

Movies for Mental Health (Online)

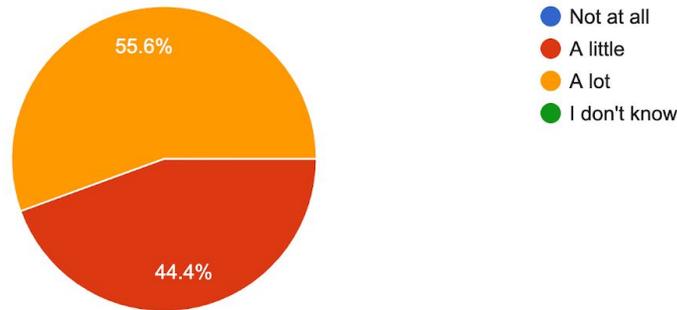
Post-Workshop Evaluations

West Los Angeles College
May 21, 2020

Number of attendees: 57
Number of evaluations: 18

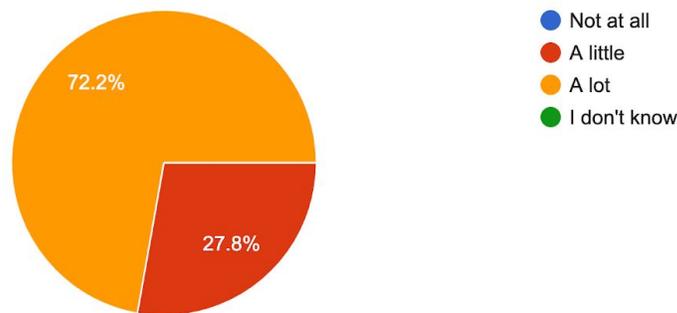
In your opinion, did this workshop increase your awareness of mental health issues?

18 responses



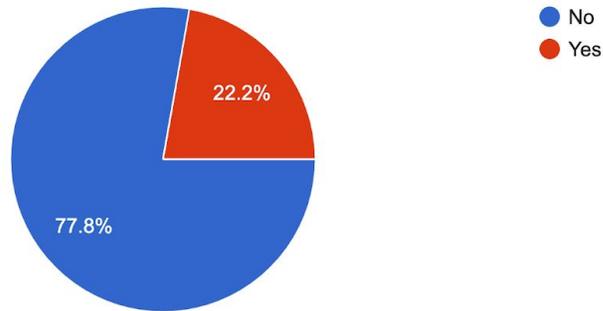
In your opinion, did this workshop help you confront and address stigma related to mental illness?

18 responses



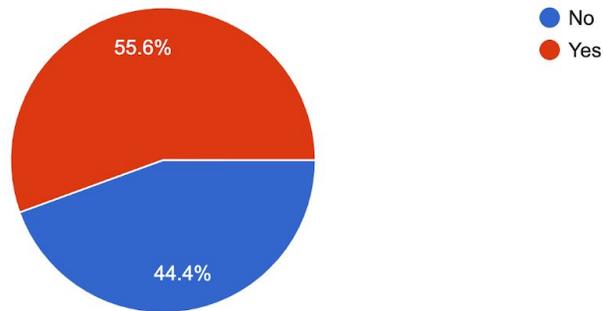
Did you know about the the Mental Health Services Act before this event?

18 responses



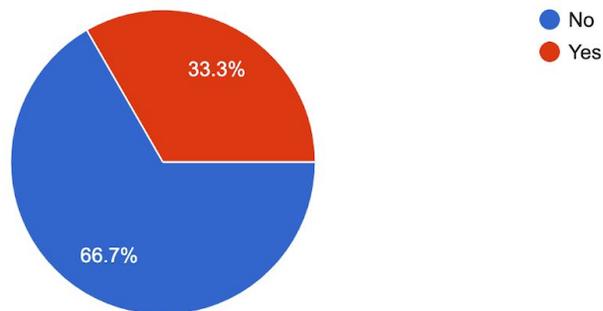
Did you know about your school's counseling services before this event?

