

Movies for Mental Health (Sexual Violence Focus)

Post-Workshop Evaluations

Glendale Community College
April 28, 2020

Approximate maximum attendance: 42
Number of evaluations: 20

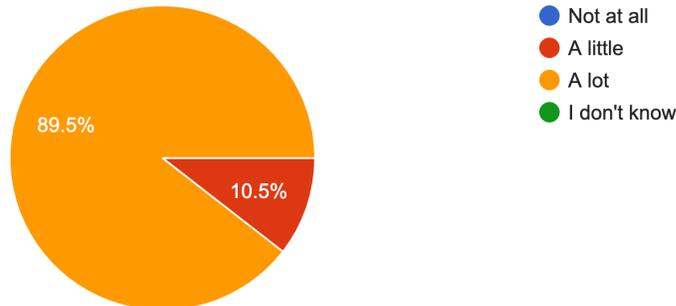
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

20 responses



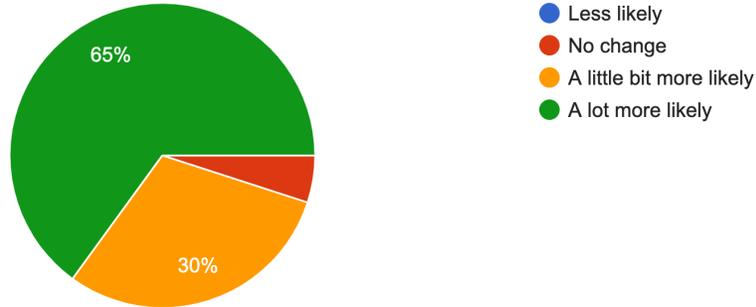
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

19 responses



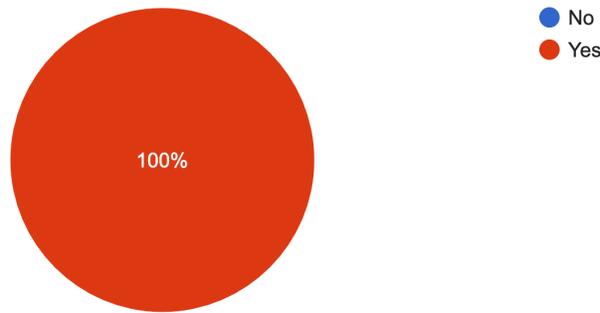
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

20 responses



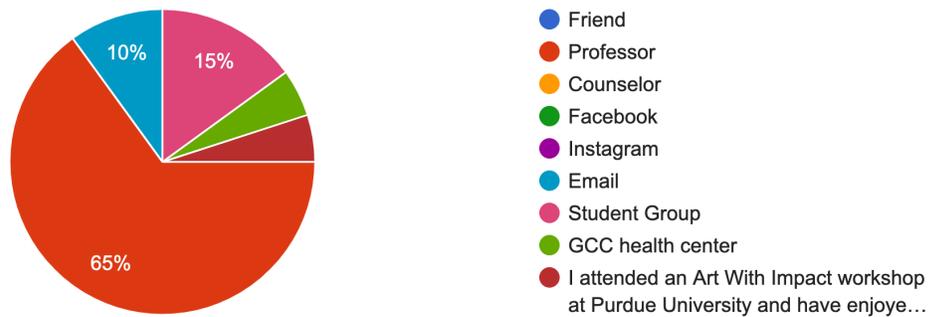
Did you learn about new resources related to mental health and sexual violence?

20 responses



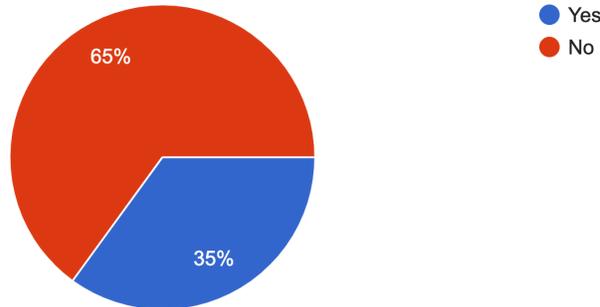
How did you hear about this event?

20 responses



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

20 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 believe others should speak up and those listening should not judge. People should take the matter seriously because of the effects it has on the victim may be severe.

I can provide the resources I have gotten from this workshop. Use the breathing exercise when I feel over stressed and try the mindful body exercise with others to help them.

