

Movies for Mental Health (Online)

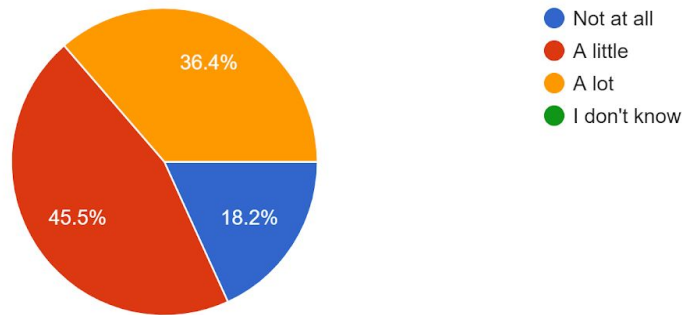
Post-Workshop Evaluations

California Institute of the Arts
February 9, 2021

Number of attendees: 36
Number of evaluations: 13

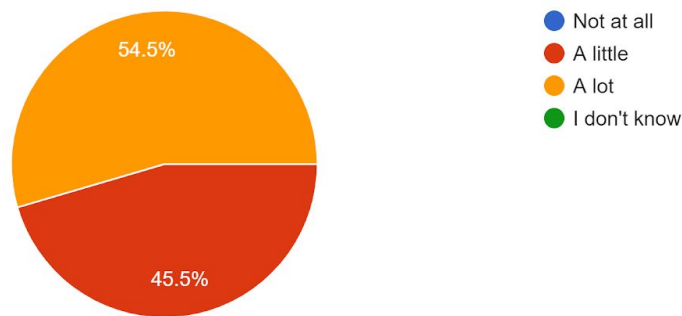
In your opinion, did this workshop increase your awareness of mental health issues?

11 responses



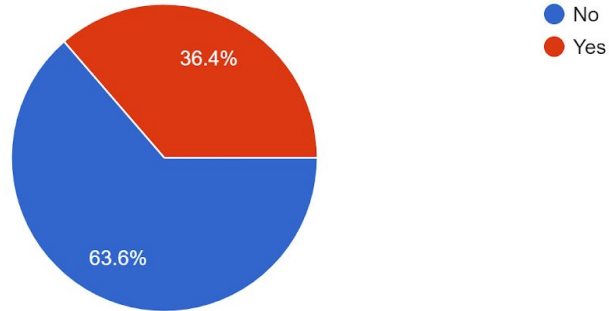
In your opinion, did this workshop help you confront and address stigma related to mental illness?

11 responses



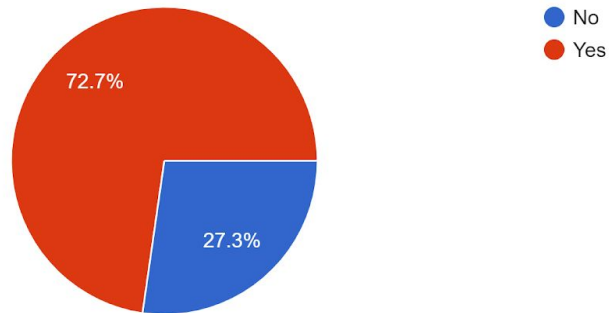
Did you know about the the Mental Health Services Act before this event?

11 responses



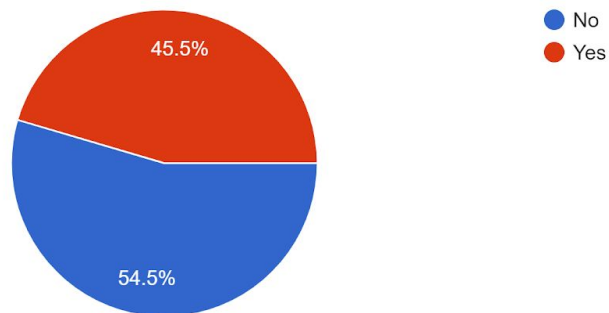
Did you know about your school's counseling services before this event?

