

Movies for Mental Health (Online)

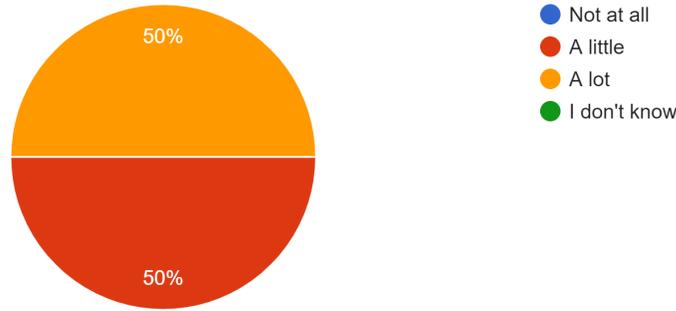
Post-Workshop Evaluations

California Institute of Integral Studies
April 13, 2021

Number of attendees: 19
Number of evaluations: 11

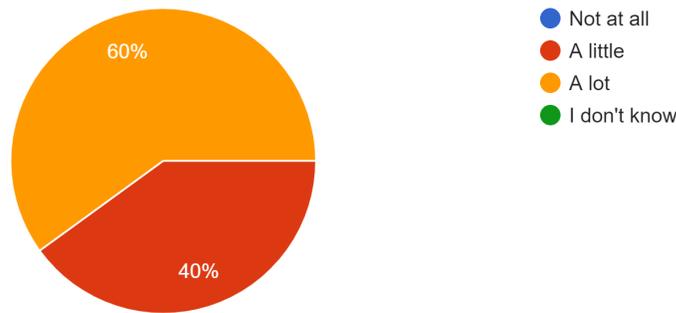
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



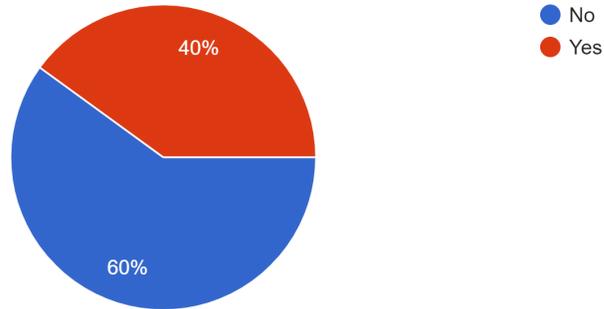
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



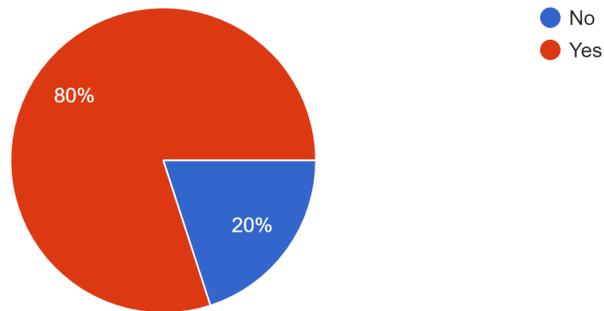
Did you know about the the Mental Health Services Act before this event?

10 responses



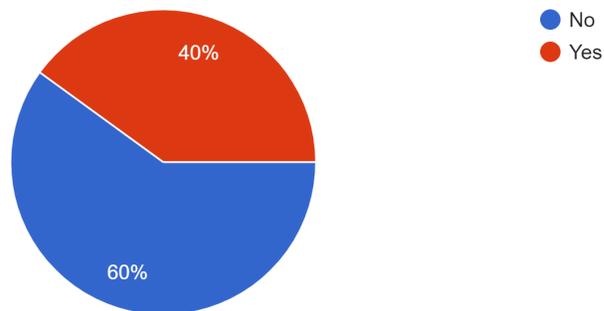
Did you know about your school's counseling services before this event?

10 responses



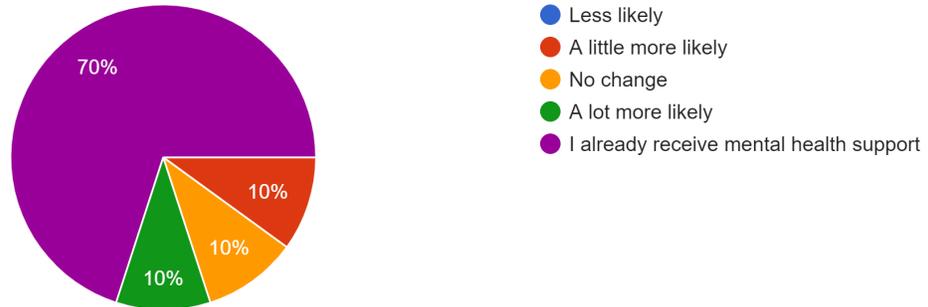
Did you know about the community resources before this event?

