Movies for Mental Health (Online)
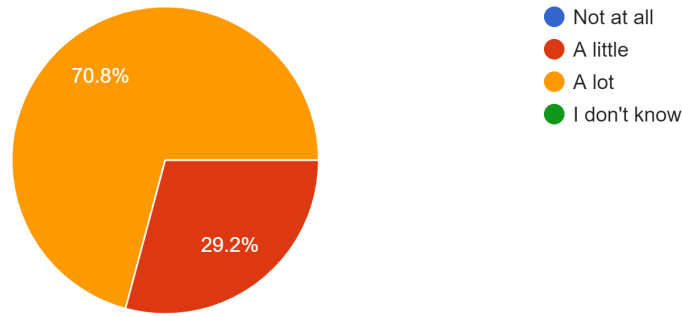
Post-Workshop Evaluations

College of the Canyons	Approximate maximum attendance: 37
March 25, 2021	Number of evaluations: 25

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

24 responses

- Not at all
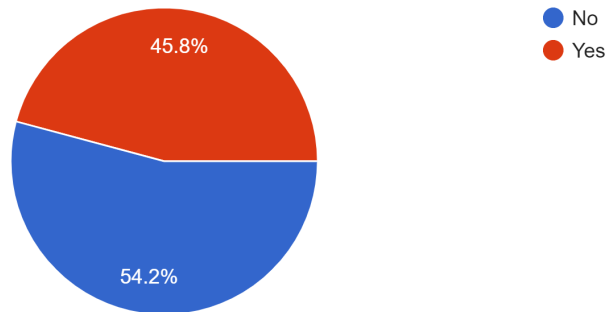- A little
- A lot
- I don't know

70.8%
29.2%

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

24 responses

- Not at all
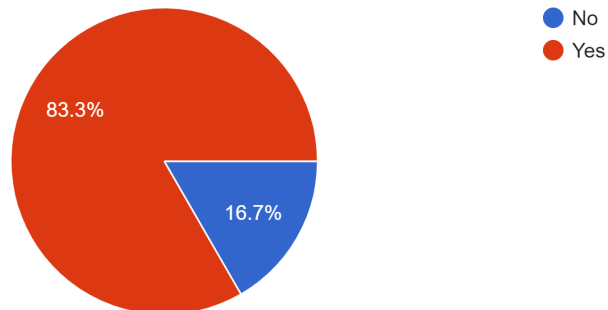- A little
- A lot
- I don't know

75%
20.8%
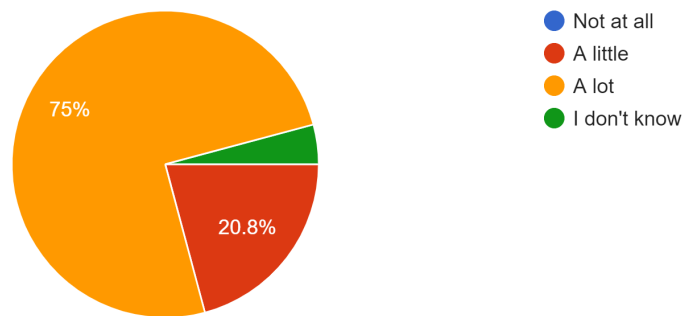
Did you know about the the Mental Health Services Act before this event?
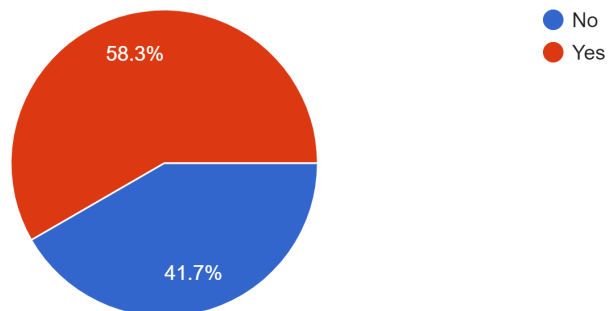
24 responses