11 responses



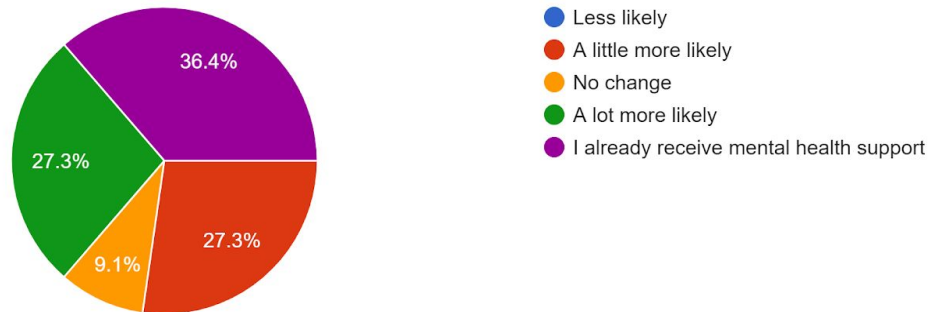
Did you know about the community resources before this event?

11 responses



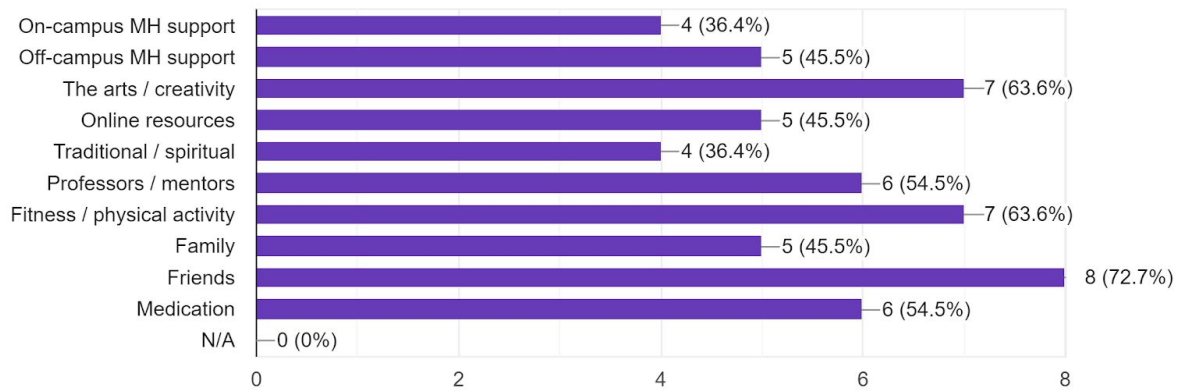
After this event, are you more or less likely to seek support for your mental health?

11 responses



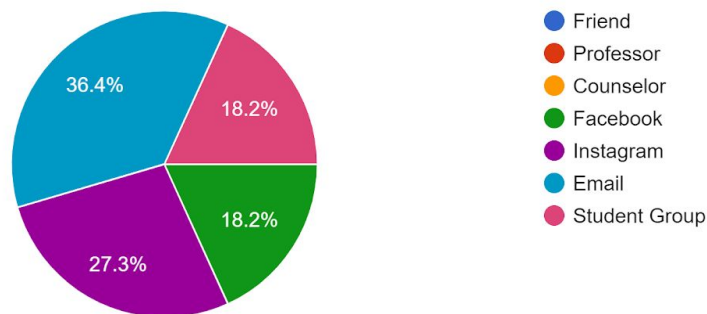
What type of mental health support do you think would be most useful to you?

11 responses



How did you hear about this event?

11 responses



What was your main takeaway?

- That I am not alone at all in the ways I struggle and that I should reach out for help more
- That I want to continue to be less fearful about sharing my story about mental health.
- I would like the conversation around mental health to be included in creative practice and vice versa.
- I have a stronger realization of how important certain topics are to discuss about.
- Awareness of online resources
- everyone has mental health (x2)
- there are efforts out there to educate about mental wellness
- I shouldn't ignore my mental health.
- Feeling inspired to talk more about mental health and about mental health in lens of movies

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

- Rejuvenating
- Informative (x2)
- exciting and fun
- Great hang, great people
- This workshop is about talking and listen mental health.
- Wholesome, safe, friendly, calming
- Super fun and informative without being cheese or patronizing
- Inspiring and essential
- Community based learning

How might you use what you learned today?

