

Movies for Mental Health (Online)

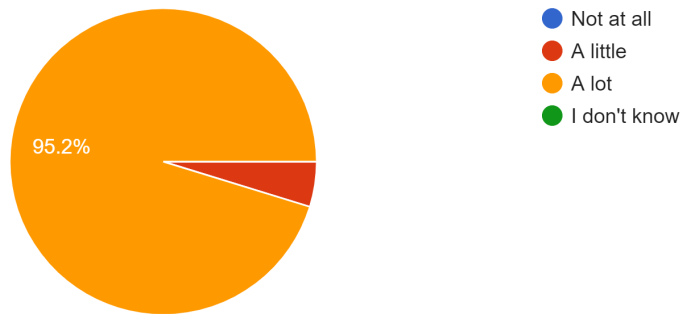
Post-Workshop Evaluations

Evergreen Valley College
April 27, 2021

Approximate maximum attendance: 55
Number of evaluations: 22

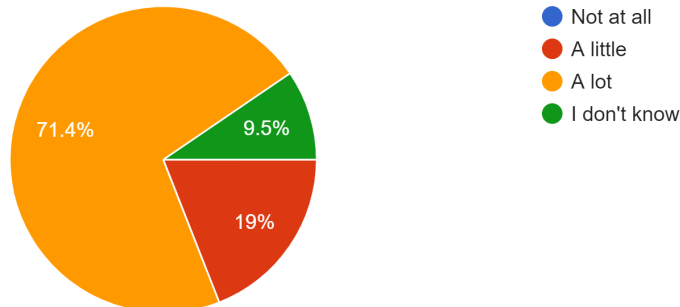
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

21 responses



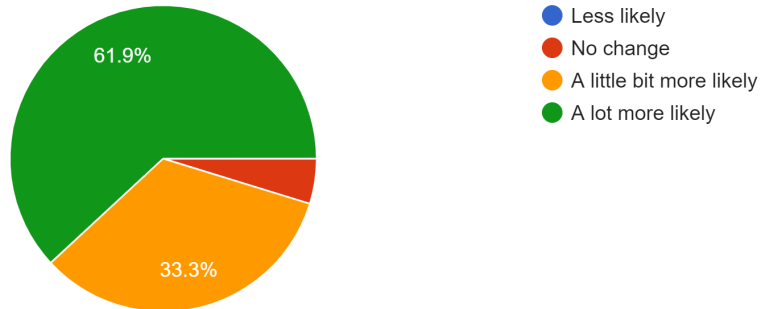
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

21 responses



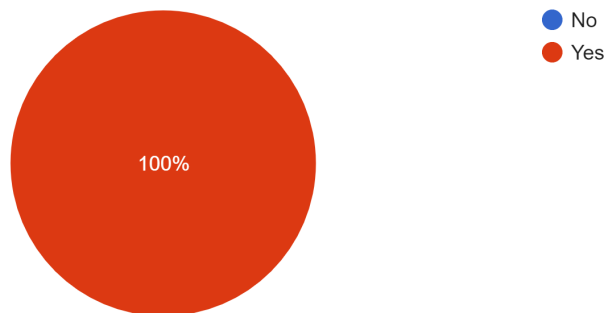
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

21 responses



Did you learn about new resources related to mental health and sexual violence?

21 responses

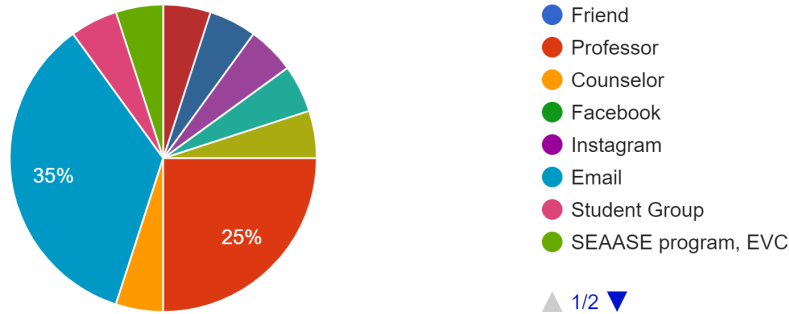


What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

- I have people, emails, sites to direct people to when I find out. I can be a better shoulder to lean on.
- More training on trauma informed care
- Seek Mental health group support
- Work with psychologist, counsellor and community members
- Looking for ways to practice Mental Wellness.
- Watching more short films
- To talk to them and tell them it is not their fault.
- Counselor, psychologists, and community
- Addressing stigma in my communities, advocating for resources and events with regards to awareness for mental health and wellness
- Will reach out to all students with disabilities that I serve and work to empower them
- Many more resources and links that I was unaware of.

