

# Movies for Mental Health (Online)

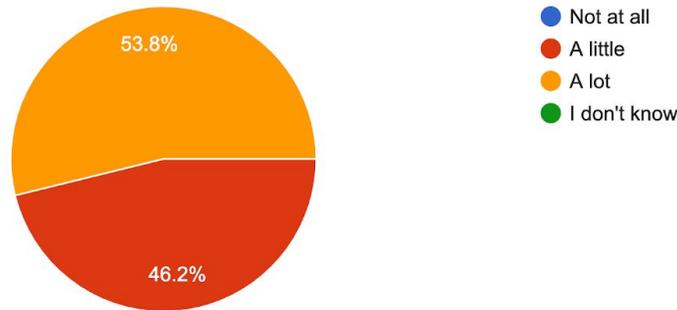
## Post-Workshop Evaluations

Barstow Community College  
October 7, 2020

Number of attendees: 40  
Number of evaluations: 13

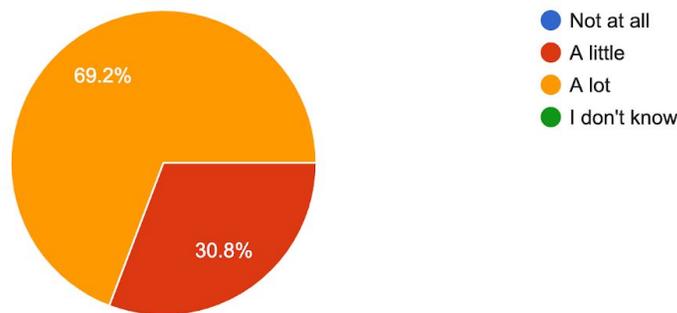
In your opinion, did this workshop increase your awareness of mental health issues?

13 responses



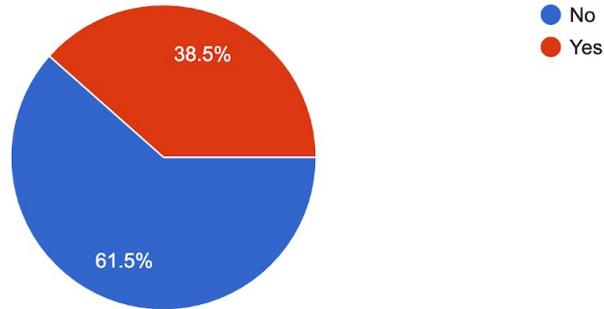
In your opinion, did this workshop help you confront and address stigma related to mental illness?

13 responses



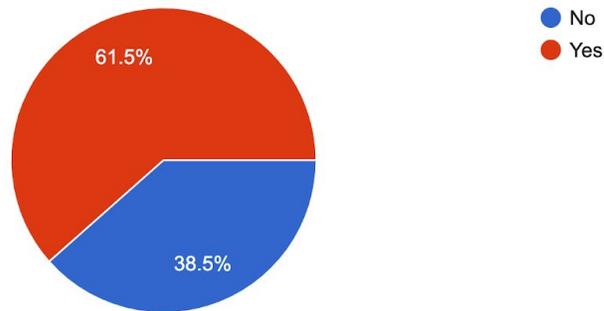
Did you know about the the Mental Health Services Act before this event?

13 responses



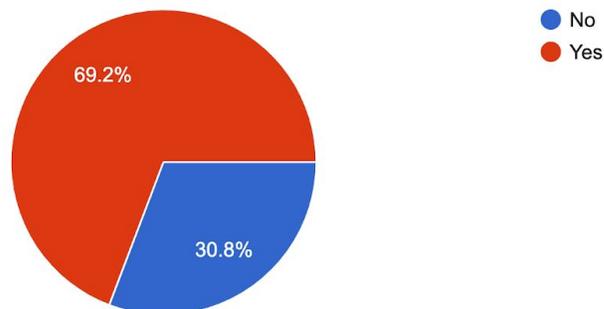
Did you know about your school's counseling services before this event?

