# ART WITH IMPACT

Movies for Mental Health

Post-Workshop Evaluations

School: College of the Sequoias
Date: November 6, 2019

Number of attendees: 38
Number of evaluations: 31

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

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

74.2%
22.6%
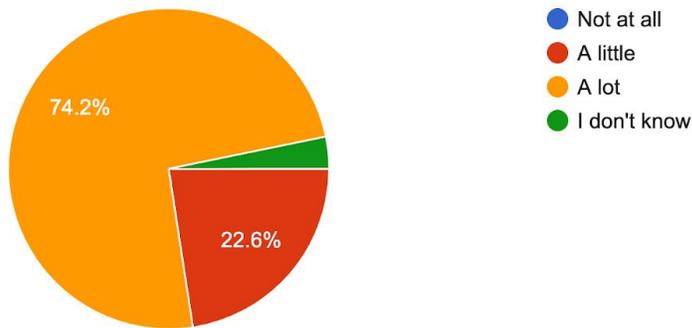
In your opinion, did this event reduce stigma related to mental illness?
30 responses

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

50%
43.3%
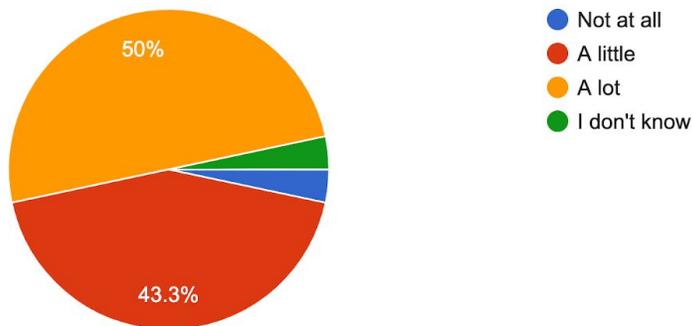
Did you know about your school's counseling services before this event?

31 responses

●	No
●	Yes
●	N/A

67.7%

29%
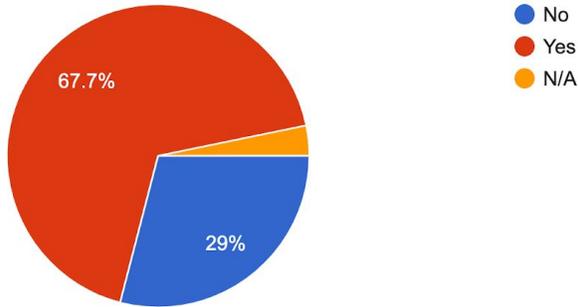
Did you know about the the Mental Health Services Act before this event?

31 responses

●	No
●	Yes
●	I still don't know.

29%

67.7%
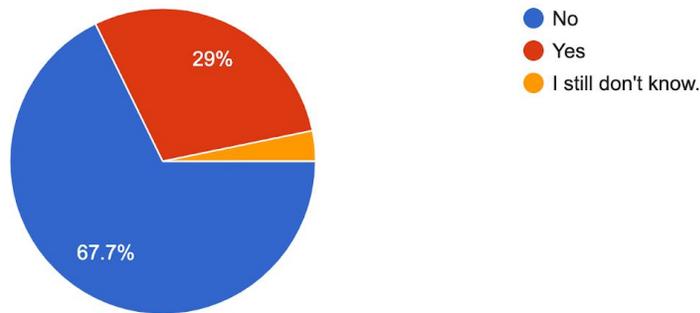
After this event, are you more or less likely to seek support for your mental health?

30 responses

●	Less likely
●	A little more likely
●	No change
●	A lot more likely
●	I already receive mental health support
●	"No Change" - I tell my best friend everything.

40%

13.3%

20%

23.3%
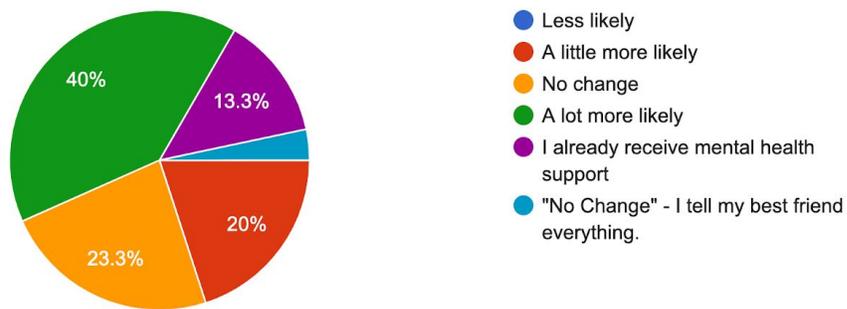
What type of mental health support do you think would be most useful to you?

