![Art With Impact logo] ART WITH IMPACT
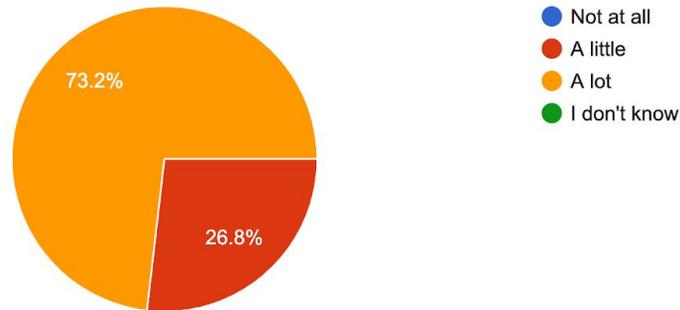
Movies for Mental Health (Online)

Post-Workshop Evaluations

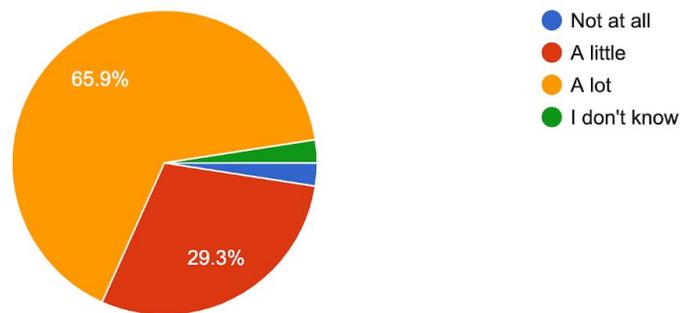| Universities at Shady Grove
November 17, 2020 | Number of attendees: 79
Number of evaluations: 41 |

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

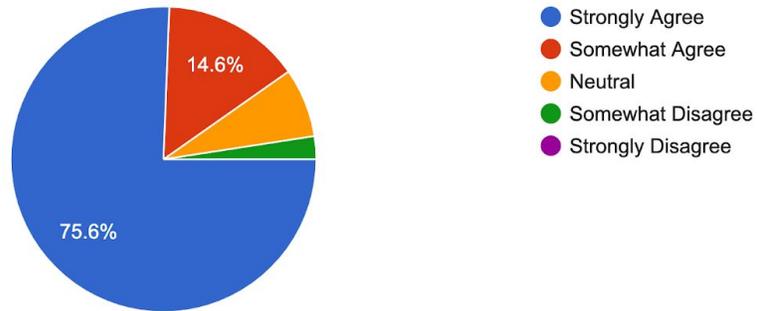- ● Not at all
- ● A little
- ● A lot
- ● I don't know

73.2%

26.8%

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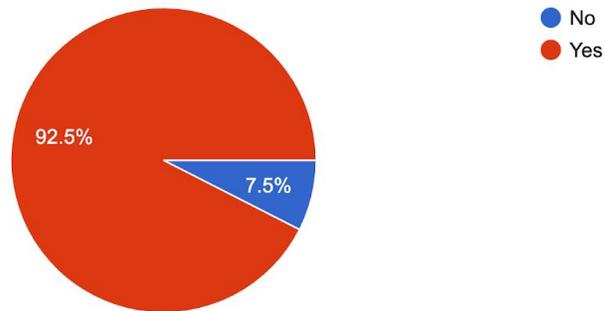41 responses

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

65.9%

29.3%

Participation in this program was a valuable use of my time.

41 responses

- Strongly Agree
- Somewhat Agree
- Neutral
- Somewhat Disagree
- Strongly Disagree

14.6%

75.6%

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

40 responses

- No
- Yes

92.5%

7.5%

Did you know about the community resources before this event?