18 responses



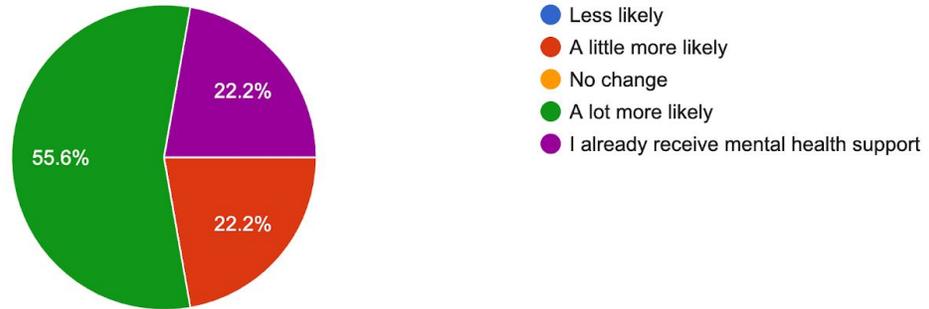
Did you know about the community resources before this event?

18 responses



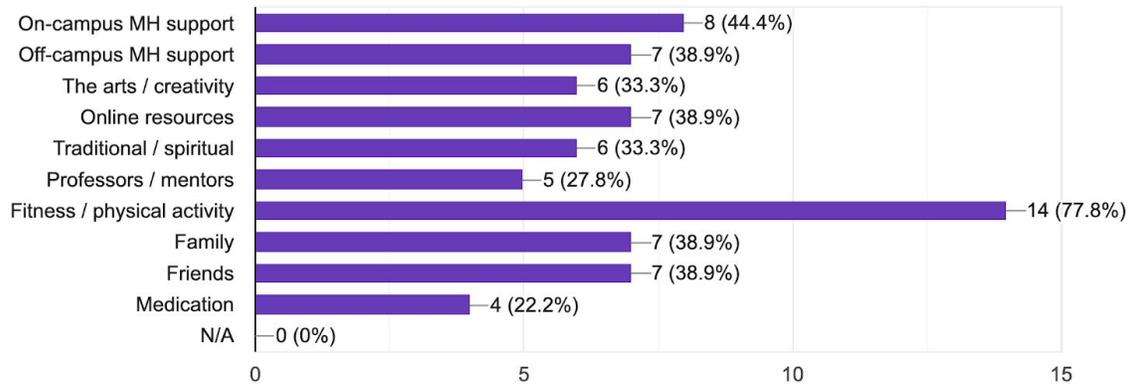
After this event, are you more or less likely to seek support for your mental health?

18 responses



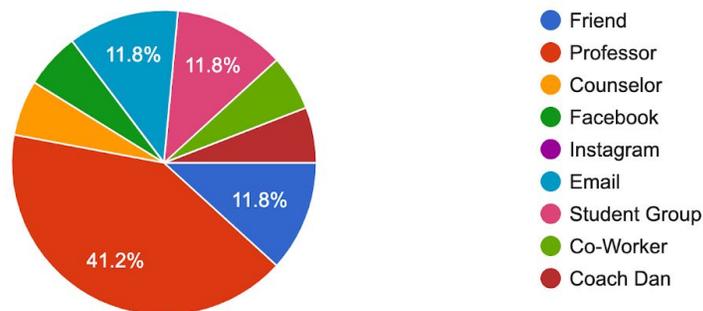
What type of mental health support do you think would be most useful to you?

18 responses



How did you hear about this event?

17 responses



What was your main takeaway?

(Highlights: see raw data for full list)

A huge problem with mental illness in that despite effective treatment people are unable to receive it
Gave me more insight about mental health
Awareness and resources / information (x2)
That I am not alone and it is okay not to be okay (x5)
Breathing
Its important to validate peoples feelings rather than judge
Being open to more support
People should seek help when they have a mental health related problem
West LA is an awesome engaged community
It's important to work on the stigma of mental health (x2)

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

(Highlights: see raw data for full list)

Media discussion for mental health
Easy going but informative
Resources
Informative and VERY important / highlight informative (x5)
Inspiring, helpful
Workshop that focuses on the stigmas and resources for mental health
Hopeful and positive
Relaxing and helpful
Perspective-broadening
Helpful, encouraging, inspiring!
A workshop on mental health related topics

How might you use what you learned today?