No
Yes

45.8%

54.2%

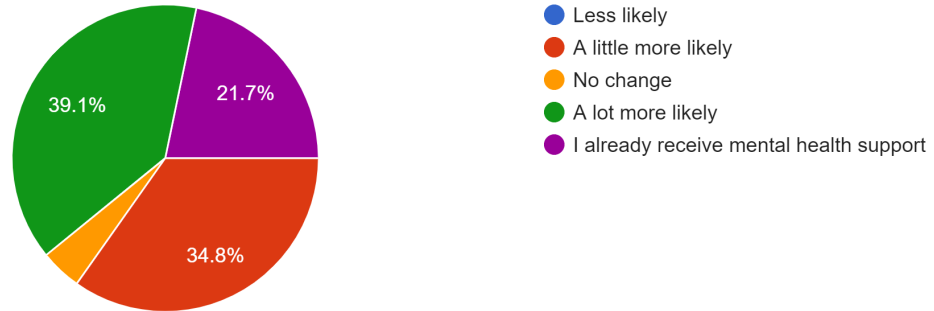Did you know about your school's counseling services before this event?

24 responses

No
Yes

83.3%

16.7%

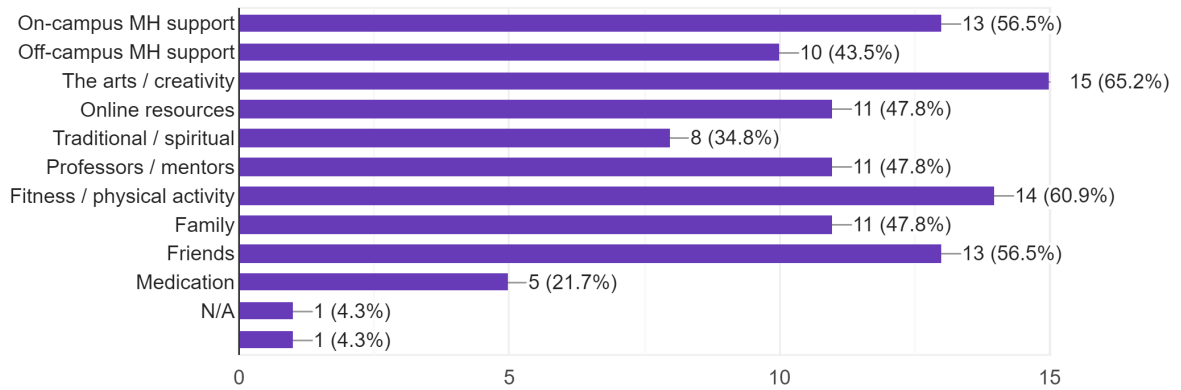Did you know about the community resources before this event?

24 responses

No
Yes

58.3%

41.7%

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

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

39.1%
21.7%
34.8%

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

Category	Count
On-campus MH support	13 (56.5%)
Off-campus MH support	10 (43.5%)
The arts / creativity	15 (65.2%)
Online resources	11 (47.8%)
Traditional / spiritual	8 (34.8%)
Professors / mentors	11 (47.8%)
Fitness / physical activity	14 (60.9%)
Family	11 (47.8%)
Friends	13 (56.5%)
Medication	5 (21.7%)
N/A	1 (4.3%)
	1 (4.3%)

How did you hear about this event?
24 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Larry Schallert

1/2

20.8%
29.2%
33.3%
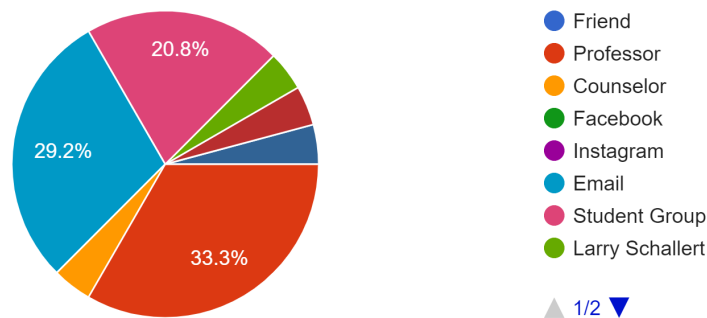
What was your main takeaway?