40 responses

- No
- Yes

42.5%

57.5%
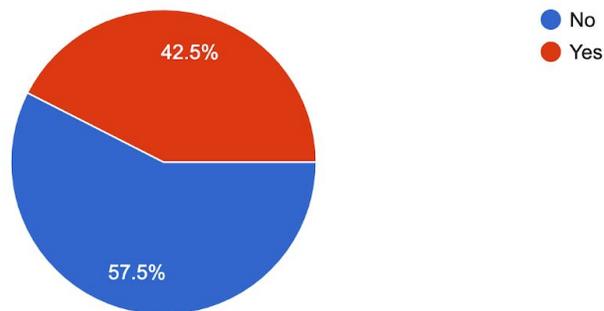
After this event, are you more or less likely to seek support for your mental health?

39 responses

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

30.8%
30.8%
15.4%
23.1%
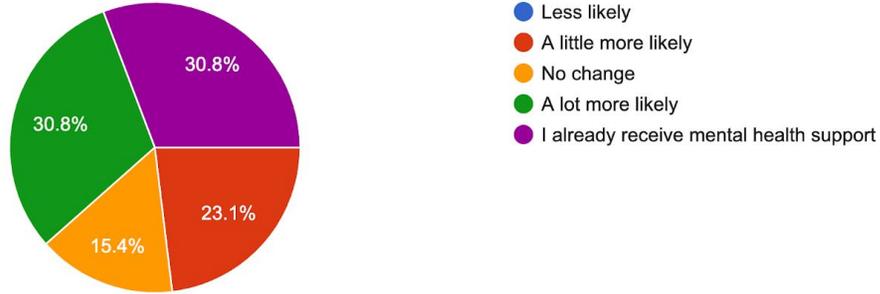
I found this program useful for my personal success.

41 responses

- Strongly Agree
- Somewhat Agree
- Neutral
- Somewhat Disagree
- Strongly Disagree

22%
73.2%
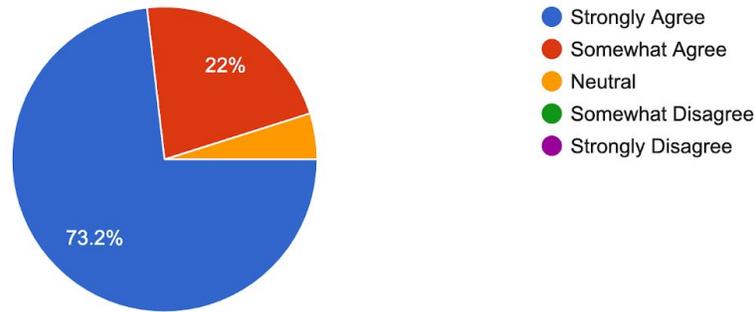
What type of mental health support do you think would be most useful to you?

41 responses

Category	Value
On-campus MH support	21 (51.2%)
Off-campus MH support	15 (36.6%)
The arts / creativity	15 (36.6%)
Online resources	12 (29.3%)
Traditional / spiritual	11 (26.8%)
Professors / mentors	12 (29.3%)
Fitness / physical activity	15 (36.6%)
Family	18 (43.9%)
Friends	19 (46.3%)
Medication	9 (22%)
N/A	1 (2.4%)
My dogs	1 (2.4%)
my boyfriend	1 (2.4%)
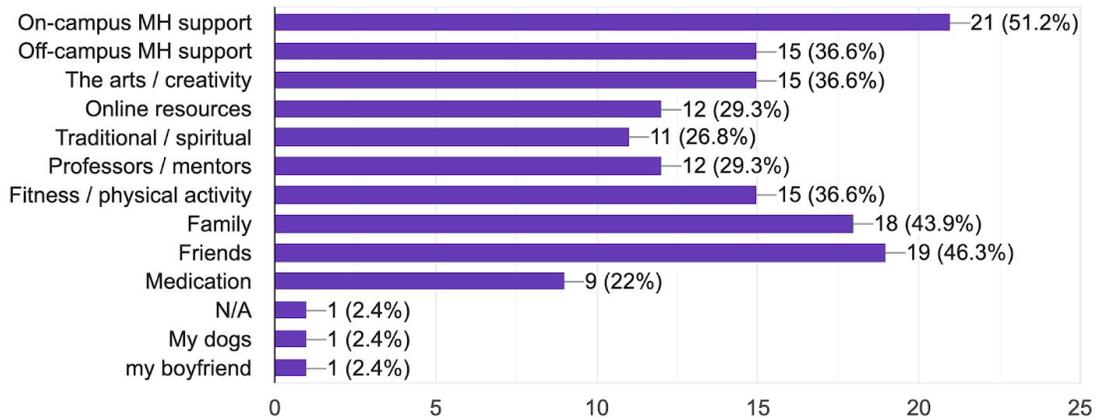
How did you hear about this event?