10 responses



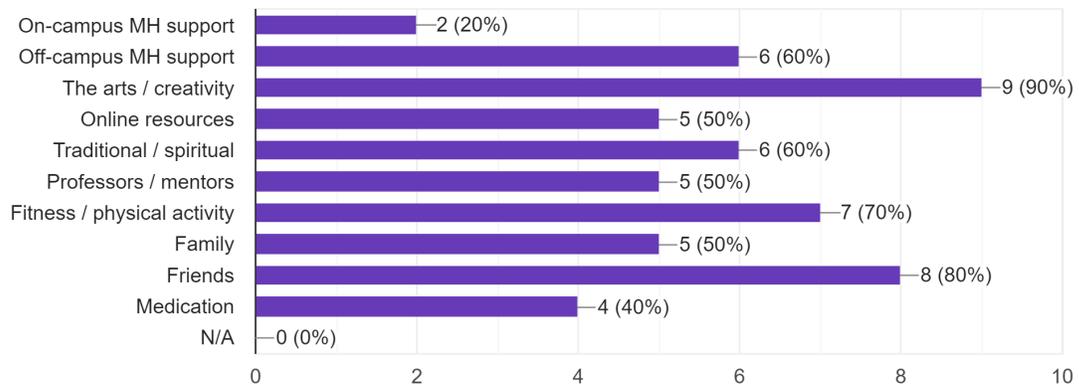
After this event, are you more or less likely to seek support for your mental health?

10 responses



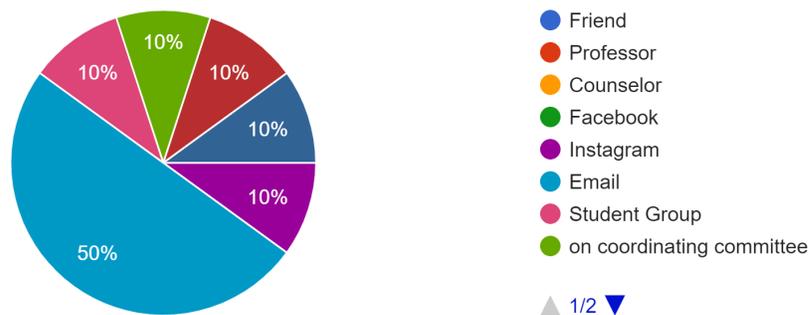
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

That community heals
Unloading feelings (even in a messy way) is still a start.
The power of poetry to connect us
WRITE!
Being in community is healing
That poetry can bring awareness to emotions that are hidden or difficult to process.
Gratitude for the community and poetry created through our conversations.
Sharing poetry snippets is fun
There's a lot of strength in coming together and witnessing one another in discomfort and hardship, even through a virtual space.
I felt welcomed and valued in a gentle manner - there was no "us" vs. "them" attitude (even in the best sense of that attitude)
Free writing is a great way to process thoughts and feelings!

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

Amazing community creative encouraging support
I would describe it as an interactive space with writers to discuss mental health experiences and reflect on/share art
A beautiful, love-filled event that examined how poetry and independent films help us address the trauma we've endured from being part of the LGBTQ+ community.
Thoughtful and well organized, interactive
Interesting
A great way to get started on writing poetry for the soul.
I would tell them it is an interactive, poetry writing workshop supported by short films and conversations in recognition of and celebration of queerness and LGBTQIA+ expressions.
A nice place to share writing and just talk about lgbtq+ issues
A supportive and inviting space for sharing vulnerable topics and ideas.
I felt welcomed and valued and empowered.
a workshop on writing poetry informed by queer mental health-related media, a super welcoming and loving space

How might you use what you learned today?

In trusting in writing my feelings
I will incorporate this conversation and strategy into trainings
Write and/or read poetry when I'm struggling with my mental health.
In writing and expressing openly, being more unapologetically myself.
Not sure
I'd like to make time for my writing throughout the week :)
To further connect with folx who may be struggling without support for their identity.
build a bigger network of fellow poets
I'm interested in the things I wrote during the free-write sections and hope to turn them into poems.

I'll keep AWI in mind for possible future collaborations.
Writing more poetry in the near future!

