

Movies for Mental Health

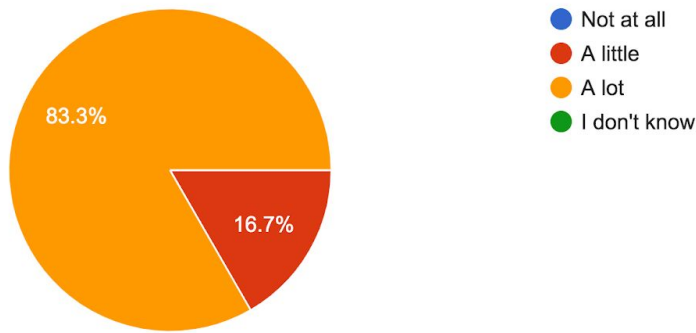
Post-Workshop Evaluations

Lake Tahoe Community College
April 24, 2019

Number of attendees: 40
Number of evaluations: 12

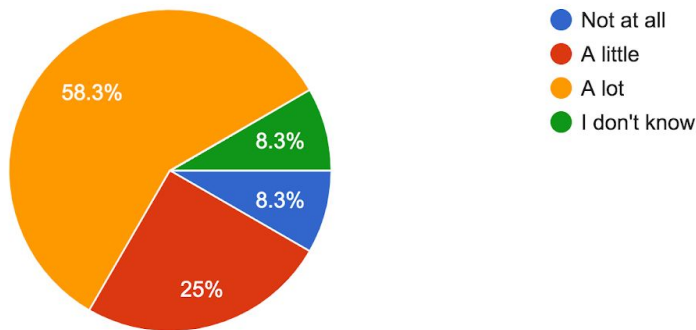
In your opinion, did this event create awareness of mental health issues?

12 responses



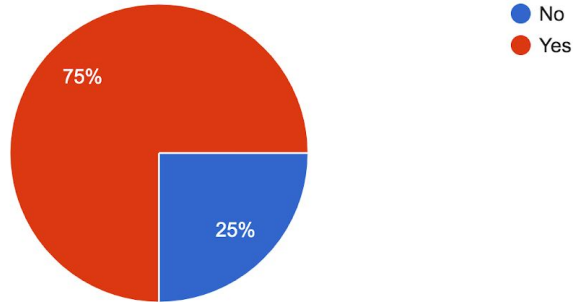
In your opinion, did this event reduce stigma related to mental illness?

12 responses



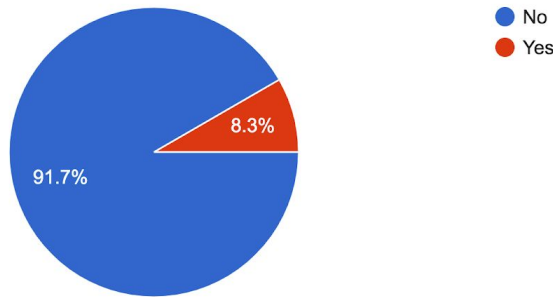
Did you know about your school's counseling services before this event?

12 responses



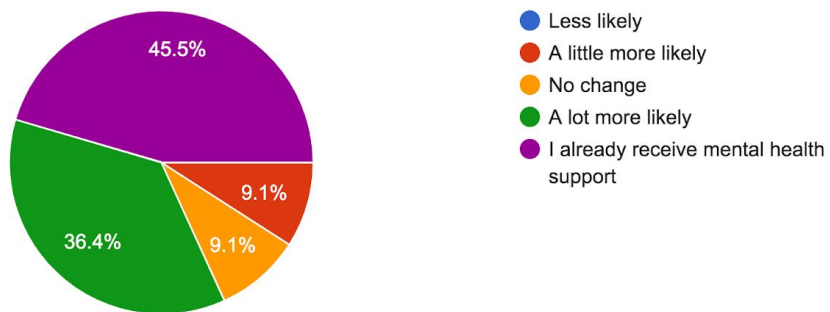
Did you know about the Mental Health Services Act (Prop. 63) before this event?

12 responses



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

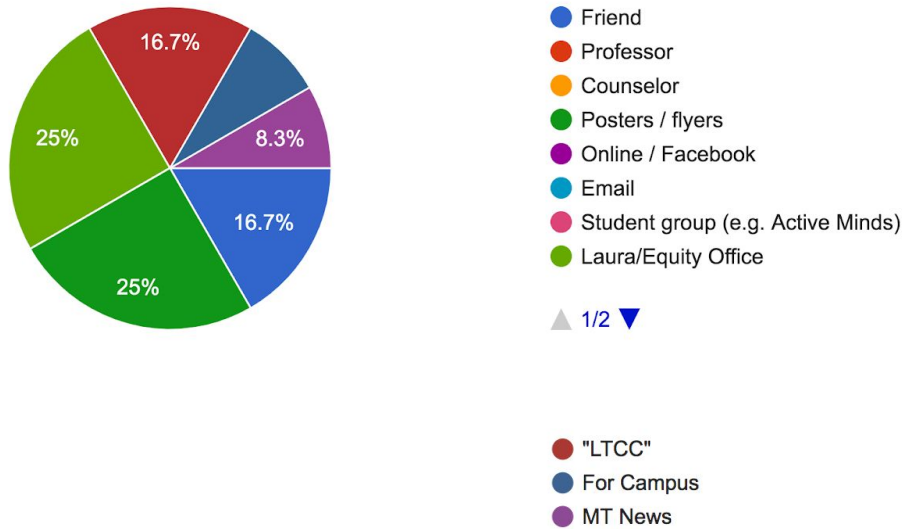
11 responses



What type of mental health support do you think would be most useful to you?	
On-campus MH support	7
Off-campus MH support	1
The arts / creativity	6
Online resources	1
Traditional / spiritual	6
Professors / mentors	7
Fitness / physical activity	7
Family	7
Friends	9
NAMI / Al-Anon	1

How did you hear about this event?

