

Movies for Mental Health

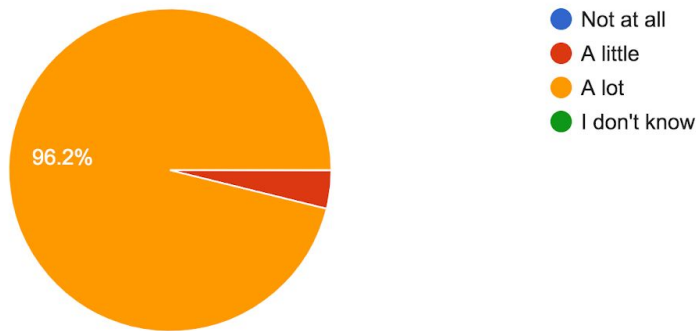
Post-Workshop Evaluations

Crafton Hills College
May 7, 2019

Number of attendees: 31
Number of evaluations: 26

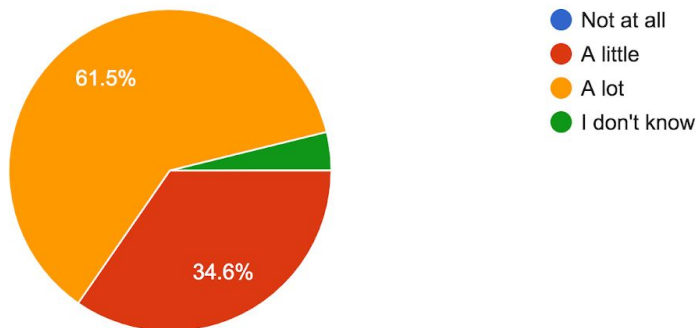
In your opinion, did this event create awareness of mental health issues?

26 responses



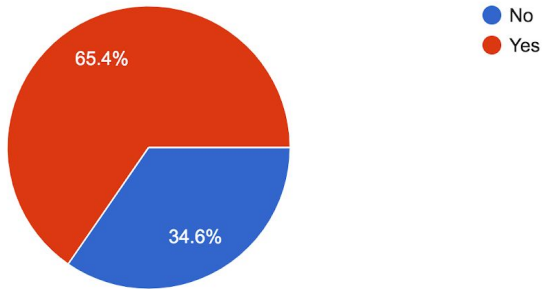
In your opinion, did this event reduce stigma related to mental illness?

26 responses



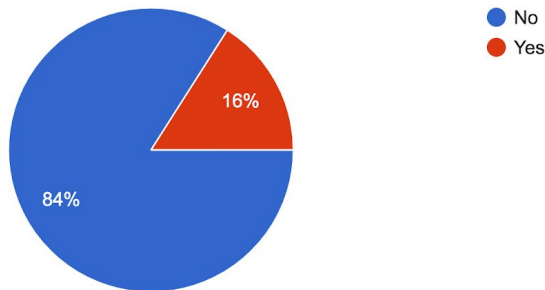
Did you know about your school's counseling services before this event?

26 responses



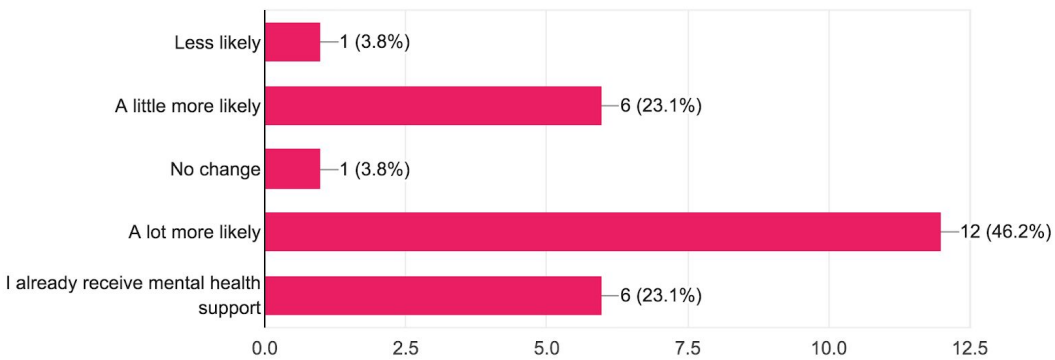
Did you know about the Mental Health Services Act (Prop. 63) before this event?