41 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- I am on a student org. that supported…
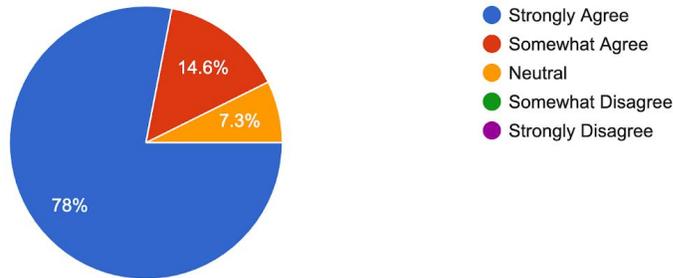
▲ 1/2 ▼

14.6%   17.1%   7.3%   51.2%
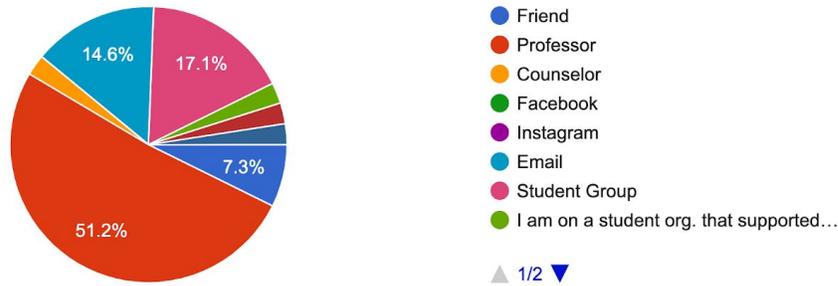
What was your main takeaway?
Keep talking about mental health because is important :)
There is no shame in looking for help
The impact of culture on mental health
Loved the movies, very talented filmmakers and I loved the messages
Mental health matters!
Mental stigma is everywhere
There is a lot of stigma around mental health
We are our own experts of our feelings!!!
There are many indie films produced that are accessible and meaningful
Seeking help from therapist when needed
Mental illness does not make me weak
The resources
Help is available
Mental health is very important
That is okay to share how you feel. And Mental illness is nothing to be ashamed of
A major takeaway was the cultural differences regarding MH and the stigma it holds in some cultures
You are not alone
Community building and an additional avenue for advocacy
It is important to be present
Mental illness can take many different forms and people shouldn't be afraid to seek help
Mental health is real
The information about resources
Everyone is dealing with mental health issues, but it is not discussed
Self-care matters for mental health
Share and listen
If I'm struggling with something, I should talk to someone
That I am way overdue for a conversation with myself and loved ones about my mental health
Everybody's experience is so very different, and there is so much cultural stigma within mental health
Learning how to relax yourself
It is ok to ask for help
More people are in this with you then you think
Everybody has a struggle they deal with
Everyone has a different def. Of mental illnesses
Mental health issues are stigmatized and that leads to problems in receiving care
Any and everyone can get help if they need it

I would recommend this program to others.
41 responses

- Strongly Agree
- Somewhat Agree
- Neutral
- Somewhat Disagree
- Strongly Disagree

14.6%
7.3%
78%

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

Inspiring
A powerful workshop that increases your mental health awareness
Very educational, and worth the time
A conference on increasing cultural aspects of mental health & how to increase "self-care"
Powerful, informative, engaging
Impactful
An artistic approach to mental health, specifically through film
A great tool to get information
Helps you see mental health from a different non judgmental lens
Not bad, the films were lovely
Helpful
I great source to find support
Extremely impactful
Very helpful
A workshop to learn about the importance of mindfulness
Amazing source of information
I would describe this as a great and helpful workshop that discussed self-care and showed up short videos about MH and the importance it has, how to take care of yourself, and resources for mental health services
Mental health education through short films, relaxation techniques, and a panel with personal testimonies with the goal of fighting stigma
Relaxing yet also challenging
Reviews some mental health issues in our community
Good
Great program
An awareness and insight into yourself
Powerful topics, sensitive content
Resourceful
Helpful and raise awareness
Defining
Impactful
Relaxing
Powerful
Nice, refreshing place
Fun
Talking about mental health stigma and also information about resources

How might you use what you learned today?