We shouldn't let our social beliefs stop us from seeking out help.
There are many other people struggling with mental illness and it is ok to acknowledge it and ask for help.
It is important to add mental health to all interactions I have in my community.
Look for help and be open not judgemental
I got so much insight and wonderful resources and never realized how common this is. I didn't feel so alone.
The difference between "Mental Illness" and "Mental Health"
Mental health struggles are a common experience for everyone, and I do not have to have everything figured out -- it's a continuous process that everyone deals with!
My main takeaway was the body scan technique. I'll be incorporating this into my regular medication. Super useful new self-help tool!
It's okay to not be okay and it is common to not feel okay at some point in your life
It's important to raise awareness for mental health issues in all communities
Appreciation for continued help and advocacy!
Great information! Films all excellent!!
Stigma is one of the biggest barriers towards good mental health and is not always easy or simple to overcome.
COC has a great support network

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

It shows the link between art and mental health.
So helpful, in seeing how mental health can be discussed in a creative and healthy environment.
An amazing platform to learn and know more about mental health
Wonderful resources for anyone dealing with or knowing someone who is dealing with mental illness.
A great discussion with lots of helpful resources.
A fun and enlightening bit of insight into addressing one's experiences with mental health and the stigmas surrounding help.
A fun event to attend to gain a little more insight into mental health and a safe place where you can see all the other people interested in improving mentally like you.
informative safe format about mental health and good outreach info
Worth attending, impactful
Inspirational
Helpful, hopeful, inspiring!
Creative films accurately describing the struggles many suffer from.
A mental health awareness and discussion seminar that summarizes resources available to the community.
Wonderful short films that increase understanding of the experiences of people with mental health issues

How might you use what you learned today?

Black people too can also suffer from mental illness.
Knowing that there is a stigma around mental health issues, and getting help for them, shows that I am not alone in dealing with that.
I will be more open minded and accepting because it is ok to be feeling down.
Body scan was really relaxing
Apply exercises as i get anxious and, reach out to the different resources provided

I will use it in my daily life, being aware that there is a lot of help for us as students.
Reminding myself that there are resources around me for help, and to know where to direct others I see having issues that I may not be able to help with.
To increase my mental health and to help my kids with theirs.
I will consider being more compassionate with my own feelings
I will be reminding myself how mental health isn't some competition or thing you need to rush. It's completely individualized and whatever you feel is valid.
To be more aware and active in the mental health community available at COC
Using movies to help with mental health awareness is a great way to reach students and faculty; other cultures have significant issues of stigma that can be a real barrier to getting help that could benefit
be aware of self and others . more empathetic
Continue with support and advocacy
I will continue to advocate for the mental health of myself and others, and the information presented here will aid in that effort.

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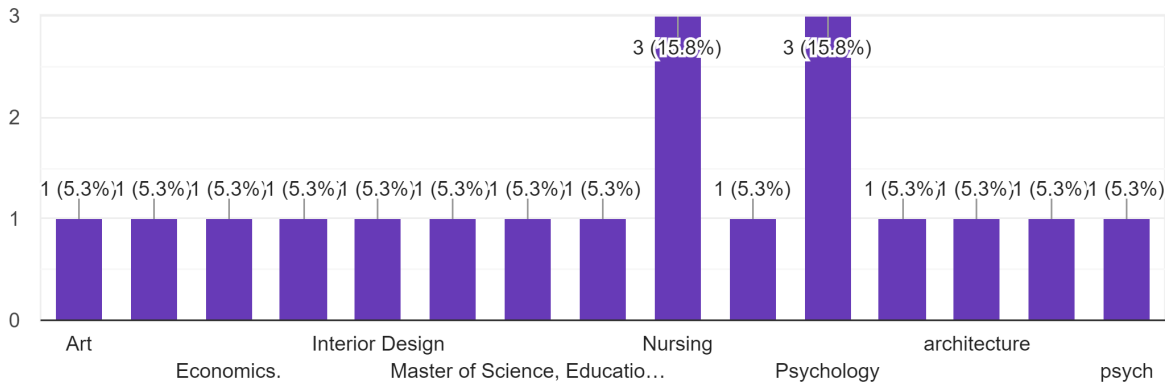### (Highlights: see raw data for full list)