How did you hear about this event?

20 responses



What was your main takeaway?

There is no need for stigma. It is a complex personal journey but it doesn't have to be solo. to listen with my heart and be a good listner to those that are affected by sexual violence
 Increased awareness of sexual violence's impact and how to heal mental health
 Sexual assault comes in many forms
 Watching the videos of the victims telling their experience and how they are feeling.
 process is different for everyone
 That if you need help there are lots of people and programs are ready to help you at any time.
 We need to share stories and become a safe environment for folks not to feel stigma to reach out for support
 Create opportunities that help students get help they need
 Mental health is something that pertains to everyone.
 Jacquelyn: Take your power back.

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

Emotional and empathetic.
 A place to feel safe, in community, to talk about one of the most stigmatized and taboo topics
 Inspiring and empowering workshop
 A good workshop and helpful information
 A workshop help me be aware of mental health due to sexual violence and how to heal it
 Real, pertinent, full of resources.
 A workshop that can help you open up about your problems and learn how to help other people with their problems as well.
 A good workshop to attend
 Empowering, inspiring, and very relevant to our students and employees
 Reaching out for mental health issues and sexual violence

How might you use what you learned today?

I can be more vocal about the need for support now that I have resources to back my words with.
To validate, to support self and others in healing
Voicing out your feelings and emotions to someone you trust
Listen non-judgementally, offer love and support, provide resources.
Look into more resources if I need them
With my family to educate
I'm aware that this happens to many people around the world and want to help others to seek help of all ages and gender.
Learn to take it a day at a times and not feel guilty
Knowing to check in more and actively destigmatize getting mental health support
Create awareness
Discussion topics and a way to open communication
I feel more confident in being able to provide support to others.

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

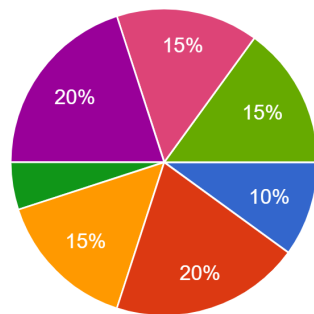
Distant places
Stigma to get support, access to resources, not knowing how to name the issue
Cultural barriers
Revealing such issues supposedly makes you "less competitive," "less capable," not a good investment, etc..
Financial resources
The biggest barrier is not speaking up.
Discrimination
Language and cultural differences

How can we improve this event in the future?

Maybe share the experiences of the students/lived experience in the beginning when the movies are being presented to engage the audience (some leave early and miss the most important part of the workshop)
Make it 1 hr. event
Participate in the discussion
Polling & questions
To have more diverse panelists
The sound for the movies was very low also.
Talk about this can happen to children and of all genders
More people speak and share if they can.
To have more real life experience psychologist and counselor of this field to the panelists
Some technical difficulties, but overall really great
Too many technological glitches. Jacquelyn kept getting cut off.

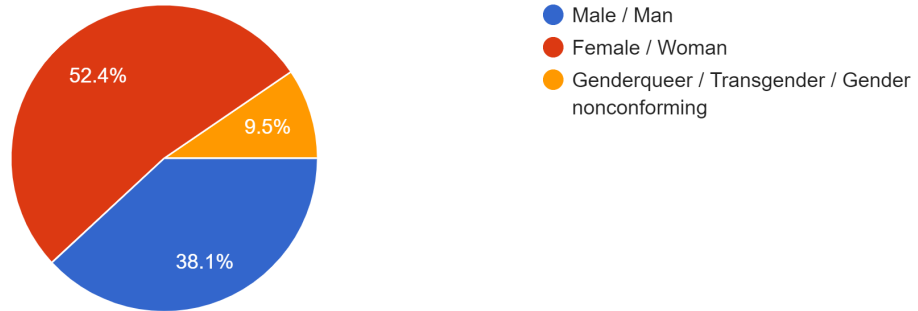
Major	
Art Design Emphasis	1
Biology	1
Business	1
Education	1
Psychology	2
Engineering	1
None	2
Law	1
Child Development	4
Theatre	1
Human Resources	1

Year
20 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

Gender
21 responses



Ethnicity
21 responses