I will take care of my mental health more
By using some of the techniques such as meditation for myself or others
As a future social worker, there are many things this can take what I learned from today. I have a better understanding of what minorities deal with because of this event.
Social Workers can't get enough information of cultural competency & "self-care"
I think the powerful messages will be helpful with my clients
Use it for my own self care routine
Take self-care more seriously
Use body scanning and film to cope with anxiety
I would explore more mental health film
Awesome
Having all the resources
Help myself and others
I would apply some techniques that we performed in the session
This has made me more culturally aware of others and myself. I will also use what I have learned to reflect on self-care and better technique I can use for myself.
Share it with loved ones/friends
Connecting with Art with Impact, using the films for education & advocacy, trying new self care techniques
Use breathing exercises
Aware of some additional resources
People around me
For myself and others
Give resources to friends and reach out to friends
I will take the positive activities to practice it
In helping others when needed
The breathing exercises
Use to it inspire others to join me on my journey to healing
Additional resources I have
Yes, I can use some resources towards my future clients
I have a better understanding of mental health stigma in different cultural communities
Taking the first step by setting up an appointment to meet with counselor

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

My family (x2)
Knowing who to go to (for non-emergencies)
Shame
Devaluing of my opinion due to my illness / self-talk (x2)
I still have difficulties asking for help in general
Time - making time (x4)
I do not have any barriers (x4)
I'd say one barrier is myself and feeling nervous or overwhelmed when talking about my feelings (x2)
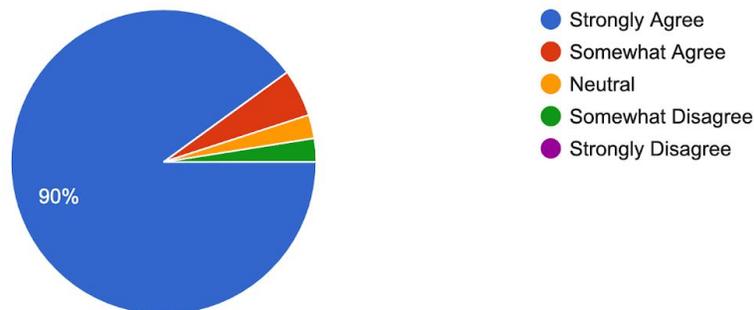Time and insurance
Stress (field during this pandemic)

Waiting till it's so bad that I have a hard time motivating myself to access those resources
Money / financial resources (x2)
Making bigger deal of something
My willingness to look for help
Putting in the work-use healthier coping tools, engaging in self care, not engaging in unhealthy coping tools
Stigma (x2)
I was forced into therapy at an early age after my dad passed away and had anger towards the school because of it. It put me off of therapy until now.

How can we improve this event in the future?

Maybe longer, although is hard to keep people engage in the virtual community
More movies
I thought this event was well
The event is great, just continue to do what you do and continue to bring in a diverse panel just like you did
Loved it, you did a great job! I have no improvements.
No improvements needed!
I feel like you're doing a great job because there's plenty of different ways of interacting
Give other times
Camera option for everyone
Hold more online sessions than in-person
N/A it was perfect!
The introduction was a little long (time before the first film). It would also be nice if more people added their pronouns. And trans shouldn't be listed as separate from man or woman. A trans man would have to pick between two correct answers.
Not sure it was very good
I would prefer less talking at the beginning, and more discussion specifically around the videos. I thought that the event would be centered around the videos, but they seemed more like an afterthought
Was good
Nothing, it was great
I had problems with audio, suggesting using one browser can help to avoid technical issues
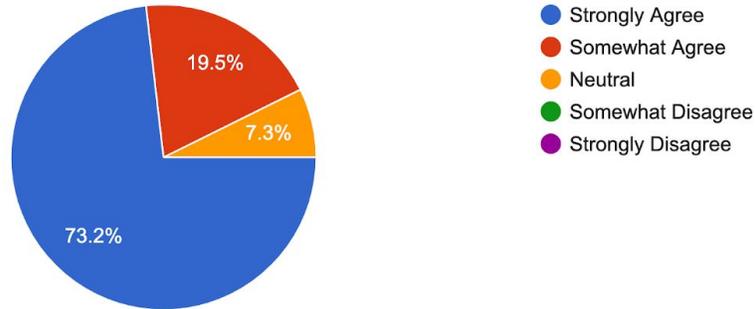More interaction