29 responses

Horizontal bar chart:
- On-campus MH support: 13 (44.8%)
- Off-campus MH support: 11 (37.9%)
- The arts / creativity: 10 (34.5%)
- Online resources: 5 (17.2%)
- Traditional / spiritual: 7 (24.1%)
- Professors / mentors: 8 (27.6%)
- Fitness / physical activity: 9 (31%)
- Family: 7 (24.1%)
- Friends: 7 (24.1%)
- Medication: 0 (0%)
- N/A: 1 (3.4%)
- IDK: 1 (3.4%)
- Music: 1 (3.4%)
- All: 1 (3.4%)
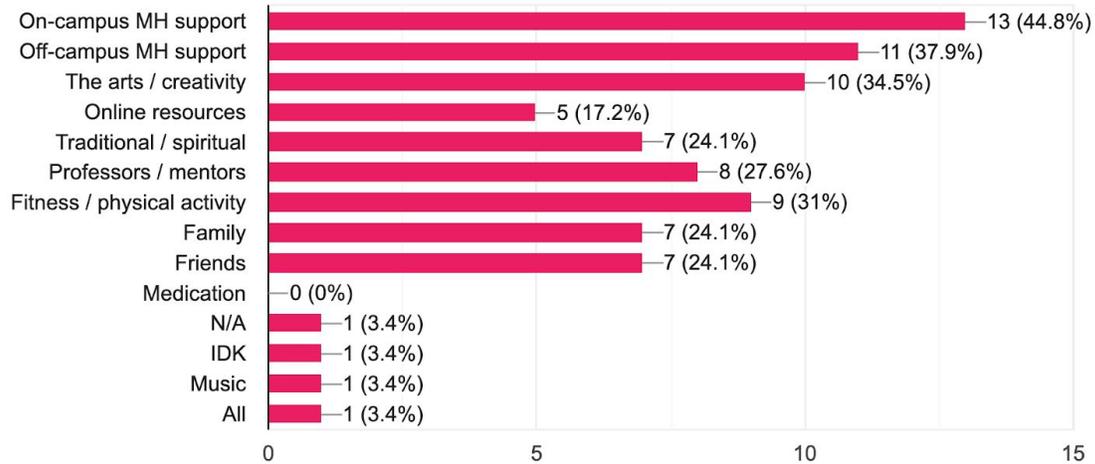
How did you hear about this event?	
Friend / panelist	**5**
Professor / class	**17**
Counselor / MH club / Peer Support	**2**
Email	**2**
Online / Facebook	**0**
Posters / flyers	**3**
Other	**2**

What was your main takeaway? (Highlights: see raw data for full list)
Getting info out to students, resources Be aware (x2) Don't be afraid of yourself The anxiety video - *A Short Film About Anxiety* Everyone can get support (x5) *Little Elizabeth*

It's something this gen. needs to deal with
The first film - *The Letter*
I either live stigmas + stereotypes on autopilot or I change my outlook on purpose
Change the stigma
Services provided on campus
We all have our journey
Mental health issues are fairly common
Take the time to really listen
There are people out there that can help
The one main takeaway for me is my mental health
That I am not alone & can/should seek help
Getting help is okay! You are not alone (x2)
Don't stereotype those who may be described as "weird"
That we should all get to know about mental health

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

Informational workshop / very informative (x8)
Interesting workshop
Helpful (x5)
Feeding my soul
A good problem
Very insightful
Hope-filled + emotionally provoking exploration of mental health
Informative and non judgmental
Opens up discussion about mental illness
Too close to home!
Eye-opener & beneficial
Helpful & very descriptive
An event to bring awareness to mental health issues
Short movies related to MH + Panel
Very informational and eye opening
A positive and great experience for self
Thought provoking, interactive (x2)
Awesome, good eye opener regarding mental health

How might you use what you learned today?

Send students in the right direction
Talking about with someone
Get counseling if you are depressed
I am going to educate myself on mental health
It showed me I'm gonna be okay
Take more time to myself and ask myself
Just to be aware of others around me
Different mental health aspects
About anxiety disorder
Increased empathy

Help spread the word of MH
If I see someone struggling I would inform them of the services
Bring information to my staff
Encourage those suffering with illness to seek help
To be aware of those in need
I can spread the word around about awareness
Forget the past
I want to seek counseling
I can share this info to fellow students
Remind myself it's okay to not be okay
To put it into conjunction with my research paper
I will tell others about my experience and look into Art With Impact
I would use this and apply some things to myself

