

# Movies for Mental Health

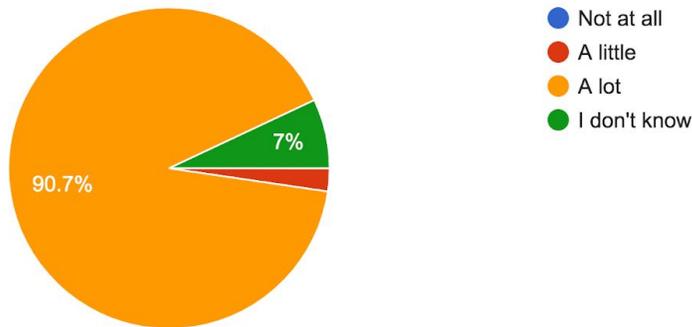
## Post-Workshop Evaluations

NAMI Southern Oregon +  
Southern Oregon University  
May 18, 2019

Number of attendees: 129  
Number of evaluations: 43

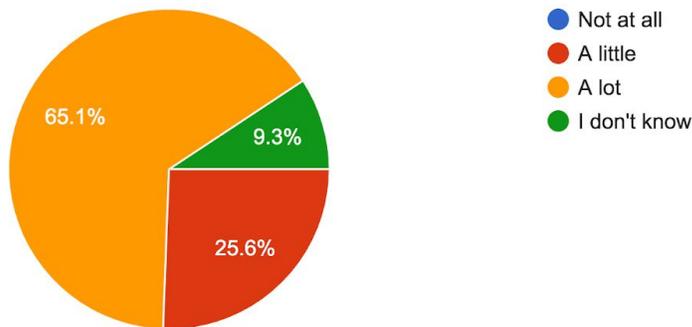
In your opinion, did this event create awareness of mental health issues?

43 responses



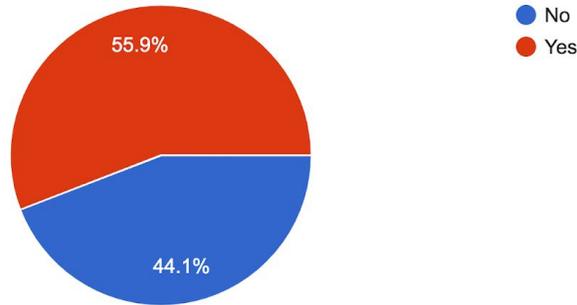
In your opinion, did this event reduce stigma related to mental illness?

43 responses



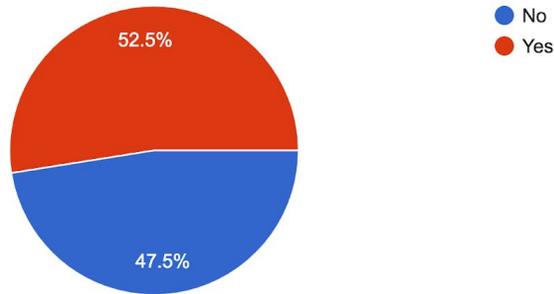
### Did you know about your school's counseling services before this event?

34 responses



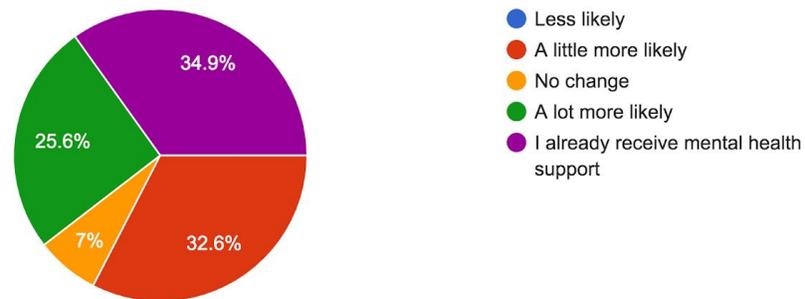
### Did you know about the community resources before this event?