Stigma from family members
Opening up to people is a problem that I have come to notice. I grew up ignoring my emotions because my parents never showed any and it's been really hard to get it back in tune.
My parents because I've seen the way they have dealt with my sister when she was going through mental health for the first time.
Finding the right help, as someone is seeking help, he/she is feeling helpless, and not finding the right help will have negative consequences
Time
That my problem is not that big enough to seek for help
Fear that people won't understand me, or think that I'm "too sensitive"
Not knowing where to begin to look for help.
Finding counseling was my biggest barrier but also finding the time to cope effectively amidst life's chaos.
An emotional abuser that creates dysregulation on my mental health using my children
Uncomfortable talking to people I don't know
Gaps in available services, lack of more understanding, care and resources
Booking and getting to a therapist is often a hassle.

How can we improve this event in the future?

More videos and films. It was really a great way to understand and visualize everything.
More questions for participants
Perhaps feature a little discussion on how social media affects stigmas towards mental health, such as the "perfect life" front that social media can encourage people to put on.
I believe the event was a hit. It laid an impression on me. It had professionals, everyday people, videos to watch, and an interactive aspect being the polls and the techniques. If anything, I feel like probably more advice on more techniques for relaxing and grounding.
Include more faculty/staff as role models

Major

19 responses

Art	Interior Design	Nursing	architecture
Economics.	Master of Science, Educatio…	Psychology	psych

3 (15.8%) — Nursing
3 (15.8%) — Psychology
1 (5.3%) for all other categories

Year

23 responses

Year	Count
First	3 (13%)
Second	8 (34.8%)
Third	4 (17.4%)
Fourth	0 (0%)
Fifth+	1 (4.3%)
Grad student	1 (4.3%)
Staff	3 (13%)
Faculty	1 (4.3%)
Community Member	2 (8.7%)
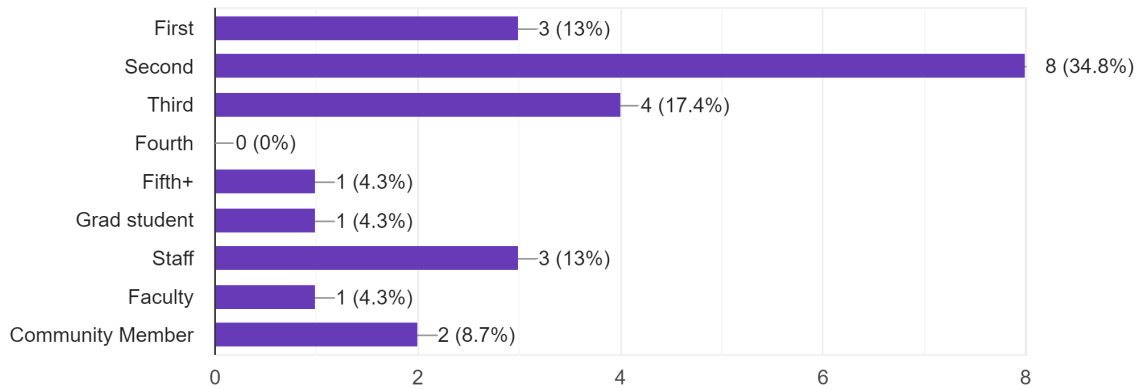
Gender Identity
24 responses

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

79.2%

20.8%

Ethnicity
24 responses

Category	Value
Asian/Asian American	6 (25%)
Black/African/African American	1 (4.2%)
Indian/South Asian	1 (4.2%)
Middle Eastern	1 (4.2%)
Indigenous / Native American	0 (0%)
White/Caucasian	8 (33.3%)
Hispanic/Latinx	9 (37.5%)
Pacific Islander	0 (0%)
Ashkenazi	1 (4.2%)