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

(Highlights: see raw data for full list)

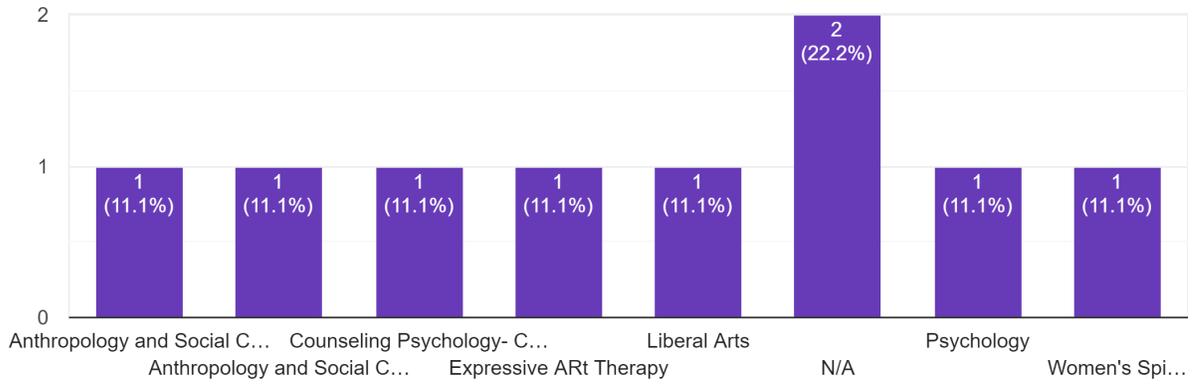
Affordable mental health care
Finding culturally competent mental health support
Time, money, access.
Money, time
Therapy is expensive.
Feeling deserving and prioritizing the time and energy it can require.
Fear of judgment from my family
I don't currently experience any barriers, but I know that finding a therapist can be challenging, especially right now when so many aren't taking new clients.
Stigma and fear of suicide
Work/money issues

How can we improve this event in the future?

It was awesome.
I can't think of anything, it really was quite lovely!
It was really great.
I would have felt more connected if I could see or hear the other participants.
I'm thinking closed caption option to provide accessibility.
Have more than one person to talk to if we get triggered on standby... I needed to talk to someone & they only replied an hour later
Maybe there's a way to make it a little shorter? It was definitely worth the couple of hours, just that it's a long time to be looking at my computer. You did such a great job considering the limitations of being online though!
You are in a better position to decide that :)
No notes! I loved it!

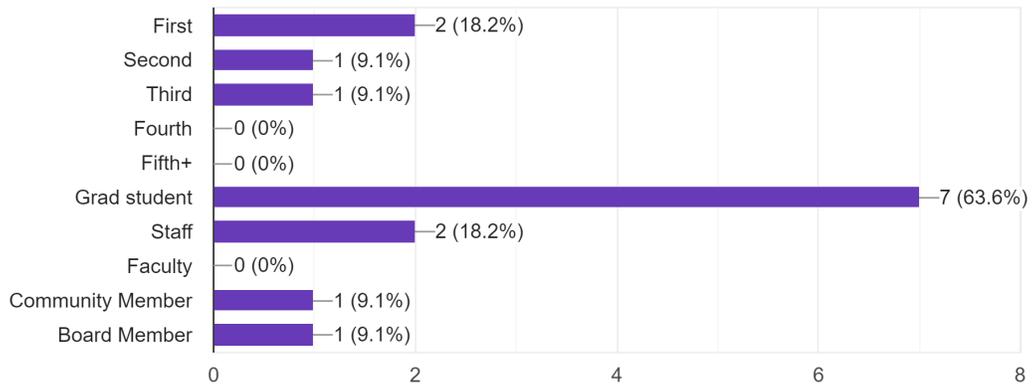
Major

9 responses



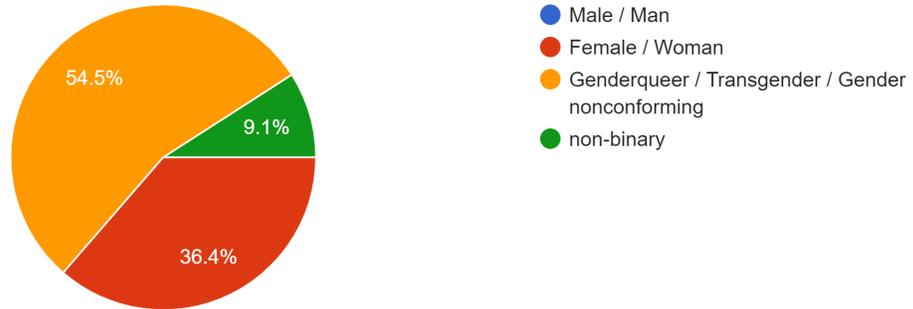
Year

11 responses



Gender Identity

11 responses



Ethnicity

11 responses