40 responses



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

43 responses

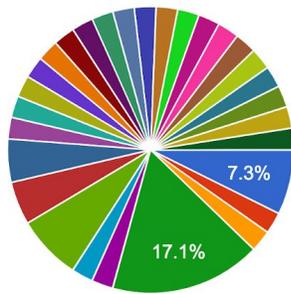


What type of mental health support do you think would be most useful to you?

On-campus MH support	6
Off-campus MH support	11
The arts / creativity	13
Online resources	6
Traditional / spiritual	8
Professors / mentors	9
Fitness / physical activity	17
Family	16
Friends	13

How did you hear about this event?

41 responses



- Friend
- Professor
- Counselor
- Posters / flyers
- Online / Facebook
- Email
- Student Group (e.g. Active Minds)
- Nami support group
- partner
- Nami
- at work
- Nami and a local support group
- nami website
- newspaper
- Granddaughter who attends SOU
- my partners work
- co worker
- SOU newsletter
- Green Cards
- Jan picknell
- i am a social worker
- NPR
- meesha
- family member
- family
- victor Chang
- SOU
- JCMH case worker
- media

### What was your main takeaway?

(Highlights: see raw data for full list)

Great people working in mental health in this area.  
Resources and that people are open regarding mental health.  
Mental illness is tricky.  
Your experiences are valid. You are the expert of your story.  
I feel that my community cares about mental health.  
It felt good that mental health struggles are being normalized.  
Availability of resources and a clarification of diagnoses and mental health dynamics.  
Didn't know anything about bipolar disorder before.  
The inner turmoil that people with mental illness experience.  
Stories of hope from the panelists.  
The films depicted inside views of mental health conditions evoked some experiences of mental health.  
Talking about mental illness is very important to reduce stigma.  
Thinking about the role of art in advocacy.  
Glad we have such a large group working to make this better.  
That we can make a profound change if we band together.  
Learning what it feels like to have a mental illness.  
I was pleasantly surprised by how interactive it was.

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

(Highlights: see raw data for full list)

Great awareness, compassion, and more understanding.  
WORTH IT!!!!  
Educational, enlightening, and hopeful.  
An informative opportunity to get together as a community, to be open about our mental health.  
Knowledgeable and inclusive.  
Informative, friendly, inclusive, and FUN!  
A fun and inclusive seminar on mental health.  
Excellent way to help acquire more knowledge and empathy.  
Intense. Important for people to understand others with MH issues not the other way around.  
A good look at mental health in the community.  
Long, overwhelming, interesting and heartwarming.  
Films that gave an idea of what it feels like to have mental health issues.  
The speaker Natalie was badass.  
A crucially important step in the healing of OUR people.  
Opportunity to learn about mental illness and mental health.

## How might you use what you learned today?

(Highlights: see raw data for full list)

To help the people I'm involved with more.  
Be more open about my own mental health.  
To open up more and not feel so alone.  
My work with at-risk youth.  
In my work as a trainer and personal mental health.  
Apply it everyday with those I know who are suffering.  
Think about my problems.  
Referrals for others and education when possible.  
I would tell my partner to watch the films.  
To better interact and speak to people with mental illness.  
Better support for self and community.  
Help in criminal justice system work with mental health issues.  
I'm going to be stepping up and actively contribute to my community.  
To strengthen myself to continue these important conversations.  
More forgiving to my family members with mental health issues.  
I need to process the information more but I want to learn how to cope with my loved ones with MI.

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

(Highlights: see raw data for full list)

A lack of support from the system in the right way. The bureaucracy of services.  
Myself, laziness, inertia—workshops like this are activation for me!  
Lack of accessibility. (x2)  
Feeling ashamed, isolated, and like i'm overreacting.  
Lack of feedback.  
Can't admit I need help.  
Funding and resources for extremely mentally behaviorally out-of-control patients.  
Stigma, therapy not working, side effects of antidepressants.  
I do not want to share anything wrong with me.  
Lack of mental health resources. (x2)  
Time. (x3)  
Finding the right medication.  
Money. (x6)  
Insurance.