(Highlights: see raw data for full list)

As a resource
The breathing exercises will definitely help me / breathing techniques (x4)
To seek out to others who I know that are dealing with mental illness
Be a lending ear for others that are struggling with mental health
Use art to release emotional triggers
Use the exercises and put them into my routine to become a healthier me
Be more considerate and empathetic towards other with or without mental health problems
Not giving up
By applying the practices I was reminded to my life and looking at the films used for inspiration
I'll look at my issues as less stigmatized
Connect w the awesome resources at West LA and try to partner with them to provide additional support
For the students and faculty (x2)
I want to seek out more of the films

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

(Highlights: see raw data for full list)

I don't like it. I've done it before and received medications for ADHD
 Stigma / social stigma (x3)
 Even though I currently get it, when I was younger my parents did not understand it. Now looking back I had anxiety. Family support is crucial. Especially in regards to cultural barriers.
 Sometimes transportation or money
 The shame and embarrassment
 Myself
 Fear of not being understood or being judged
 No barrier; I have asked for mental health prior
 Lack of motivation
 Money (x2)
 Available support
 Shame... stigma... access to resources...
 Before was judgement but after having completely losing it I reached out to family and friends and they encouraged me to go to talk therapy

How can we improve this event in the future?

More polling. It was excellent. Cant have enough fun
 Can't think of a single thing that needed improvement
 Inviting the film makers
 excellent event
 I enjoyed it as is
 Send to department chairs for more participation
 I thought it was well organized now I just want to tell everyone I know about it
 More films
 The breathing exercises were great
 Having a more soothing voice facilitate
 Probably, when possible, to meet in person
 Less breathing, more films
 Would be nice to be able to chat while watching the movies full screen (minor quibble)
 I think it was great, it was one of the best online events I've attended

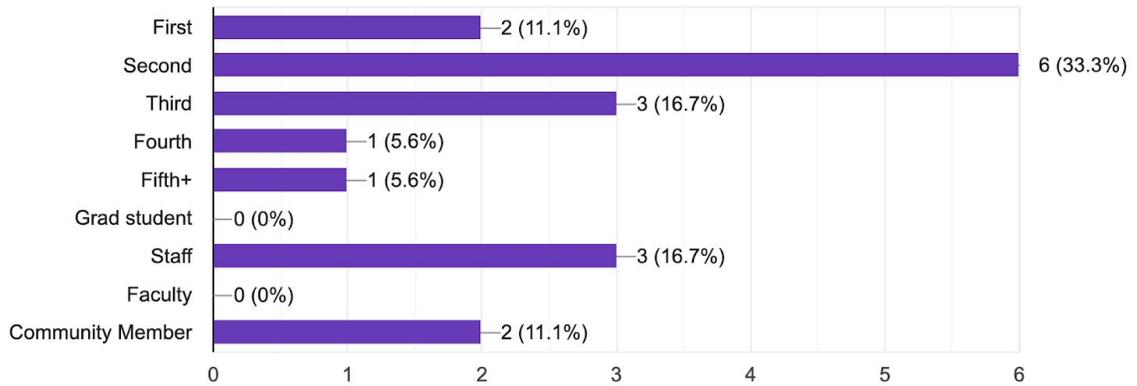
Major

Criminal Justice	1
Health / Kinesiology	4
Education	2
Psychology	1

Neurodiagnostic Technician	1
Liberal Arts	1
Film Production	1
Sociology	1
Athletic Trainings	1
Business Administration	1
Child Development	1

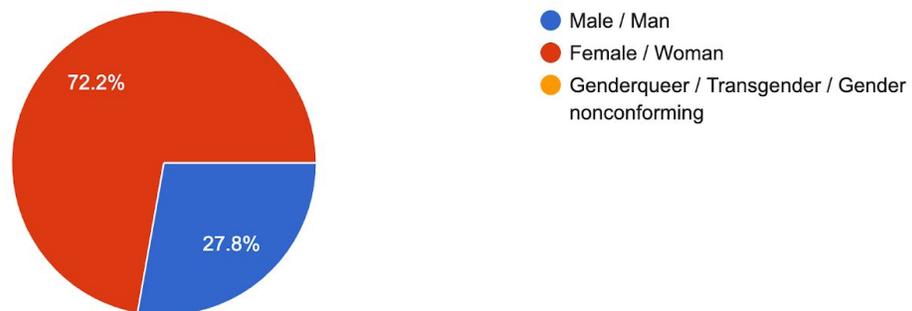
Year

18 responses



Gender Identity

18 responses



Race / Ethnicity		
Asian / Asian-American	2	11%
Black / African / African-American	2	11%
Hispanic / Latinx	11	61%
Indian / South Asian	0	
Middle Eastern	0	
Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	1	6%
Multiracial	2	11%