

Movies for Mental Health

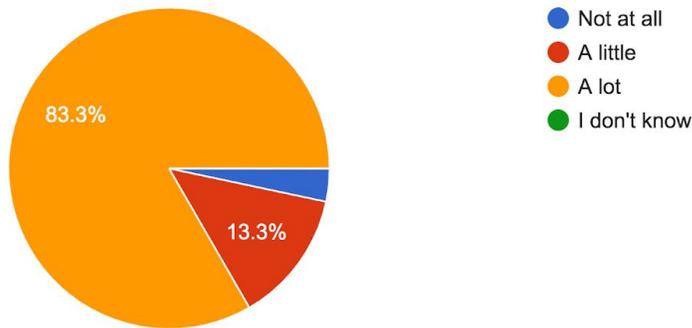
Post-Workshop Evaluations

College of Marin
April 25, 2019

Number of attendees: 50
Number of evaluations: 30

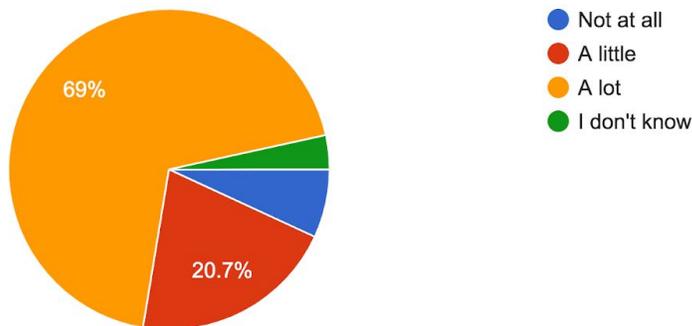
In your opinion, did this event create awareness of mental health issues?

30 responses



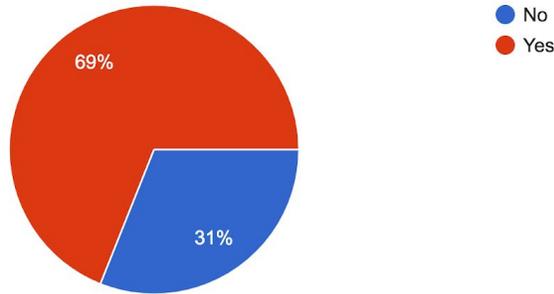
In your opinion, did this event reduce stigma related to mental illness?

29 responses



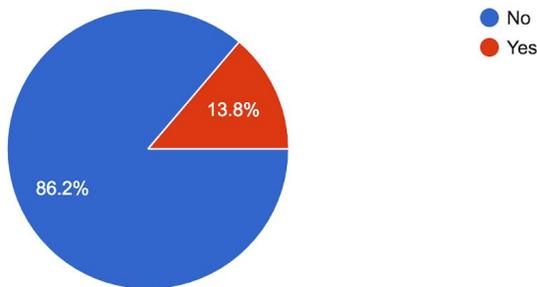
Did you know about your school's counseling services before this event?

29 responses



Did you know about the Mental Health Services Act (Prop. 63) before this event?

29 responses



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

29 responses

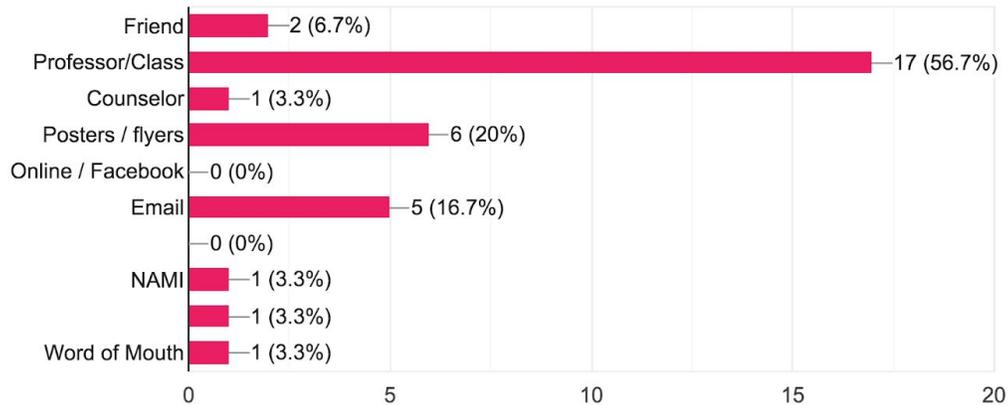


What type of mental health support do you think would be most useful to you?

On-campus MH support	13
Off-campus MH support	6
The arts / creativity	10
Online resources	3
Traditional / spiritual	6
Professors / mentors	6
Fitness / physical activity	10
Family	8
Friends	11
Self-love	1

How did you hear about this event?

30 responses



What was your main takeaway?

(Highlights: see raw data for full list)

I'm not the only one. You must take the first step. It's up to you and you have to change in order for things to change.

Art is able to create a universalized image of what individuals experience that people can contextualize themselves and feel equally impacted by.

So many people have gone through things that I have been through.

Mental health can look different to everyone but it is so important

Empathy for the people who suffer from mental health issues.

Powerful, how single, little things change someone's day.

Many varied thoughts, feelings, fears, doubts exist in mental illness.

How mental health should be talked about more frequently.

I was already familiar w/ NAMI + CDP. The films/AWI was totally new to me.

