

Movies for Mental Health (Online)

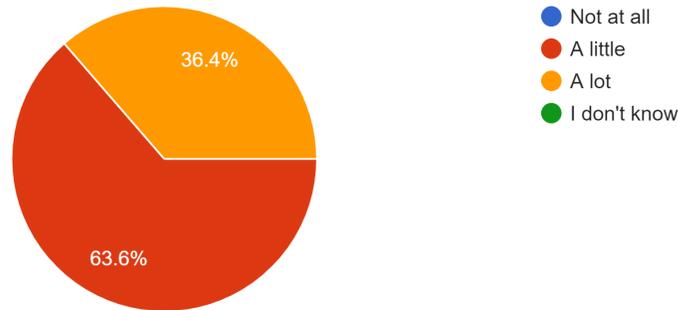
Post-Workshop Evaluations

Clarkson University
March 16, 2021

Approximate maximum attendance: 38
Number of evaluations: 23

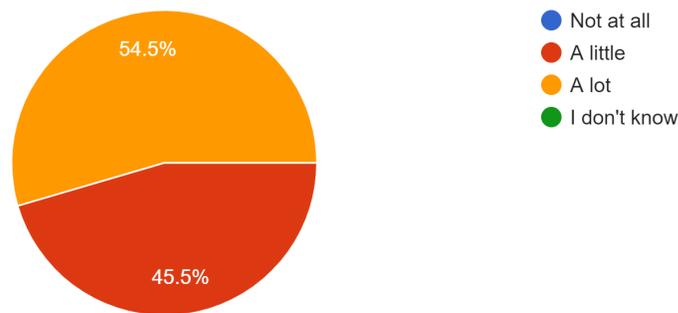
In your opinion, did this workshop increase your awareness of mental health issues?

22 responses



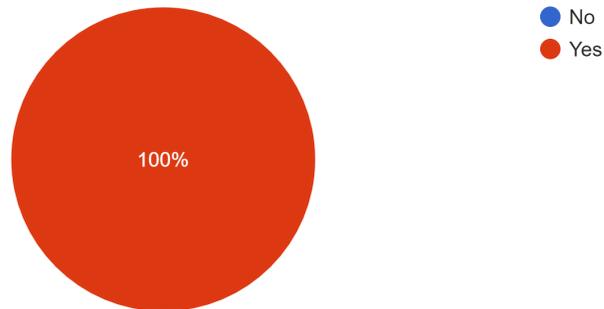
In your opinion, did this workshop help you confront and address stigma related to mental illness?

22 responses



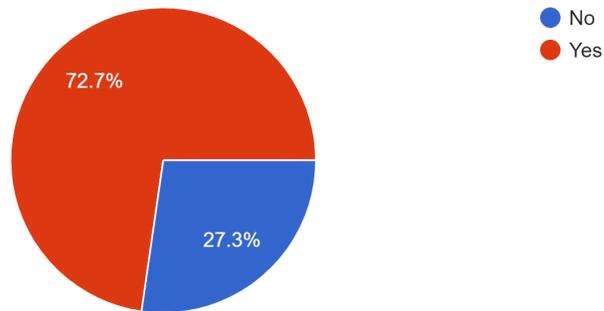
Did you know about your school's counseling services before this event?

21 responses



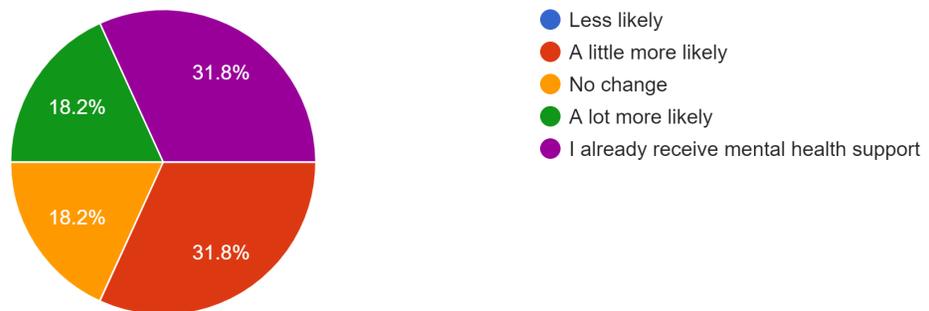
Did you know about the community resources before this event?

