

Movies for Mental Health (Online)

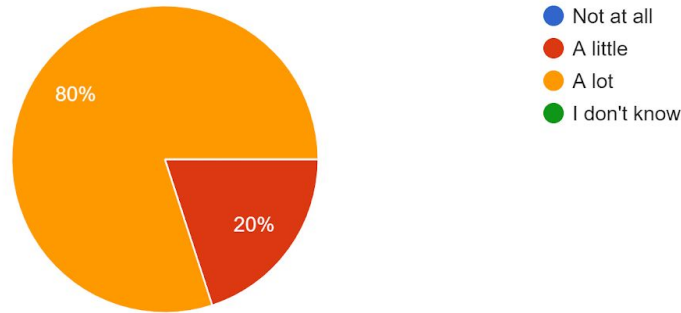
Post-Workshop Evaluations

John Jay College of Criminal Justice
February 18th 2021

Approximate maximum
number of attendees: 32
Number of evaluations: 10

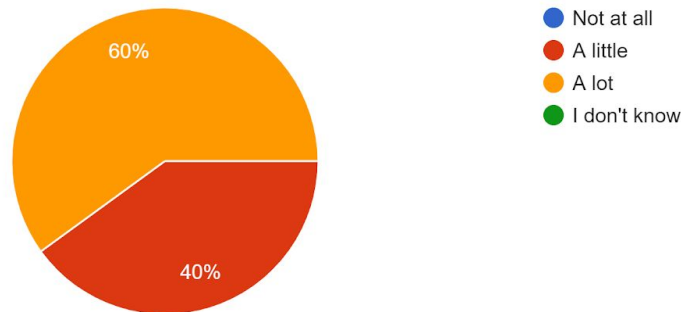
In your opinion, did this workshop increase your awareness of mental health issues?

10 responses



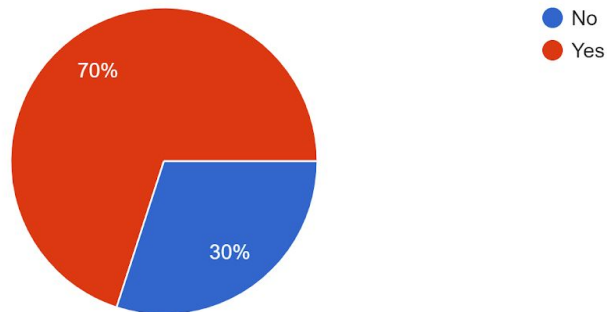
In your opinion, did this workshop help you confront and address stigma related to mental illness?

10 responses



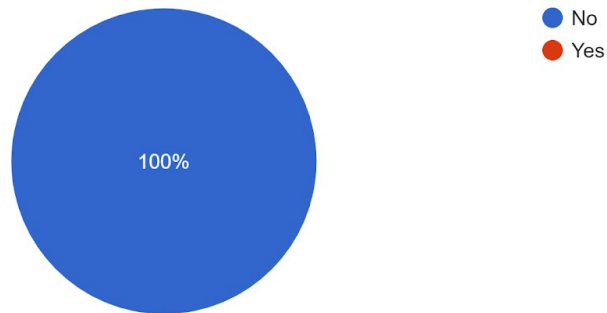
Did you know about your school's counseling services before this event?

10 responses



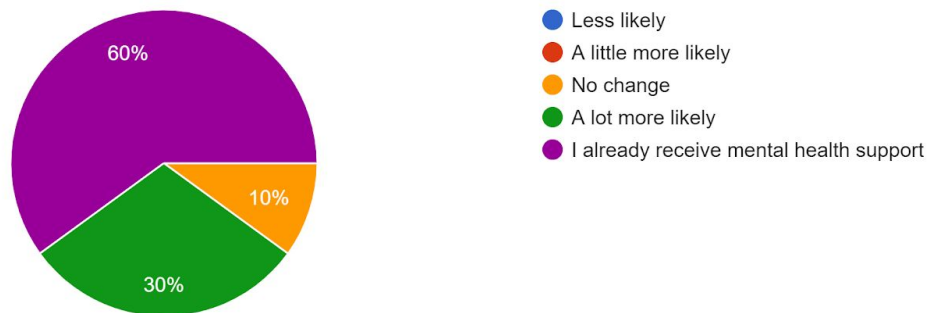
Did you know about the community resources before this event?

