

Movies for Mental Health

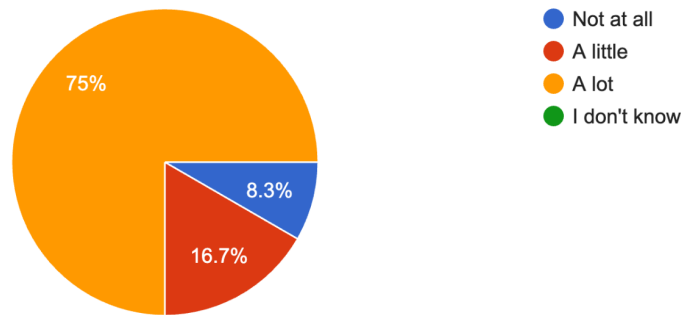
Post-Workshop Evaluations

SCHOOL: Clovis Community College
DATE: 3.14.23

Approximate maximum attendance: 17
Number of evaluations: 11

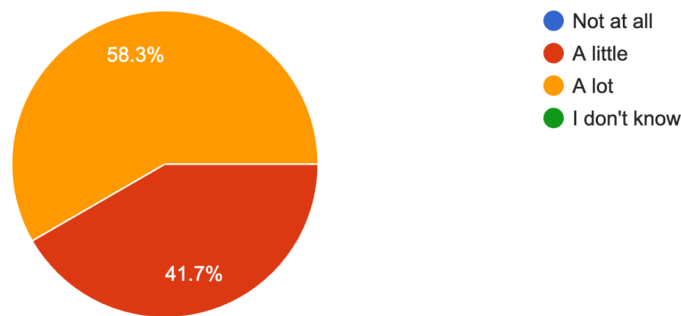
In your opinion, did this workshop increase your awareness of mental health issues?

12 responses



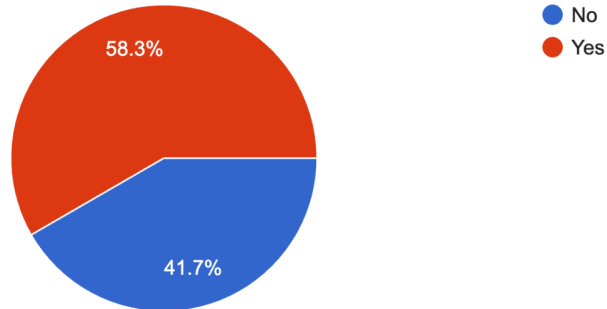
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



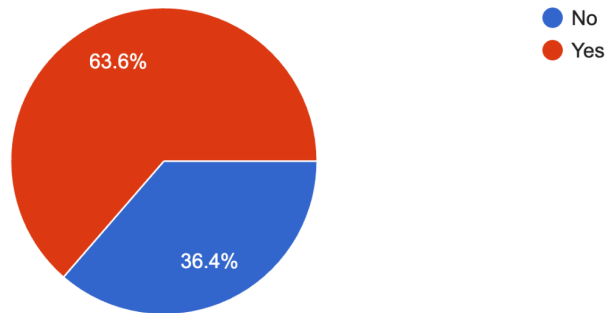
Did you know about the the Mental Health Services Act before this event?

12 responses



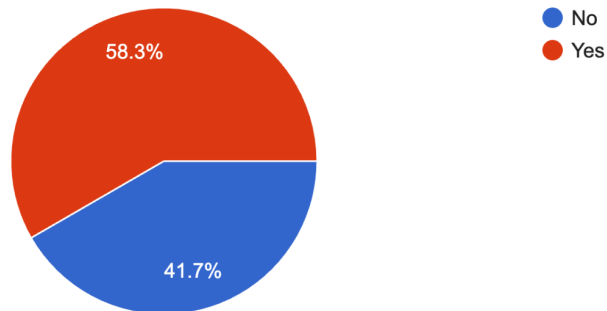
Did you know about your school's counseling services before this event?