25 responses



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

26 responses

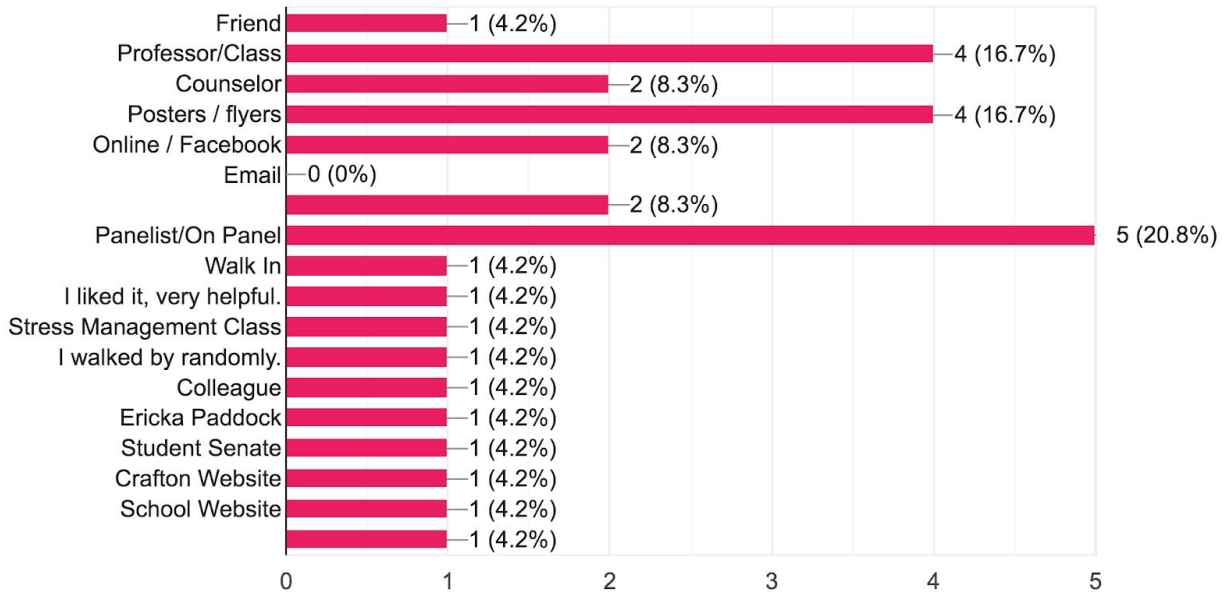


What type of mental health support do you think would be most useful to you?

On-campus MH support	14
Off-campus MH support	8
The arts / creativity	9
Online resources	6
Traditional / spiritual	8
Professors / mentors	12
Fitness / physical activity	10
Family	7
Friends	10

How did you hear about this event?

24 responses



What was your main takeaway?

(Highlights: see raw data for full list)

Resources and the need for knowledge.
More awareness towards mental health.
There's more people struggling than one may realize.
We can express human experience.
Information on mental health.
It's good to seek help.
To seek help without fear.
Take more time for my mental health.
There are lots of resources.
There is resources on campus to help students.
There are a lot of resources. (x3)
It's okay to talk about mental health.
It is okay to look for help.
To go to see mental health support on campus.
Mental health needs to be taken more seriously.
Mental health is a big issue.

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

(Highlights: see raw data for full list)

An emotional event.
Educational.
Helpful, inspirational, encouraging, and enlightening.
Helpful and interesting.
Very informative and helpful. (x4)
Informational and caring.
Really supportive and informative.
Insight to mental health wellness.
A way to find help.
Great way to share and receive information.
Encouragement to seek help if needed.
Beneficial.
Very well made.
Giving clarity to silent issues.

How might you use what you learned today?

