responses



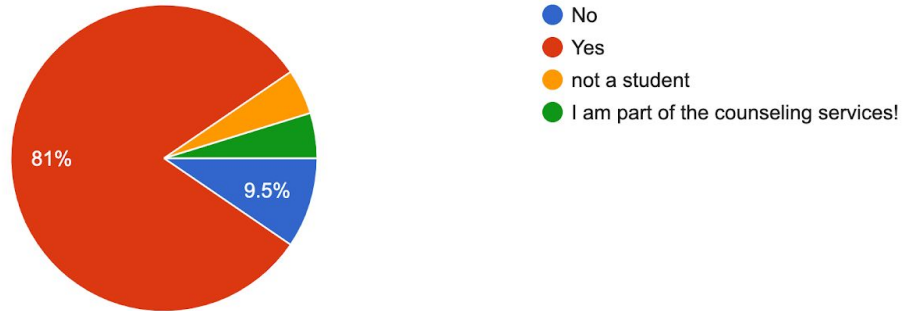
In your opinion, did this workshop help you confront and address stigma related to mental illness?

21 responses



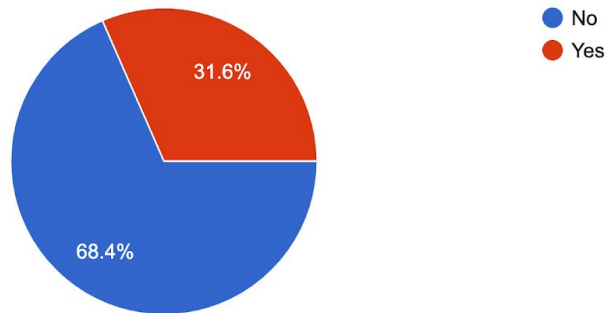
Did you know about your school's counseling services before this event?

21 responses



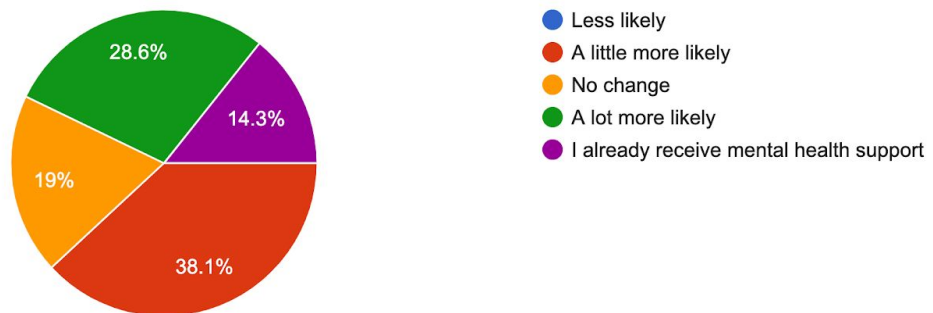
Did you know about the community resources before this event?

19 responses



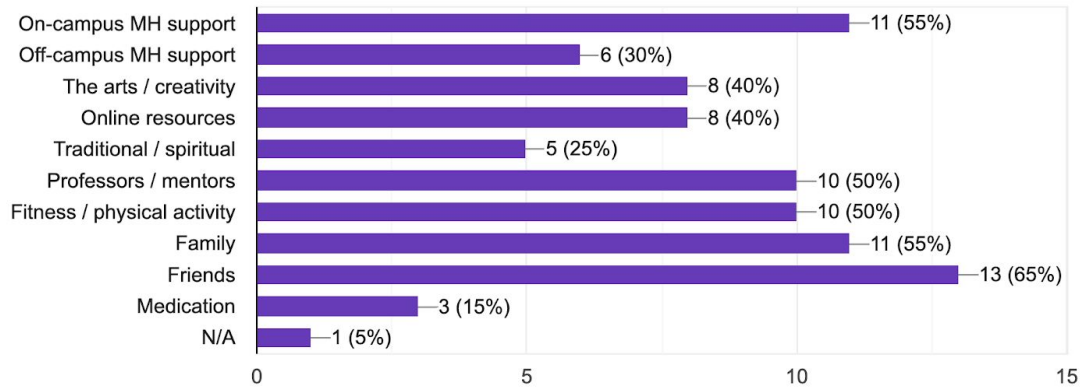
After this event, are you more or less likely to seek support for your mental health?