10 responses



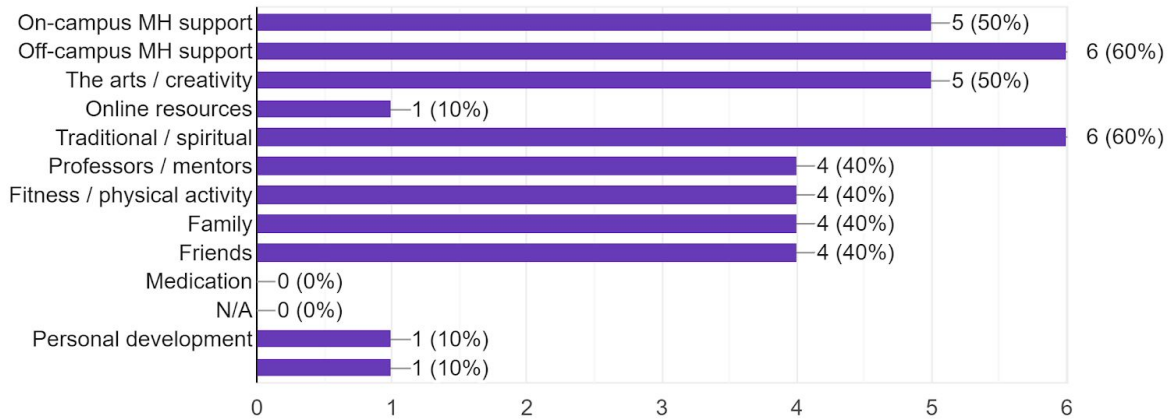
After this event, are you more or less likely to seek support for your mental health?

10 responses



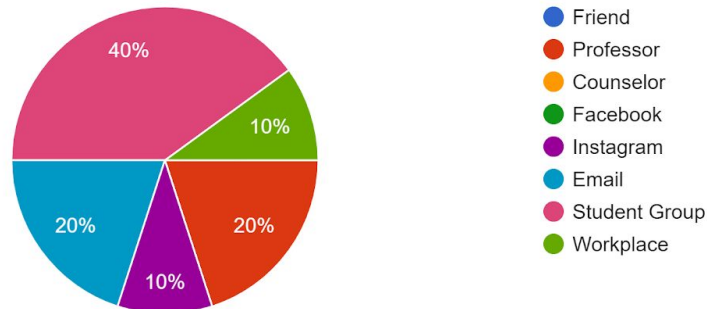
What type of mental health support do you think would be most useful to you?

10 responses



How did you hear about this event?

10 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- There are a lot of help and resources that I did not know about
- these conversations are crucial
- It was very insightful. The event has helped in awareness for mental health.
- Community resources
- The arts provide a new perspective for mental health.
- Being able to ask panelists questions live and learning about mental health in the back community.
- Be friendly to myself

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

(Highlights: see raw data for full list)

- I would tell them that this event has helped in informing others on the mental health community.
- Compassionate
- It was intended for college students, but works just as well for alum. The only difference is that some of the resources offered are not for us.
- Informative
- Educational
- inspiring
- Insightful

How might you use what you learned today?

(Highlights: see raw data for full list)

- I will continue to go to therapy as I do now. It is a process and will take time to improve.
- Reach out to local resources
- The usefulness of digesting mental health issues and stress relievers through the arts; specifically film.
- Definitely checking out the shrink space
- I can pass along the resources to other students
- staying connected
- I'm going to have friendlier conversations with myself
- Focusing on at risk black population

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

(Highlights: see raw data for full list)

- Finding a therapist that accepts my insurance
- my community
- Suppressing how we will and sharing the trauma we have gone through is some of the biggest barriers to my mental wellness.
- Financial
- Money/resources as a recent college graduate
- Validating my experiences
- NYPD requests mental health records from John Jay and they interchange medical information.