Hope, love, community.

Multi-faceted nature of mental health and illness

All the resources available.

Mental illness should not be ignored.

Resources for my students.

I am not alone.

That there is help on campus.

Access to volunteering opportunities.

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

(Highlights: see raw data for full list)

The program brought awareness to concerns of MH.

Helpful for someone who is going through a rough time.

An innovative way to look @ mental health + address the damaging stereotypes surrounding.

A workshop to express + look at feelings around MH. Hopefully the word will get out.

An overall picture/framework of mental illness in the general public.

Film-inspired dialogue, contemplation about MH.

Helpful and something that will open your eyes.

A discussion of important things you need to know about.

An amazing experience.

Very informational and supportive and safe.

Helpful, touchable, inspired.

Important. A good starting point.

A way to be surrounded by positive, helpful people.

How might you use what you learned today?

(Highlights: see raw data for full list)

Talk more about mental health and not be afraid to seek help when needed.
Knowing about the website and what help is out there.
Mindfulness! Always keeping it in mind.
Be aware of people around me!
If in the future I need help I will know what to do.
To help myself and to help others.
Reminds me that many people can understand + relate to any situation more than you might believe.
Openness + awareness of people around me.
I would use it on myself and inform others.
I would help others on whatever I can, including myself.
Identifying potential needs for my students.
I may seek further training in how to help others.
Empathy with relatives with mental illness.
Speak to one of the reps for intern/volunteer.
Will see if the films are online + send to friend who struggles w/ mental illness.

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

(Highlights: see raw data for full list)

Not being confident. Afraid of judgment. To admit I have one.
Time/resources. It feels like needing to work trumps finding timing to seek help.
Barriers include an inability to understand + articulate the root to problems, or believing I could overcome issues alone through thought.
Self-blame, family opposition, traditional masculinity.
Accept that I needed help & to understand that it doesn't make me weak.
Thinking I should be able to do it on my own.
Social stigma, capitalism.
Stigma against talking about it.
"Been there done that" mentality; didn't work.
Unable to express myself.
Family judgment/thinking it was temporary.
Contentment with who I am.
Shyness and a fear of what people think of me.
Family compassion

How can we improve this event in the future?

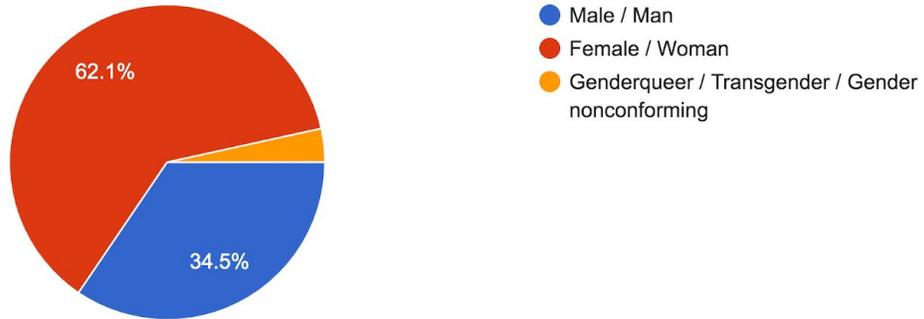
I would have liked to see more dialogue than monologue.
 All I can think is I would have liked to hear the perspectives behind those who made the films (maybe writing about it and showing)
 More times, had to leave early. :(
 It was great as it was!
 More signage - library.
 90 minutes maybe?
 More publicity.
 Bigger student panel.
 More time! I know that's a lot to ask.
 Less typing. Open floor was effective enough.
 Show more movies, teach meditation.
 More time for discussion in groups.
 It was good. Facilitator was terrific.

Major

Psychology	10
Nursing	2
Math	2
Biology	4
Sociology	1
Political science	1
Criminal justice	1
Communications	1
Public Health	1

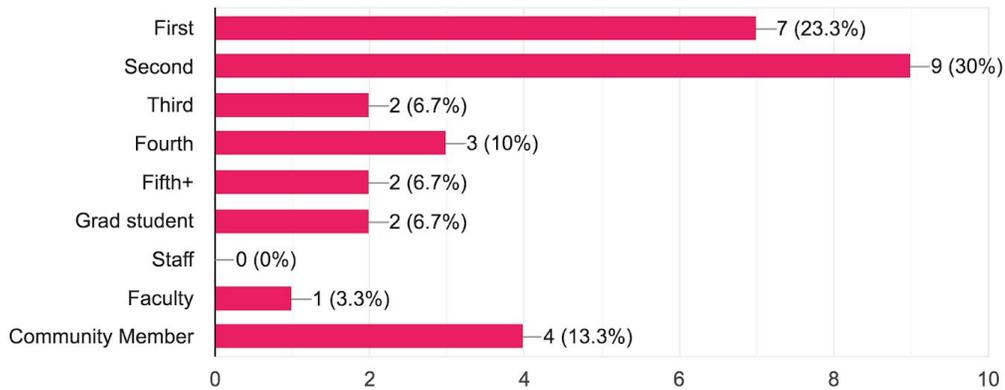
Gender Identity

29 responses



Year

30 responses



Race / Ethnicity		
Asian-American	3	11%
Middle Eastern	1	4%
White / Caucasian	16	60%
Indian / South Asian	1	4%
Hispanic / Latinx	6	22%
Pacific Islander	1	4%