13 responses



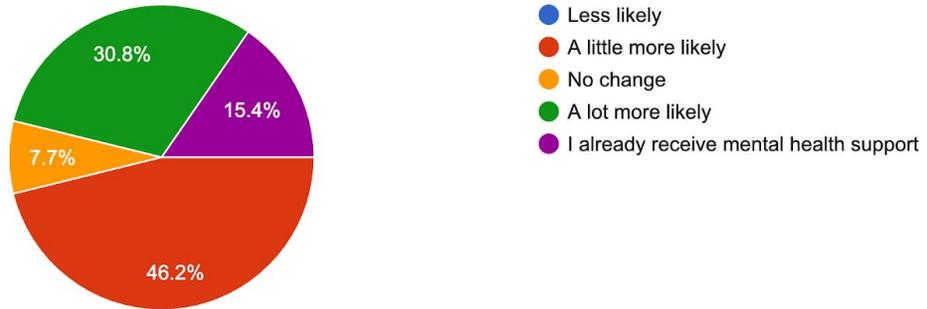
Did you know about the community resources before this event?

13 responses



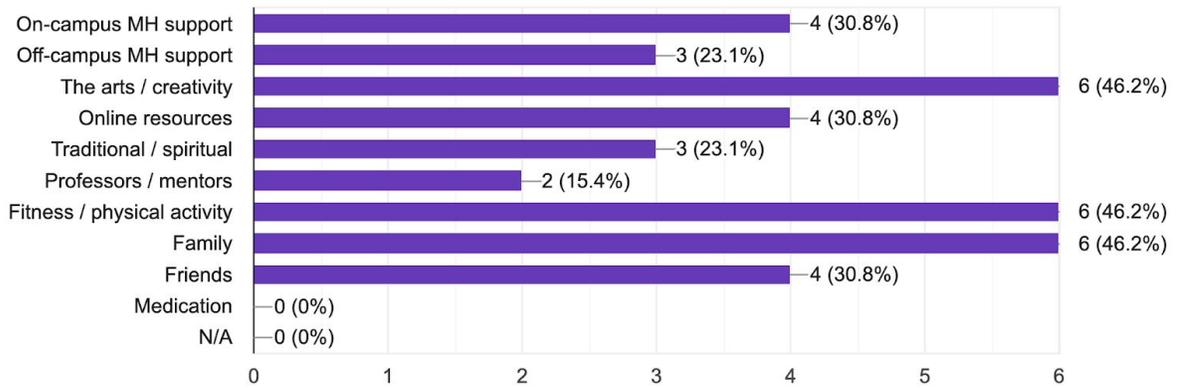
After this event, are you more or less likely to seek support for your mental health?

13 responses



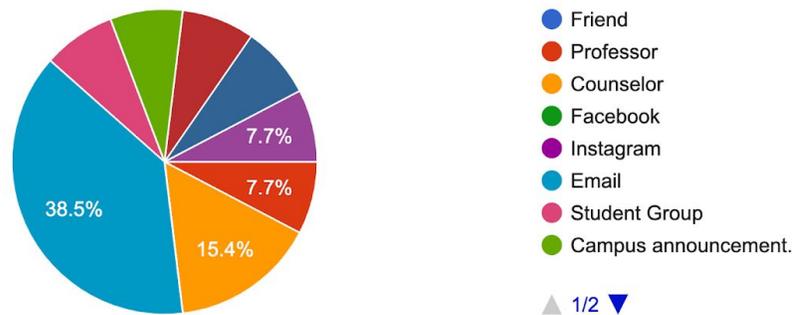
What type of mental health support do you think would be most useful to you?

13 responses



How did you hear about this event?