## How can we improve this event in the future?

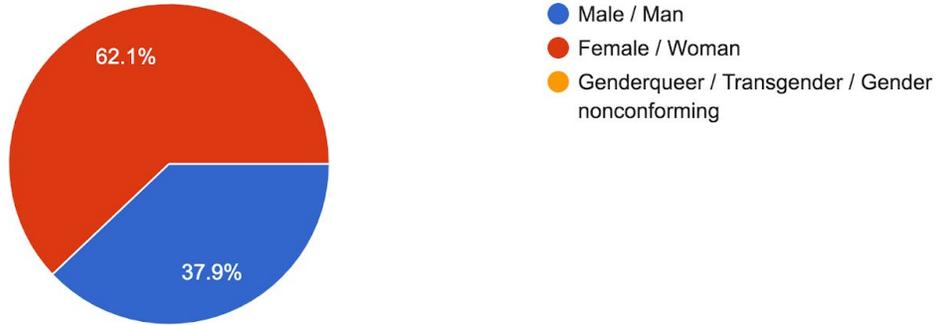
More on nutrition and yoga.  
 Have more time for the Q&A, but overall it was AMAZING!!!  
 Give more facts about what people with mental illness have to go through.  
 Website for tickets to the event.  
 More time for audience participation and answering the prompts.  
 Lights out during films.  
 More discussion on treatment and not just awareness.  
 Two lines for sign in and ask people to turn off their cell phones.  
 More/better publicity. (x3)  
 Make it shorter.  
 Videos were WAY too loud. I have SPD. Parts were hell for me too many noises—no regulation. This would be shocking and horrible for people with PTSD and autism spectrum. Caused me extreme anxiety.  
 Longer films.  
 Teach how to access help (counseling, psychotherapy, etc).  
 More publicity, invite the local news.  
 Being able to see the screens better from the back (brightness).  
 More diversity.  
 Teach skills of how to deal with family members and how to talk with kindness.

### Major

Counseling	<b>3</b>
Environmental Science	<b>1</b>
Nursing	<b>1</b>
Political Science	<b>1</b>
Psychology	<b>3</b>

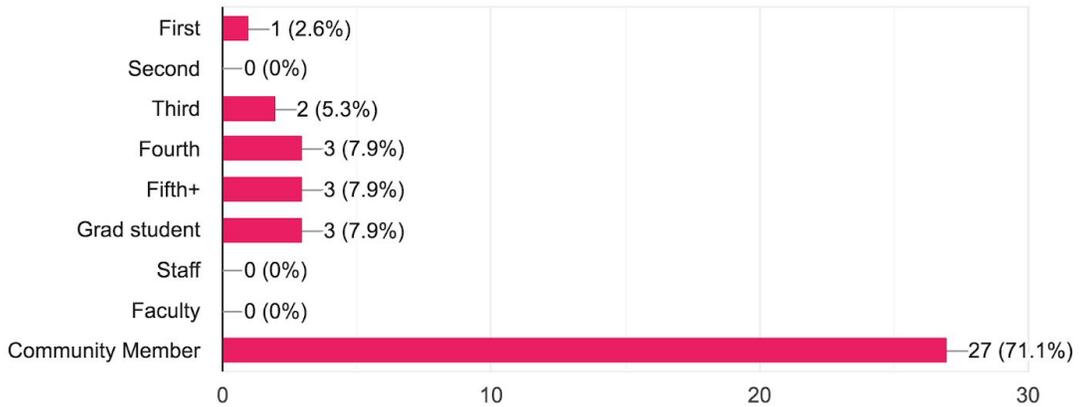
## Gender Identity

29 responses



## Year

38 responses



Race / Ethnicity		
Native American / First Nations	1	2%
White / Caucasian	39	95%
Hispanic / Latinx	3	7%