21 responses



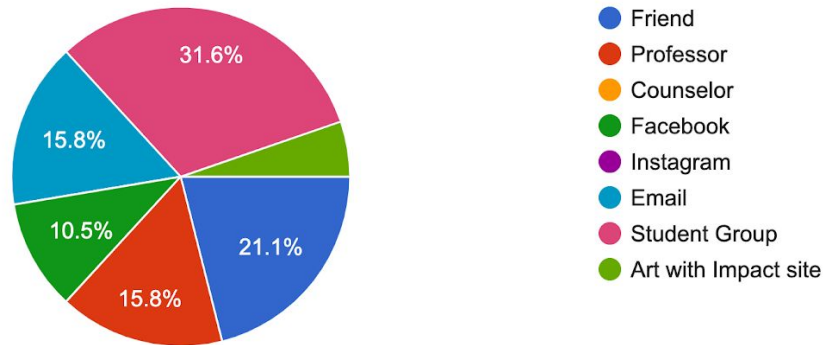
What type of mental health support do you think would be most useful to you?

20 responses



How did you hear about this event?

19 responses



What was your main takeaway?

My main takeaway was to prioritize my mental health
 Physical movement is key for me with managing my anxiety
 Acceptance and non judgement are critical
 MH is something everyone has - it's a matter of managing your wellness and supporting each other!
 Mental illnesses are often misunderstood
 Mental health is important, and I should not be afraid to take the necessary steps to nourish mine
 That we should take care of our own mental health before we care for others and we should not let the stigma stop you from reaching out
 Movie therapy
 Would love to offer this workshop on our campus!
 I am not alone

A lot of people going through it
It's ok to not be clinically diagnosed but still struggle with mental health
To hear about other external sources for mental health awareness
It is important to care about your mental health
Getting support is the best step I can take for myself now

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

A very stress-free, helpful and intuitive workshop
A community workshop to better understand mental health through art
Worthwhile
Enriching
A good intro to learning about how people deal with mental wellness
Helpful, but at times all over the place
A warm, inclusive event where you can discuss and learn more about mental health through conversation with others and watching mental health-related movies
Validating
Very inspiring about MH and a comfortable space to talk about mental health and seek out for help (x2)
Very helpful
Interesting (x2)
Open and eye-opening
A great learning experience
Enlightening and informative
It is informative, caring, and detailed

How might you use what you learned today?

I will seek support for my own mental health
Body scan is key
I might become a volunteer for the Crisis Text Line like Tesia and reach out to an on-campus counselor
Think critically to try to understand what people with mental illnesses are going through
I will most likely look into some of the resources introduced, such as those on-campus, and utilize methods such as deep breathing to maintain my mental health.
To take care of my own mental health and also helping others who need it, as well as inspiration for future Career in psychology
Use a lot
I may use the body scan and breathing exercises
In trying to connect with my family
Breathing
I'm more comfortable reaching out to people about my mental health
Sources of info when I am worried in the future about my health given the current crisis
Improve on myself
I'm probably going to ask a professional for support

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

(Highlights: see raw data for full list)

My biggest barriers are being a burden or not thinking it is that serious

Not taking the initiative to find a therapist - worried about cost

I'm OK, no barriers (x3)

The lengthy process of actually finding something that seems to work best for me and benefit me

I believe that stigma - particularly, judgement from others - would be the biggest barrier (x2)

Stigma, fear of judgement of being weak, not taking my own advice for other people who need to help

Too expensive

Letting myself relax

I personally struggle with the notion: is it really worth it? Will it actually help? A lot of it comes from the voice in my head, telling me to handle it by myself.

Feeling like my parents do not understand because of cultural reasons. I am 26 years old and I still look for their support and approval

Access or physical barriers

Trusting people

I related to pretty much the entirety of the first video played, the conversation that never happened, and feel like in a similar way, I've given up trying to talk with my parents about my problems, which has exacerbated our relationships over the last few years. (Thank you so so much for playing this video) I have a deep fear of seeking mental health support, or support of any sort for that matter, from this kind of learned stigma.

How can we improve this event in the future?

I enjoyed the event and not sure what I would change

For the breakouts, I think audio should automatically be on for folks. Having some people use the mic while others type doesn't seem to work well. Those with the mic come off as dominating the convo.

Keep it to 90 minutes

Perhaps a more specific question to focus on to help guide discussion in the breakout room. I absolutely loved the public chat sharing though!

Give more time for panel discussions

Make the goals and message of the event clear

Perhaps we could include a Q&A during the session where students may vote on a particular question and then the responders can each answer it in their own words

It was so great to see that it was being held online even with the current situation, I like the interactive portions with the poll and chat which are harder to do with online sessions. It was great so I can't think of anything to think for improvement!

