

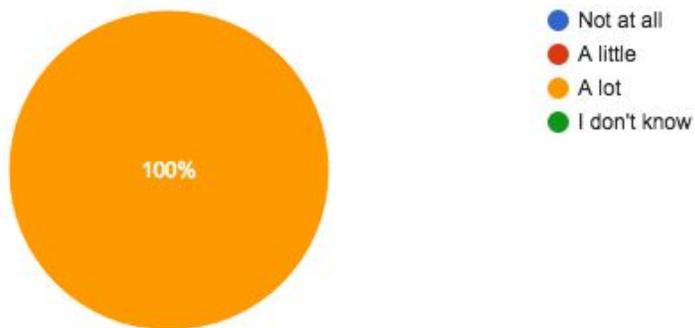
# Movies for Mental Health Ventura College

April 25, 2018

n=7 (~7 total attendees)

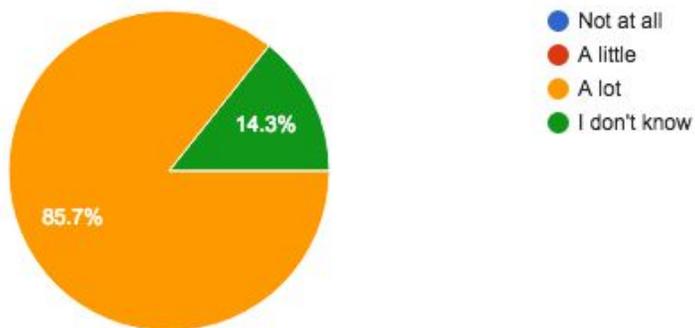
In your opinion, did this event create awareness of mental health issues?

7 responses



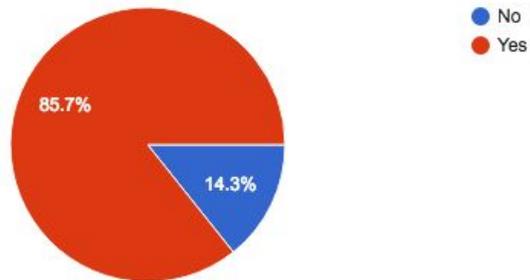
In your opinion, did this event reduce stigma related to mental illness?

7 responses



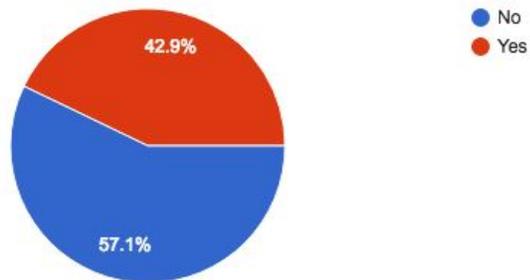
Did you know about your school's counseling services before this event?

7 responses



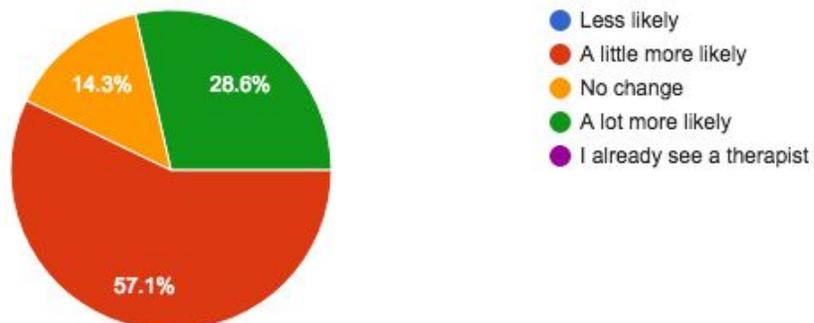
Did you know about Prop 63 / the community-based mental health resources before this event?

7 responses



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

7 responses



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

On-campus MH support	5
Off-campus MH support	3
Traditional / spiritual	2
Family	4
Friends	4
Professors / mentors	1
The arts / creativity	3
Fitness / physical activity	2
Online resources	0

### How did you hear about this event?

6 responses



### What was your main takeaway?

- Creative ways of combating stigma associated with MI
- Common
- Great Films
- There is help available, and anyone can struggle with mental health.
- I'm not alone.
- That there are different types of mental illness.