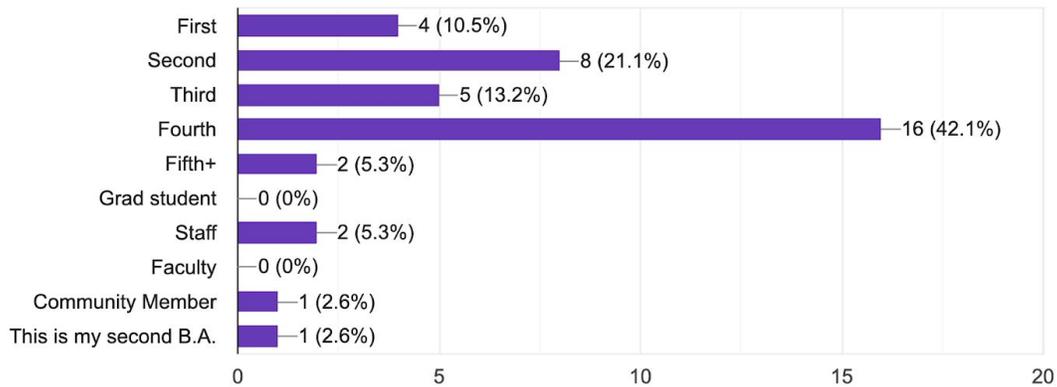I was satisfied with the remote format of the program/service.
40 responses

- Strongly Agree
- Somewhat Agree
- Neutral
- Somewhat Disagree
- Strongly Disagree

90%

The platform or tool was easy to access.
41 responses

- ● Strongly Agree
- ● Somewhat Agree
- ● Neutral
- ● Somewhat Disagree
- ● Strongly Disagree

Major	
Social Work	**25**
Nursing	**1**
Criminology and Criminal Justice	**2**
Psychology	**5**
Simulation and Game Design	**1**

Year
38 responses

Gender Identity
41 responses

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming
- not sure

87.8%

7.3%
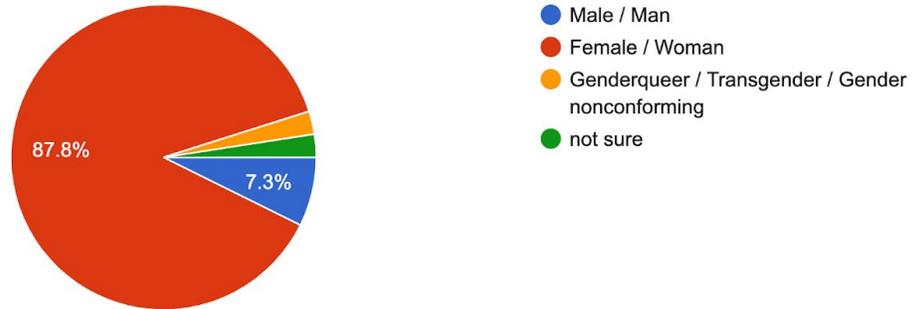
Race / Ethnicity		
Asian / Asian-American	**5**	**13%**
Black / African / African-American	**4**	**10%**
Hispanic / Latinx	**20**	**50%**
Indian / South Asian	**0**	
Middle Eastern	**0**	
Native American / First Nations	**0**	
Pacific Islander	**0**	
White / Caucasian	**8**	**20%**
Multiracial	**3**	**7%**
Other	**0**	