11 responses



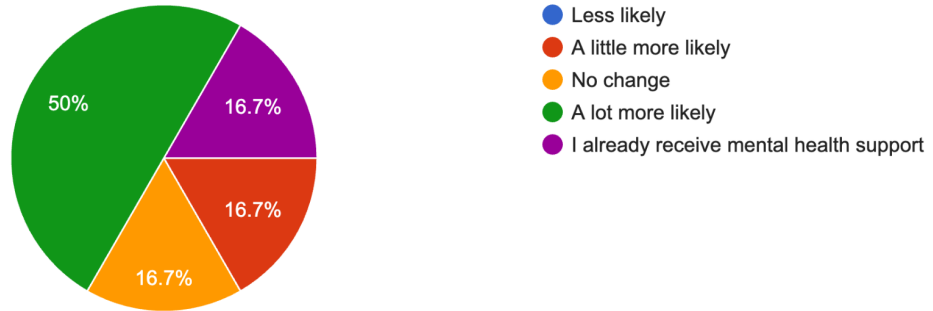
Did you know about the community resources before this event?

12 responses



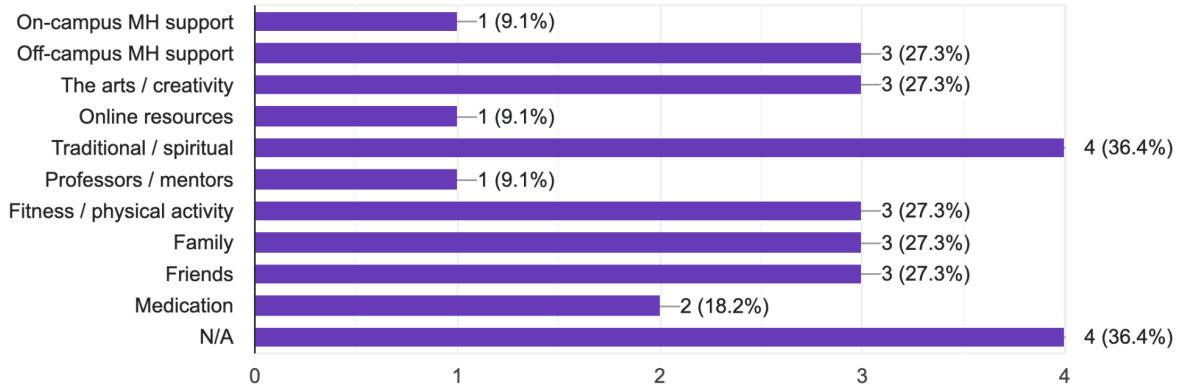
After this event, are you more or less likely to seek support for your mental health?

12 responses



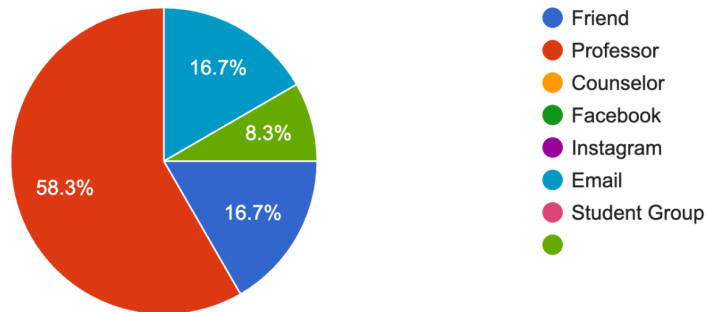
What type(s) of mental health support would you like better access to?

11 responses



How did you hear about this event?

12 responses



What was your main takeaway?
(Highlights: see raw data for full list)

The stigma is still very much real for so many people
We are not alone in our struggles.
The healing power of art

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

Deeply touching
An open conversation about mental health and why it matters, using themes from film
Helpful with cultural mental health

How might you use what you learned today?
(Highlights: see raw data for full list)

To seek my own mental health services
Do more self check-ins
Check in on my friends and family