How would you describe this event to a friend?

- Creative, Informative
- Helpful and able to develop empathy
- Yes
- A very informative and supportive mental health workshop
- An open, simplistic, in depth mental health workshop
- It's a good event, I get a lot information [of] information about mental illness.
- very educational and interesting

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

- Wrote "Zero"
- "Nothing" - Drew line/dash
- Sometimes I feel like a burden to people if/when I ask for help and it's just hard to talk about things because of my anxiety.
- Knowing of access
- My family

How can we improve this event in the future?

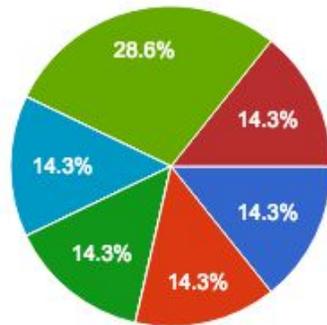
- More films?
- "nothing" - Drew line/dash
- a handout list of the films shown
- Come more often!
- not sure

Major?

- Psychology - 5
- Sociology - 1
- Undecided - 1

## Year

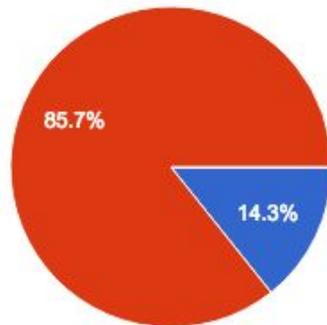
7 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Grad student
- Staff
- Faculty
- Community Member

## Sex/Gender

7 responses



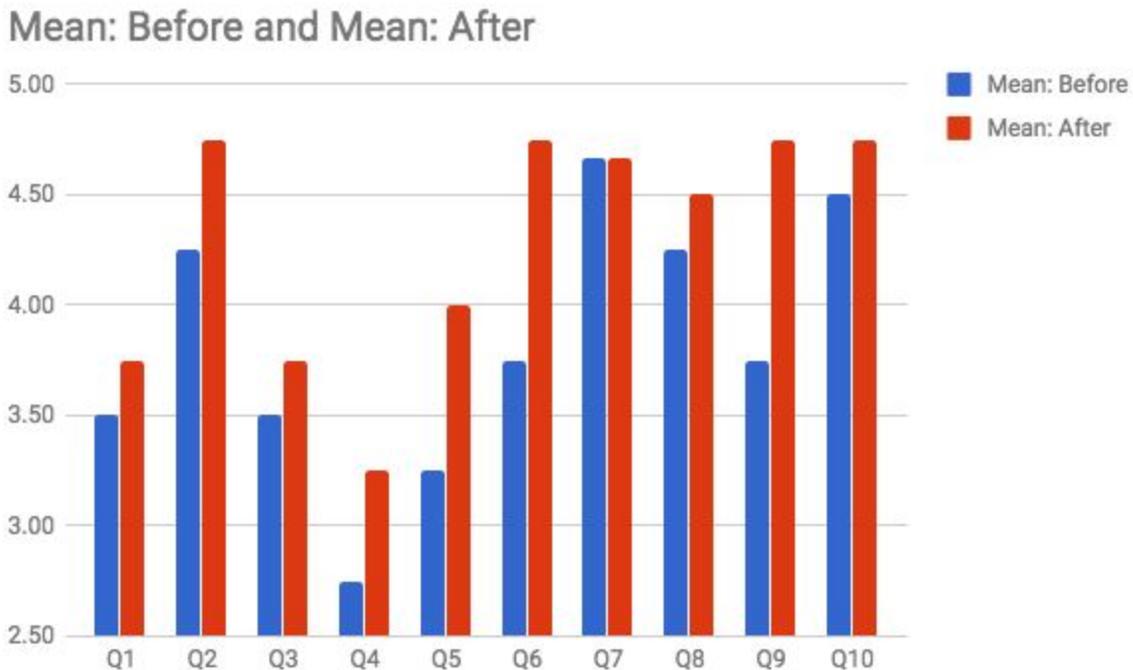
- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

## Ethnicity

Middle Eastern	White / Caucasian	Hispanic / Latinx	Multi-Racial
1	3	2	1
14%	43%	29%	14%

## 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.