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

"Myself" not wanting to deal with feelings (x2)
Depression
The time it takes (x2)
Coping by myself, not dependent on anyone
I'm never going unless "he" tells me I should go
Culture
Groups are hard to come by
Culture of "suck it up and deal with it"
Confidence
It can make me uncomfortable to talk about my own experiences
To look for help
Anxiety
Financial issues, lack of support, fear
Money and no car :(LOL
Realizing that there is help
Maybe not enough information
Seeking help, transportation

## How can we improve this event in the future?

More stories (anxiety, depression, eating disorders, LGBTQ+, PTSD, Abuse, etc.)
Better advertisement, more publicized (x2)
Talk more mental
Offer extra credit or incentive in more classes
It was fine the way it was
Do it in the evening
More films
More testimony from those who have gone through/experienced mental illness (x2)
Allow more volunteership
Everything is just great the way it is (x2)

Relax
Bring students who have used on-campus resources & talk about their experiences
Providing more ways to participate in this program
Would like a lot of promotion, not a lot of people know of these events
Maybe handing out flyers about it

Major	
Behavioral Sciences	1
Engineering	1
Sociology	2
Nursing	3
Criminal Justice	1
Art History	1
Sociology | Child Development	1
Child Development	1
Computers	1
Social Work	2
Education	2
Social Work | Sociology	1
Psychology | Child Development	1
Human Services	1

Year

28 responses

First	5 (17.9%)
Second	10 (35.7%)
Third	5 (17.9%)
Fourth	1 (3.6%)
Fifth+	1 (3.6%)
Grad student	1 (3.6%)
Staff	2 (7.1%)
Faculty	1 (3.6%)
Community Member	3 (10.7%)
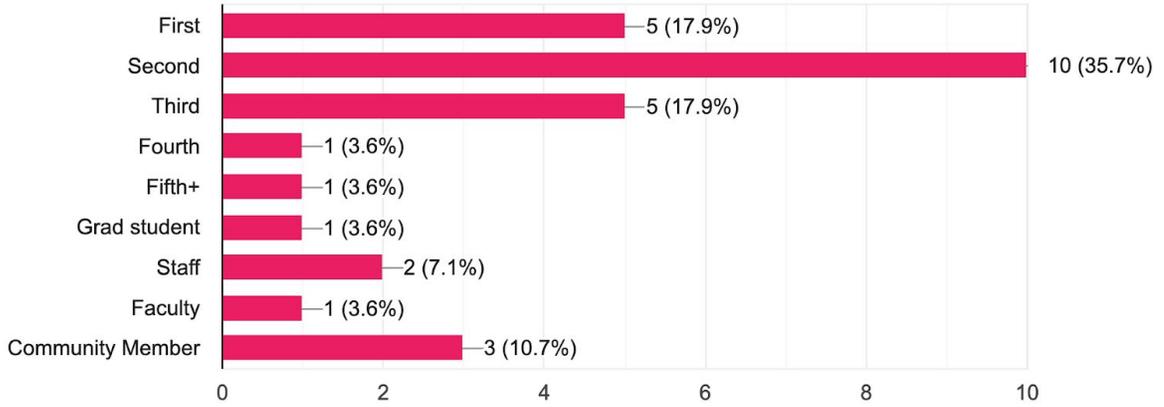
Gender Identity

22 responses

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

63.6%
27.3%
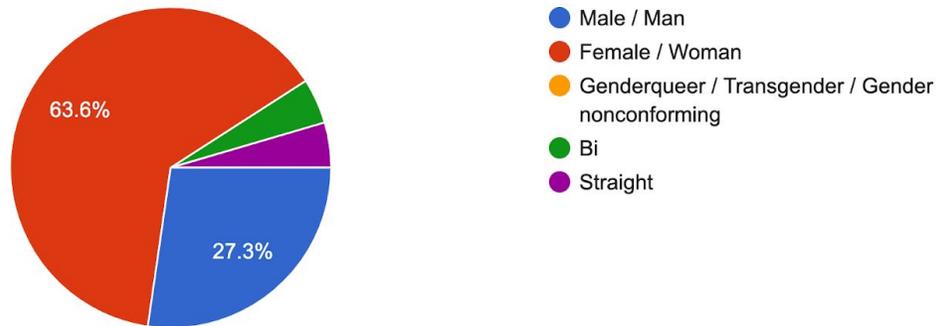
Race / Ethnicity		
Asian / Asian-American	0	
Black / African / African-American	0	
Hispanic / Latinx	17	61%
Indian / South Asian	0	
Middle Eastern	1	3%

7

Native American / First Nations	0	
Pacific Islander	0	
White / Caucasian	8	29%
Multiracial	2	7%
Other	0	