22 responses



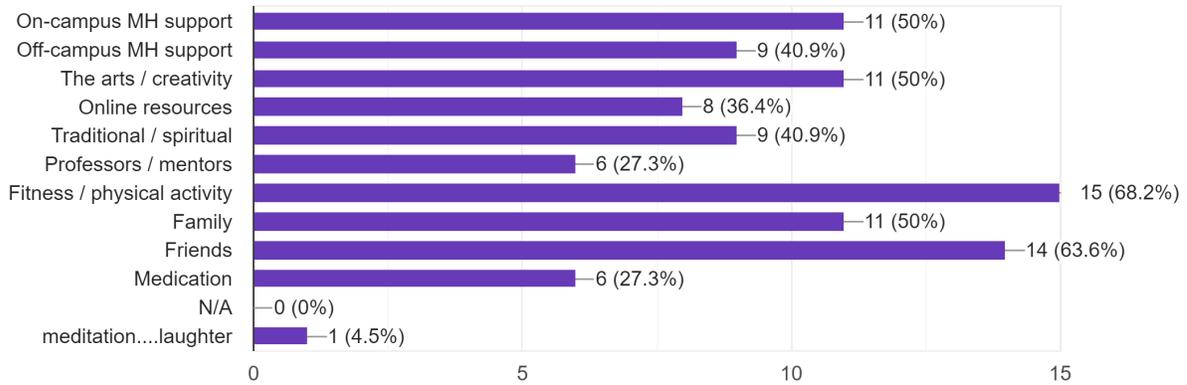
After this event, are you more or less likely to seek support for your mental health?

22 responses



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

22 responses



How did you hear about this event?

22 responses



What was your main takeaway?

- My main take-away was that there is not one type of way people experience a certain illness and there is not a "right" way to practice self-care
- It's okay to not be okay! There are resources to take advantage of, and no one is alone in their struggles.
- Self-Care can really be anything as long as it helps the person doing it.
- My main takeaway is the need to spread awareness and break down the stigma against mental health.
- Mental health does not discriminate. It affects every person.
- Mental Health is still very stigmatized
- That there are so many different ways that mental illness presents itself
- Tips and tricks for improving mental wellness
- It's important to talk about your problems.

- That others are also going through the same things that I am, and that we all deal with it in extremely different ways
- Mental Health is important and we need to be more aware of its affects and how we can get help for ourselves.
- The importance of stressing that it's ok to not be ok
- it's worth the effort to get back into self care habits
- That we are not alone in suffering from mental health
- The impact of art on my perspective of what mental health looks like
- Need to be especially cautious with how I "check in" with students before/during class

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

(Highlights: see raw data for full list)

- multi-faceted, interactive, worthwhile; the presenter created an open, safe, and friendly environment for sharing; it was a rich experience
- I would describe this workshop as interactive and well-balanced between guided information and engaging films. The discussions throughout the workshop were really helpful and brought out the most of the films too.
- I would describe it as enlightening, thought provoking, and grounding
- A safe space to discuss important stigmatized issues
- The workshop was a collection of short films highlighting mental health issues and in between the films we talked about ways to reduce stigma or care for yourself.
- Engaging, informative, with great people
- Helpful, engaging, raw(in a good way)
- You will get something out of this, I promise! Great workshop!
- A safe, comfortable workshop to explore your own feelings and process others

How might you use what you learned today?

(Highlights: see raw data for full list)

- I liked the breathing exercises and will continue to use those when I am feeling overwhelmed
- I will seek more help within my community.
- Setting up a first appointment with a counselor at Clarkson
- Probably being more aware of the potential problems my peers may have and trying not to inadvertently stigmatize them.
- I might pay more attention to how the media and popular tv/movies portray mental health and illness. We readily generated words that the media uses, as well as shows / movies that depict mental health. So, I think it is important to pay more attention to the messaging being received from these sources.
- Reach out to others who may be dealing with mental health so they know that they are not alone.
- giving more time to considering how to give space for students/others in my bubble to discuss being stress/overwhelmed without adding to the normalization that people on campus SHOULD be stressed... I need to think more about how I'm reinforcing that perceptive and how I can break that cycle
- I will try to seek help from different places more, and not lie to the people trying to help me. I always say I feel like I need a secondary therapist because I am afraid of disappointing my therapist.
- The mental calming exercise of categorizing the feelings in your body could be useful for calming myself or even just for a mindfulness exercise.
- Share my experience with more friends and family! Progress forward to end the stigma.

- 54321 grounding method will definitely be used in the future
- I liked learning some of the breathing/grounding techniques
- To enhance the resources I already know about and share those out; to be reminded that lots of people might have something going on that they are dealing with and to listen better and be more patient
- Get back into yoga & meditation bc I'm reminded of how useful it is
- Listening more and talking less...just being present

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

- societal/cultural stigma
- Social anxiety and my lack of a support system on campus
- I am stubborn, and like to think I do not need help
- My own insecurities.
- it feels like too many steps to contact SHAC, fill out the forms, set up the appt, etc. when I am at a low point
- money and time
- My own standards and trying to be perfect
- isolation during COVID
- making time to address or implement coping strategies
- I feel like I am making up my symptoms. It is also hard seeking help when I am afraid of disappointing my counselor. I struggle with being motivated, so it is hard being motivated enough to get help.
- Feeling invalidated, not discussing mental health with others
- I think there is a big fear of feeling like an outcast if someone seeks help.
- Myself and a lack of time in my schedule.
- Self-judgement and fear of admitting that I may need help resolving mental health concerns. The stigma is real, the internalized pressures that cast mental wellness and mental health as negative or a weakness is real.
- Acceptance and asking for help.
- My own stigmas
- Trying to tell myself that I'm okay and don't need help
- I think it's internal, but comes out as perceived stigma; also living in a very small town, finding a counselor without having a lot of people know about it.