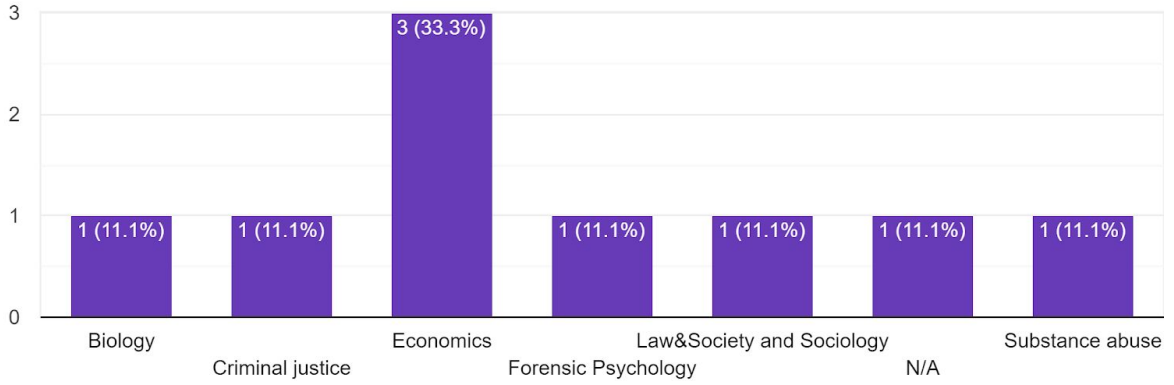
How can we improve this event in the future?

(Highlights: see raw data for full list)

- Offer resources to alumni or young adults.
- Widen the audience, contact student organizations on campus to advertise it. Advertise to professors to bring their students as part of a class.

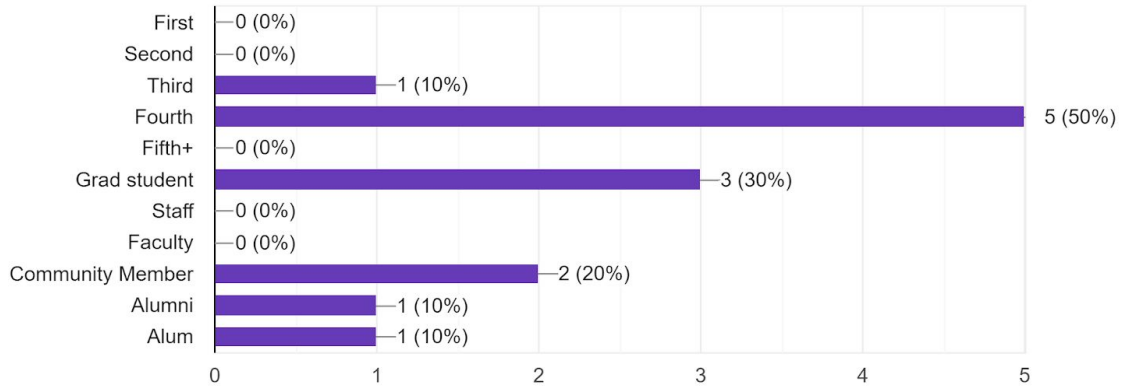
Major

9 responses



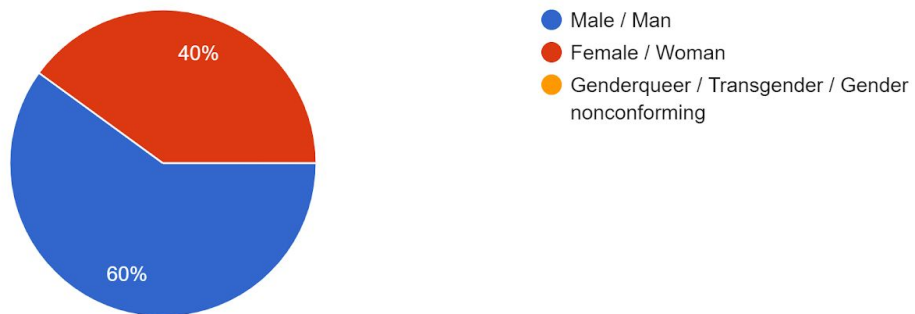
Year

10 responses



Gender Identity

10 responses



Race / Ethnicity		
Asian / Asian-American		
Black / African / African-American	2	20%
Hispanic / Latinx	5	50%
Indian / South Asian		
Middle Eastern		
Native American / First Nations	1	10%
Pacific Islander		
White / Caucasian	5	50%
Multiracial		
Other		