Have more

Time it better. I didn't expect it to go over so long

It was a great event.

I thought it was pretty great, maybe adjust the timing slightly so it doesn't go overtime

More videos

I feel like it was handled very well and don't really have anything to say, but it did go overtime a little if I remember the time correctly.

What was your experience like in the breakout room?

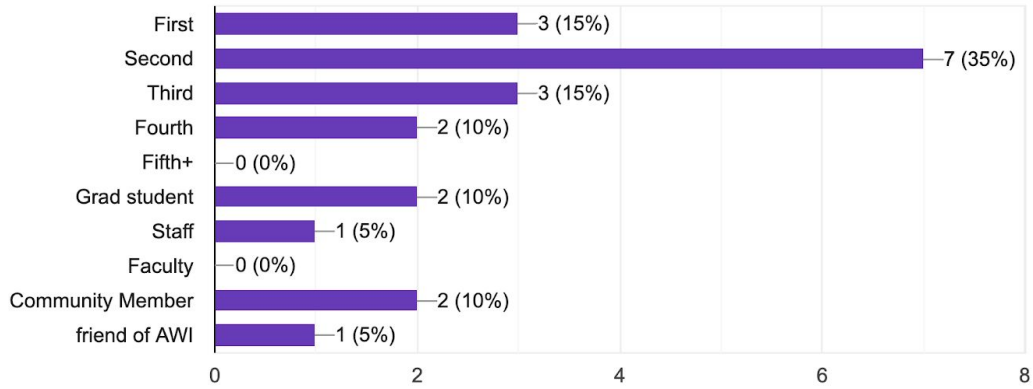
(Highlights: see raw data for full list)

The experience was good. Everyone shared their opinion and then we discussed (x3)
 I joined with my mic on along with one other person but the majority didn't have theirs on so I ended up turning my mic off. Even if folks are nervous, I feel like having mics on would be a better experience.
 At first a bit awkward as we all shared similar emotions and then didn't know what to say, but then a conversation sparked about frustration surrounding OCD and someone asked how it's dealt with, so it ended much more smoothly.
 It would be helpful if there was someone available to lead the discussion. The group-wide chat after the 3rd film was more helpful (x2)
 A little awkward but interesting (x2)
 It was good - I got to talk about my reaction to the film and how it made me feel, and I was able to hear what others thought of the film too!
 Sharing makes people feel better
 Definitely loved the concept. I do think though that if not enough people join with audio, the format should automatically be chat-based. It seemed a bit awkward when the two people that had joined with audio ran out of ideas to talk about. Therefore, I think there should be a minimum amount of people for the direct discussions to happen.
 Quiet , not much talking
 There were only two people speaking in my breakout room
 Awesome
 It was a bit awkward because I knew some people there that I didn't expect to see but it was good

Major	
Animal Science	1
Biology	1
Chemistry	1
Communication	3
Computer Science	1
Computer Science and Mechanical Engineering	1
Computer Science and Psychology	1
Information Science	2
Neurophysiology and Economics	1
Psychology	2
Public Health Science	1
Social Work	1

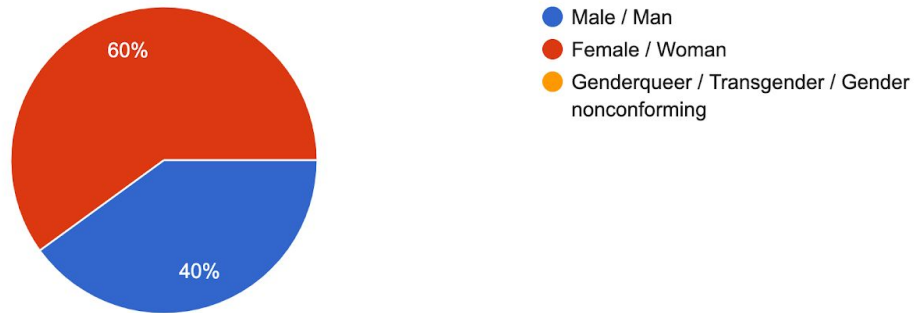
Year

20 responses



Gender Identity

20 responses



Race / Ethnicity		
Asian / Asian-American	5	25%
Black / African / African-American	1	5%
Hispanic / Latinx	3	15%
Indian / South Asian	1	5%
White / Caucasian	7	35%
Multiracial	3	15%