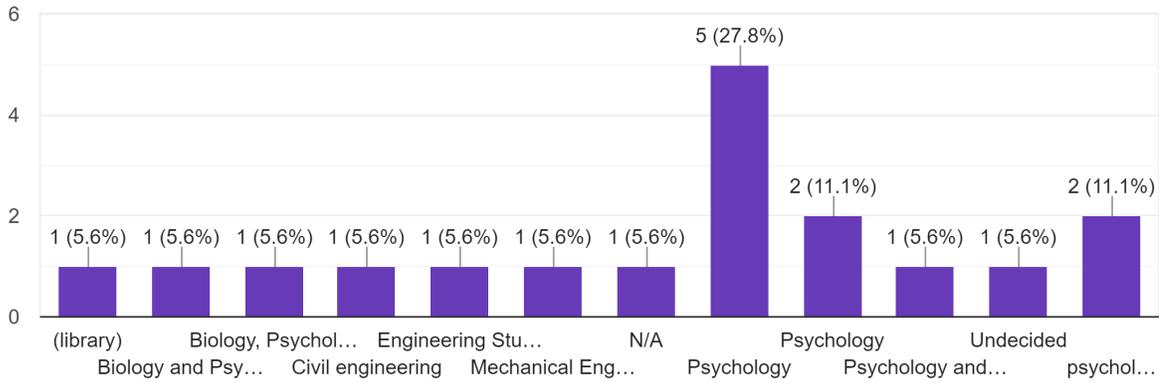
How can we improve this event in the future?

- More resources specific to BIPOC community?
- Really liked the variety, movie, activity student stories
- I would like to see more movies.
- More discussion on each individual video directly after they are shown
- The time commitment is a bit overwhelming - I wasn't going to attend bc I didn't want to spend 2 hours in the workshop but it was required for psi chi members (I'm glad I attended, though)
- I have no idea, this was amazing for students and staff
- I think the event is very helpful as is.
- Honestly, I think it was great- the discussion was amazing and I thought Beth's approach to the films was fantastic
- I really liked it; might be good to hold earlier in the semester

- I would talk a little bit more about how to help yourself and others with serious problems
- I loved the format, and all the inclusive dialogue! I really don't have any critiques to give!
- I thought the event was great!
- I think it could be useful discussing how we can increase our own awareness as well as the awareness of our communities - encourage having this conversation beyond this controlled setting.
- Everything was great
- I think this event was amazing just the way it was
- maybe just show more movies!

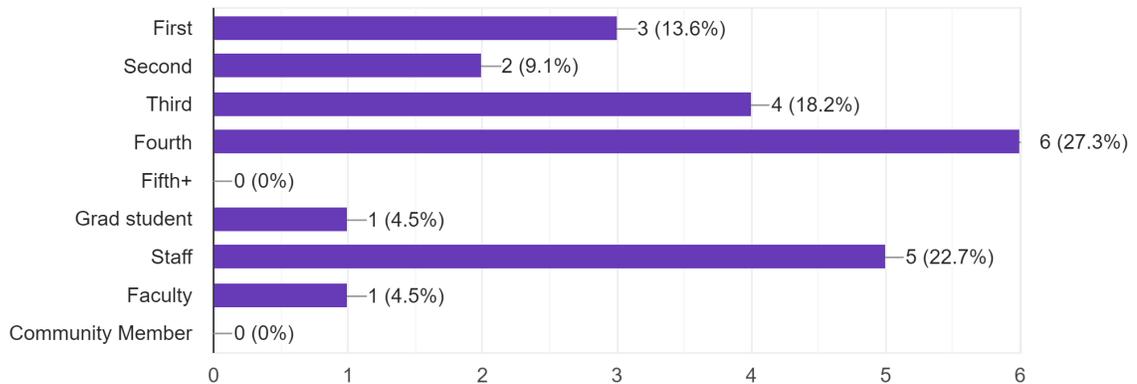
Major

18 responses



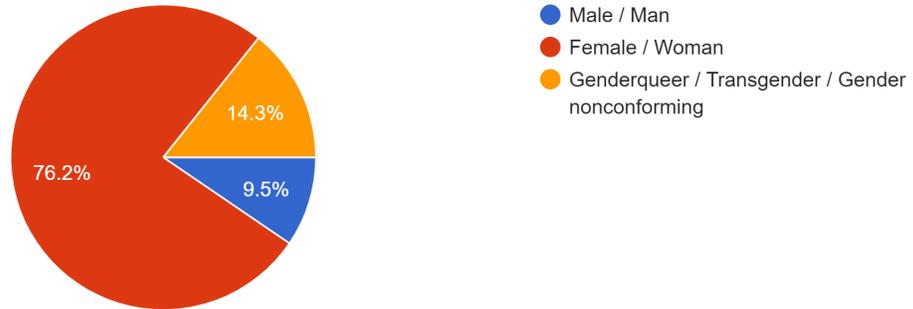
Year

22 responses



Gender Identity

21 responses



Ethnicity

21 responses