Practicing mindfulness and being freely open, welcome, and supportive to those who may need it despite being hesitant to reach out.

Be more understanding that no matter what happened, it was not my fault. Also, just to be there for the person and do not judge them. Also, teaching that seeing a therapist or psychologist does not mean that you are "crazy," it is for mental health.

Confronting the issue and seeking help immediately. While the situation is overwhelming, the person will surely try to avoid telling anyone, I would at least provide the resources that I've jot down from this panel/event.

Do not judge the other person for what happened. It is better to hear them out and provide resources.

I might reach out more to my friends about situations I have been in / they have been in.

Mindfulness

The resources listed in the shared notes.

Talk to someone you trust.

All the referral sources provided.

Practicing mindfulness.

Share resources with others.

Refer more to the mental health supports available at campus.

Removing the stigma of being a survivor.

Talk therapy.

Hear more survivor stories.

Group support, listening and offer resources.

What was your main takeaway?

Our mental health needs more attention. Whether we believe our experiences are small or big, we should communicate and reach out if we feel we aren't in the best state of mind. This also applies to people in our lives.

The healing process is ongoing and personal, but support and resources are necessary.

There are many resources and help for the people, the victims. They need support and a friend. Never judge them, or make them feel uncomfortable. They are vulnerable, in pain, and thus need support both emotionally and physically.

Do not be afraid of speaking up. Although it may be difficult, there is always someone listening.

Mental health is more important than we think it is, especially during the pandemic. It affects us all.

there are more resources available and to be more open about seeking help.

Take deep breaths throughout the day! Stay grounded.

Sexual violence trauma should eventually be accepted.

Taking care of your mental health should be very important to everyone, and not put aside.

Very good to bring these issues out and get help.

Shared experiences.

It is okay to seek help in a way that best serves you.

Recovery from assault is a lifelong process.

Seek help before it gets too late.

Listen to myself, that it is okay to feel the way I do and get the help I need.

Healing takes time and it is a process.

Removing the stigma opens the pathway to recovery.

Acceptance can be a powerful tool to help heal.

There is no one correct definition of sexual violence.

I'm not alone.

Thank you so much for sharing actual experiences. The speakers were truly courageous and strong; they were really inspiring.

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

(Highlights: see raw data for full list)

This workshop was eye-opening. I know of sexual violence but I don't hear about sexual violence often and I believe this workshop helped in making it an eye opener because it's very serious. Individuals shouldn't experience it or be afraid to speak of it.

A powerful workshop with many strong-hearted people. No judgment or negativity, the workshop taught us lots about the mental health and victims of trauma events.

Empowering, educational, and inspiring.

A form of healing and support.

Eye-opening.

It is very helpful, it shows how you are not the only one going through a bad experience, or feeling of not being believed. This meeting is very helpful on mental health.

Very inclusive.

Educational, helpful, resourceful.

Insightful and welcoming.

A mish-mash that tackles different topics openly.

Insightful.

Educational and engaging.

A workshop that empowers survivors to start a conversation about their mental health.

How might you use what you learned today?

Should I ever come across people that have experienced a similar situation, I would immediately try to help them by giving them support and the resources that I've wrote down.
I would definitely be a helping hand whether it's just listening. I am more aware of the resources to pass on over.
Making sure that when I start working at the hospital, I'll be more aware and open to the fact that everyone's going through something different and are in a different mental space.
Breathing for relaxation.
Apply it in my career without a doubt!
I will let people know about the resources provided.
Counseling.
Provide resources in my professional work.
I have saved the resources provided for a time when I feel like I need it
Learned communication tools to use with survivors of assault.
I would spread awareness and apply what I learned to a situation if it happens.
To cope better.
Send out emails to friends about the resource.
Raise awareness.
Pay attention to who may be suffering abuse.
I can use this information in the clinical setting. I can ensure I am there for people who have experienced abuse and provide resources for them.
Share with others my personal experiences, and give them information or where they can get help. Also, that no matter what they went through they are still important and that taking care of mental health will help heal them.
I will continue this conversation with other survivors outside of the workshop.
On a daily basis or serve a a constant reminder