13 responses



### What was your main takeaway?

Mental Health should be embraced  
Support and acceptance  
Life lessons  
We need to stop stigmatizing and judging  
Resources  
Art is important and helping people share their stories will help the lonely not feel so alone  
I have a better understanding of Mental Illness  
To love yourself  
Resources  
There are plenty of resources available if you look for them. There are also things that can be accomplished through individual effort.  
That my daughter, who is borderline, may be struggling more than I know  
The welcoming reception and available resources

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

Lively, interactive, real, informative  
A series of videos accompanied by grounding techniques and reflections on the topic  
A MUST SEE  
A safe space to talk about mental wellness  
Knowledgeable  
Impactful  
Great workshop  
Awesome  
Informative and hopeful  
Interesting and fun. Which are two words you wouldn't expect to hear together for a workshop like this.  
Inspiring and educational  
Informative

### How might you use what you learned today?

Self care for me, body scan exercise  
Art as a form of self-expression  
Practice active listening  
I want to look into more movies  
When I feel anxiety  
Create some more short films  
All the outside help for mental health  
To help my students  
Add this to my tool kit  
I think I will use the breathing method and body reading to help me lessen the feelings of anxiety and sadness  
I will share the videos and additional info provided to us  
Student support referral?

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

(Highlights: see raw data for full list)

Time and resources  
 My own stigmas (x2)  
 Accessibility (x2)  
 Money  
 When police are called to handle and they don't know how to help  
 Acknowledgement  
 My biggest barrier is just having to talk to someone about the root cause and the triggers. It is difficult to give trust to someone enough to share that type of information with them.  
 Lack of time, finances, and availability of therapists/psychiatrists  
 Available time

## How can we improve this event in the future?

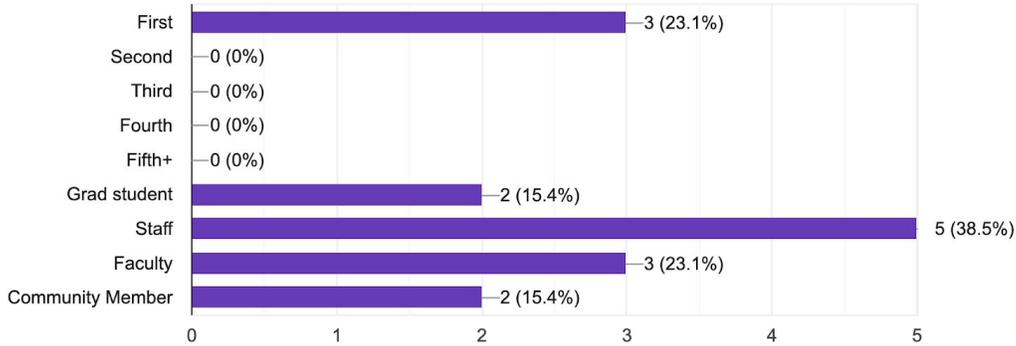
Well done  
 It is fine as is as far as I can tell  
 No clue  
 Can't think of anything  
 Very good workshop  
 Was great  
 This was great, the interaction and questions.  
 I actually really enjoyed this event and felt it had a really positive energy with it. I can't think of anything that would improve it.  
 Add some sections on other MH conditions such as anxiety, eating disorders, and bipolar  
 Great already!

### Major

Child Development	1
Social Work	1
Psychology / Psychology & Social Science	3
Humanities	1

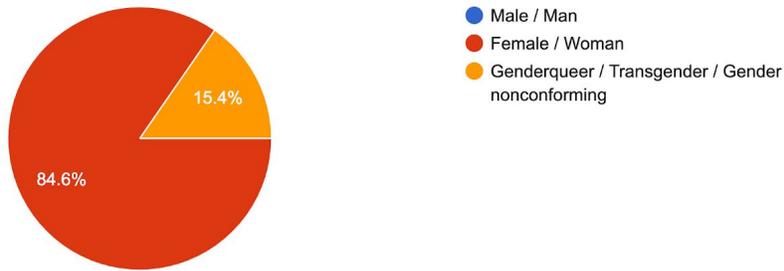
Year

13 responses



Gender Identity

13 responses



Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	1	8%
Hispanic / Latinx	5	42%
Indian / South Asian	0	
Middle Eastern	0	
Indigenous / Native American	1	8%
Pacific Islander	0	
White / Caucasian	4	33%
Multiracial	1	8%