- Reach out to my friends more and ask "how can I support you?"
- share with others
- I will seek help with my mental health.
- Saved resource links to share (mental health resources)
- To start a new daily mental health practices like the breathing techniques we learned today
- I'd like to continue to reduce the stigma around mental health.
- I will bring this raised awareness to my teaching
- Directing friends to resources that help with mental illness
- 7 Cups sounds interesting
- definitely will tell people how great [Natalie] was

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

- racial capitalism and patriarchy
- Feeling as though my problems aren't important enough to talk about.
- Time and commitment
- a bad therapist when I was younger
- Habit of overscheduling to avoid difficult feelings

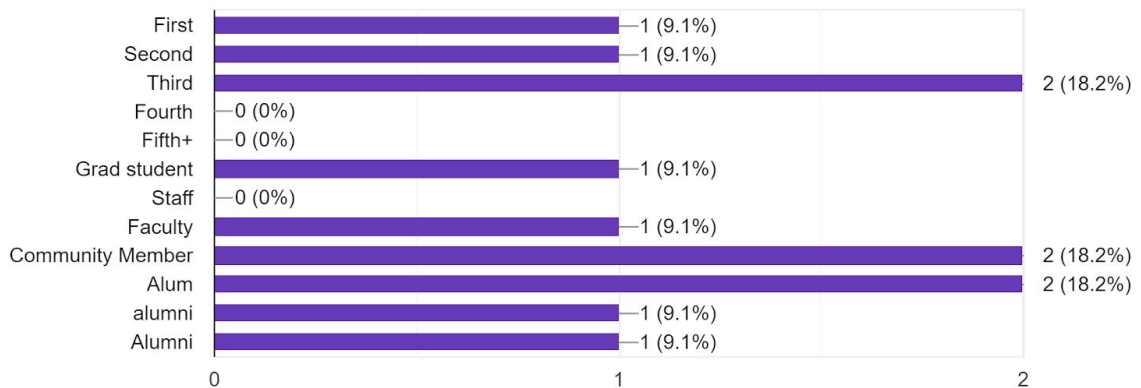
- not knowing where to go... not feeling "seen" when I do find a resource
- I'm ashamed to need help when my parent/family have gone through so much and they don't believe in mental illness and they're so put together.
- fear of medication, fear of not being able to afford it, fear of dependency, fear of instability while on medication
- We need more counselor support on our campus - we only have two right now and we need more than just the crisis line
- My own thought patterns.

How can we improve this event in the future?

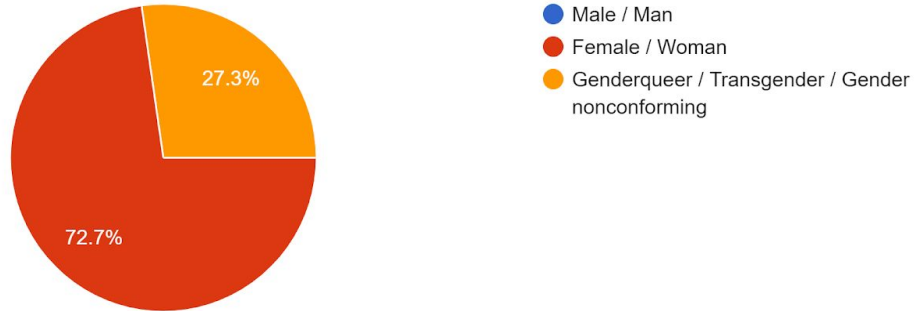
- Have more events!
- nothing, it was great!
- Listen to the comments and keep adding content
- I enjoyed this platform! Maybe participants can opt to use video/speak. But don't need more Zoom in my life so...would be interesting to explore this platform more
- did an amazing job
- Add "CalArts / Alum" to poll answers
- It was so so good truly everything was thought of
- It was so good!
- I cant say because I had to leave early! But I would love there to be dancing

Major	
Acting / Alumni / Character Animation / Film and Video / Music and Creative Writing	(1 each)
Dance / Photo and Media	(2 each)

Year
11 responses



Gender Identity
11 responses



Race / Ethnicity		
Asian / Asian-American	1	9%
Black / African / African-American	1	9%
Hispanic / Latinx	2	18%
Indian / South Asian		
Middle Eastern	1	9%
Native American / First Nations		
Pacific Islander	1	9%
White / Caucasian	7	64%
Multiracial		
Other		