(Highlights: see raw data for full list)

Use resources and watch more videos.
To ask people if they are okay.
Keep talking to people, tell people about resources.
How to talk to students in a different way.
By getting help.
To not be afraid of help.
I will utilize the resources available to me.
Take advantage of the Health/Wellness Center.
Use county resources.
Use student resources.
Being mindful.
Maybe go see counselor.
I'm going to try 7 Cups.
Recommend it to others.
Going to see mental health on campus.
Go see a counselor/therapist.
I might try to talk to friends more likely.
I might seek help.
By seeking help if needed.

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

(Highlights: see raw data for full list)

Home life and ability to get places.
A lack of ability to admit it to myself, probably tied to toxic masculinity.
Pride and signs of weakness.
Sometimes, my mom.
Cultural.
Communicating with others.
Pride.
My procrastination and fear that it won't help.
Money! (x2)
Time.
Stigma.

Pride and willingness to share.
 That is time for me.
 Lack of information.
 Struggling in my classes.
 Opening up.
 Doubt.
 Embarrassment and anxiety.

How can we improve this event in the future?

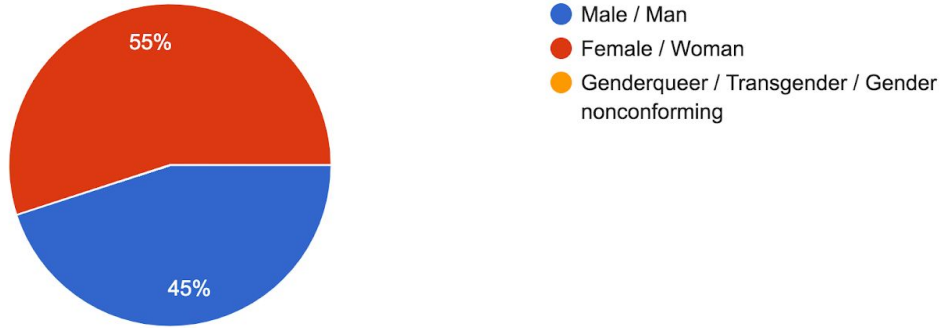
More group activities.
 More movies.
 Show the video called "Purpose."
 Maybe make all videos directed towards college students.
 It was awesome!
 Better advertising
 Multicultural panel.
 More public discussion
 More advertising. (x3)
 Making it "deeper."
 Making it more available to the students.

Major

ASL	1
Anthropology	2
Biology	1
Business	2
CSCI	1
Communications	1
Health	1
Psychology	6
Child Development	1
Radio Technology	1

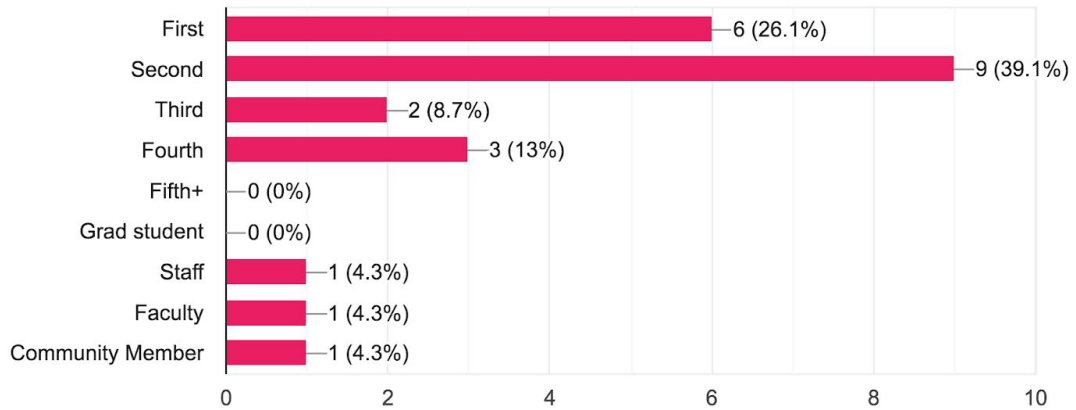
Gender Identity

20 responses



Year

23 responses



Race / Ethnicity		
Black / African / African American	2	9%
White / Caucasian	9	41%
Hispanic / Latinx	15	68%