What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

Access, knowing about resources, self doubt

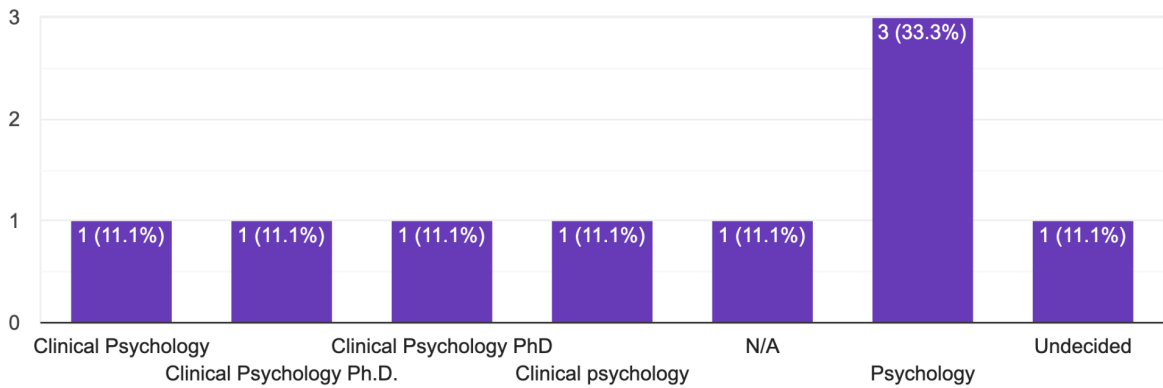
Finding the right therapist
My pride.

How can we improve this event in the future?

Making it feel more intimate.
Providing a outline of mental health access
The panel should have contained more individuals of color. I also found it inappropriate that several questions directed to the panel were answered by a (white presenting) member of the audience rather than from the panelist who was a woman of color. I also feel that if this panelist had the opportunity to share her mental health story prior to the start of the panel, that the tone for questions directed to the panel would have improved significantly.

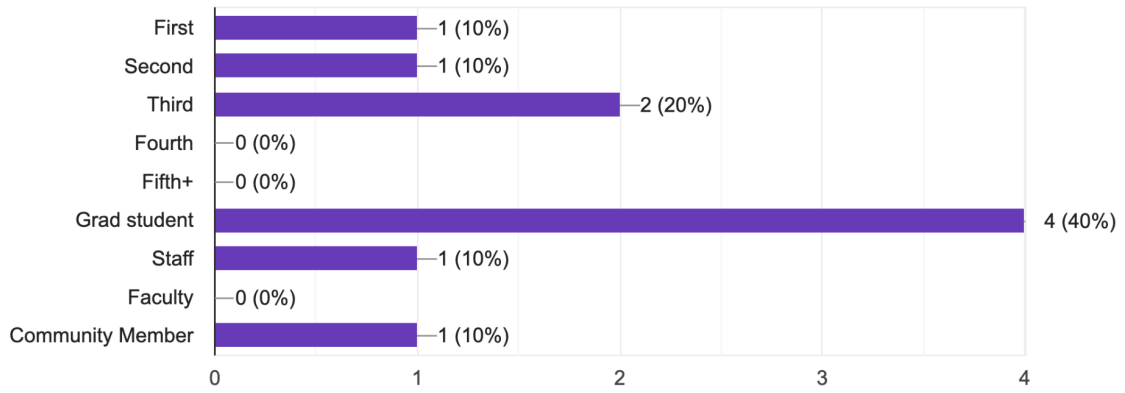
Major

9 responses



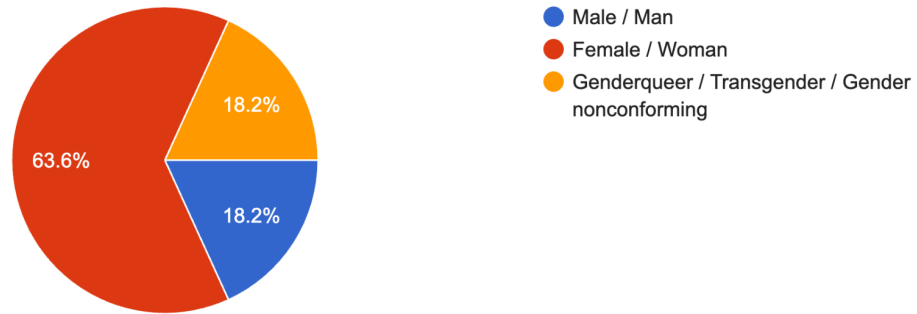
Year

10 responses



Gender Identity

11 responses



Race / Ethnicity		
Asian / Asian-American	1	8.3%
Black / African / African-American	1	8.3%
Hispanic / Latinx	5	41.7%
Indian / South Asian	0	0%
Middle Eastern	0	0%
Native American / First Nations	2	16.7%

Pacific Islander	0	0%
White / Caucasian	6	50%