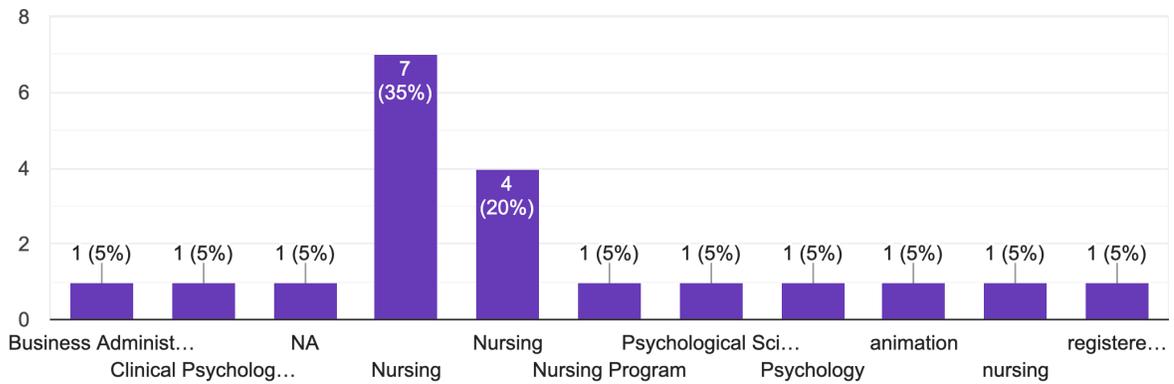
What are the biggest barriers to your mental wellness and/or receiving mental health support?

Stigma against mental health.
There is a lot of stigma within my community about speaking about mental health. If that stigma was gone, everything would be much easier to talk about.
Fear and shame.
Fear of speaking up is the biggest barrier.
Active listening without judgement or dismissal of experiences/feelings.
Fear of not being believed.
Stigma of being labeled.
Avoiding gaslighting terms, being mindful of what to say, downplaying survivors experience
educating and mind shifting others about the topic
The stigma of sexual abuse on the survivors part.
Mainly the gossip and shame, the people in my community tend to be judgmental of people and gossip tends to spread with ease. The barrier is mainly the misunderstanding and perception of the people of traumatic events. Simply, they lack the knowledge and compassion.
Thinking that just because you had sex you are not pure anymore, and even if it was not your choice, you are still considered un pure an you will be alone, and because of it you have shamed your family.
Social stigma.
There is a lot of judgement and people who don't believe it would happen.

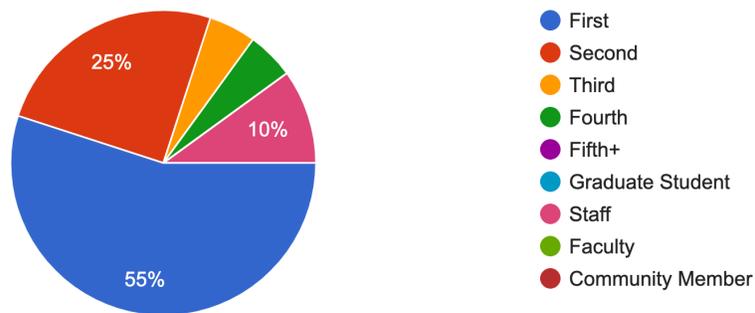
How can we improve this event in the future?

This event is good, but I think a workshop educating people what are triggering words or phrases and how to replace those ideas. How to be more mindful of what we are saying to survivors.
 Making this workshop mandatory in order to graduate.
 I think it is great as it is. Though it was focused on sexual violence, the breathing techniques and body scan and knowledge we took from it could be very helpful for each and every one of us in our day to day lives.
 Include more polls.

Major
20 responses

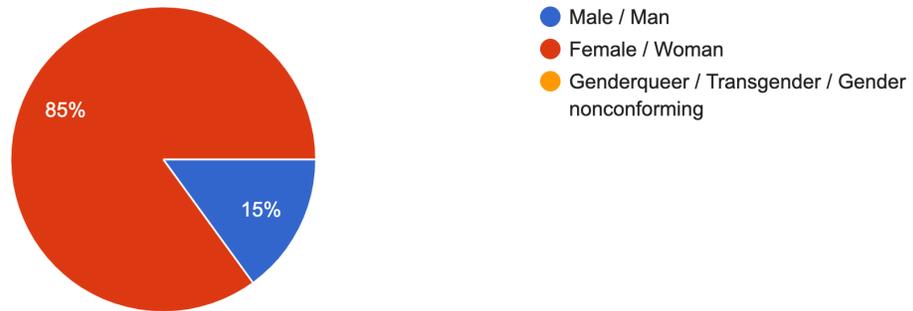


Year
20 responses



Gender

20 responses



Ethnicity

20 responses