12 responses



What was your main takeaway?

(Highlights: see raw data for full list)

The issue is being addressed and is needed to be addressed.
It's up to me to remove the stigma in my classroom and in my home.
We aren't alone and we can definitely talk to people.
There is help.
It's okay to be mentally ill and mentally well.
Outreach programs and audience involvement are important.
Mental illness is seen negatively. It's seen as a burden by the people not suffering from it.
To seek help and to be kind to others.
Mental health is important.
More clear explanation of mental health.

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

(Highlights: see raw data for full list)

Extremely well-planned and worthwhile.
Insightful if you're unaware of certain mental health issues.
A workshop about mental health worth for visiting.
Very helpful and moving.
Very informative and comforting.
Informative, eye-opening, and powerful.
Helpful, inclusive, important issues.
A good experience. Really really good experience.
Real, relatable, honest, powerful, and touching.

How might you use what you learned today?

(Highlights: see raw data for full list)

Tell others. Take a deeper look into myself. Awareness.
Seeking resources for others or myself.
Improve my sensitivity with my students.
Being open minded and be a good friend to anyone.
engage in more conversations, attend more events like these.
Continuing education for community--always looking for answers and information.
Talking about it with my peers and community.
I always use it in everyday life.

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

(Highlights: see raw data for full list)

I'm negative towards myself sometimes. I suffer from anxiety and depression. Attempts of suicide haunt. I'm shy about asking for help. Getting past that is my only obstacle.

Myself.

Living alone.

Family, age (time to heal back)

Making time, continued chaos outside my control!

Having the time.

Money.

Time and seeking where to get help.

How can we improve this event in the future?

Maybe introducing a tougher issue as well like suicide and self harm. Compare real life and how its portrayed in the film.

Just get the word out for better attendance—take it to the middle school.

I can't imagine how! Great job, Leyla + Laura.

More "how to do."

Make it more aware to the community

To have another.

Move it to The Duke Theater

Maybe a little longer? It was really good.

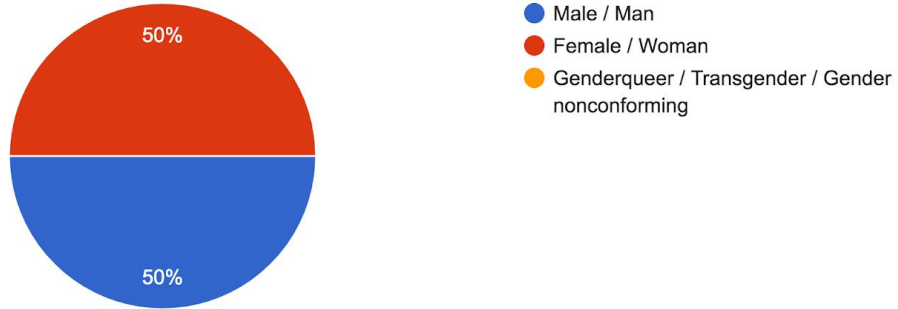
More time talking.

Major

History	2
Natural Science	1
Spanish	1
Education	1
Anthropology	1
Veterinary Science	1

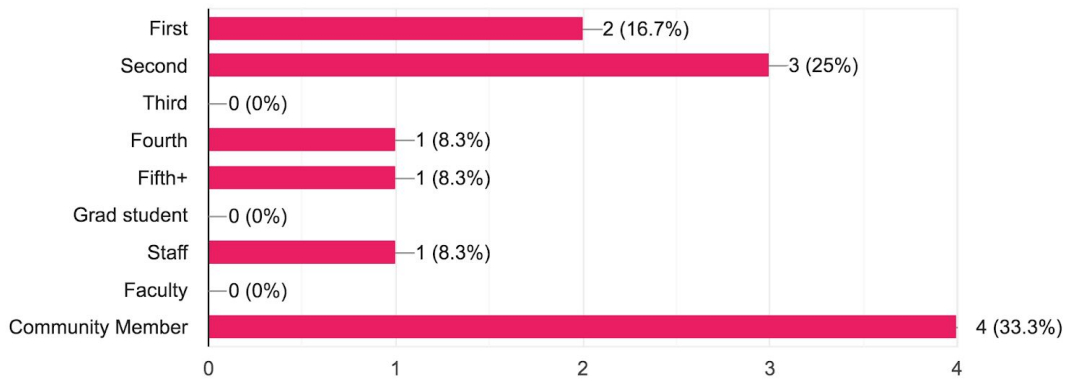
Gender Identity

10 responses



Year

12 responses



Race / Ethnicity		
Asian-American	1	9%
White / Caucasian	5	46%
Hispanic / Latinx	5	46%