

Movies for Mental Health (Online)

Post-Workshop Evaluations

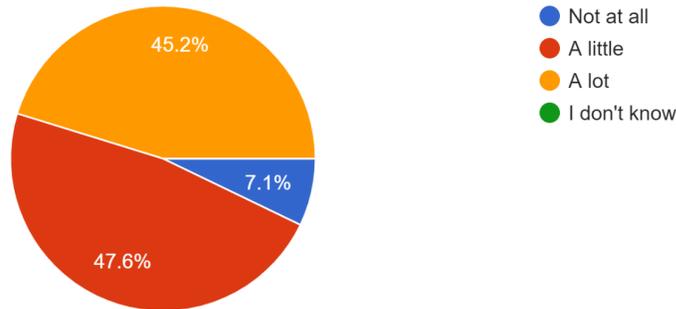
Northwood Technical College
May 18, 2022

Approximate maximum attendance:
AM: 79; PM: 89
Number of evaluations: 42, 59

AM Session:

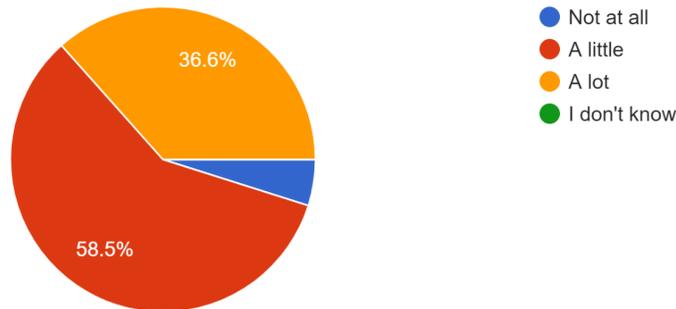
In your opinion, did this workshop increase your awareness of mental health issues?

42 responses



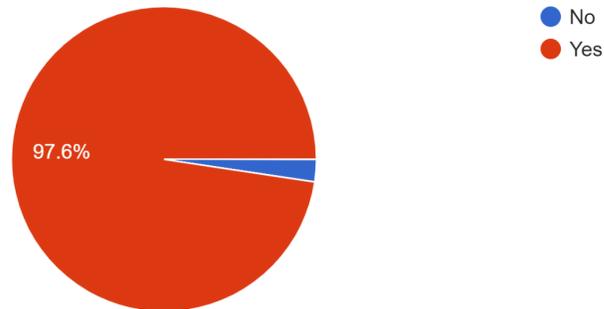
In your opinion, did this workshop help you confront and address stigma related to mental illness?

41 responses



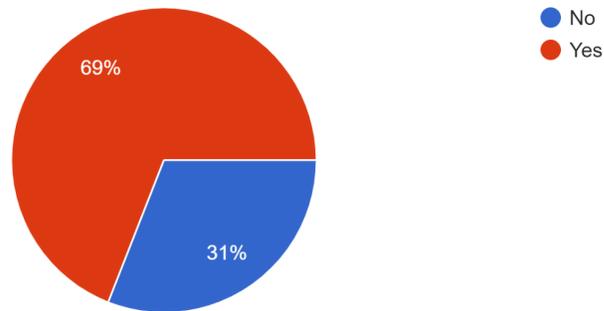
Did you know about your school's counseling services before this event?

42 responses



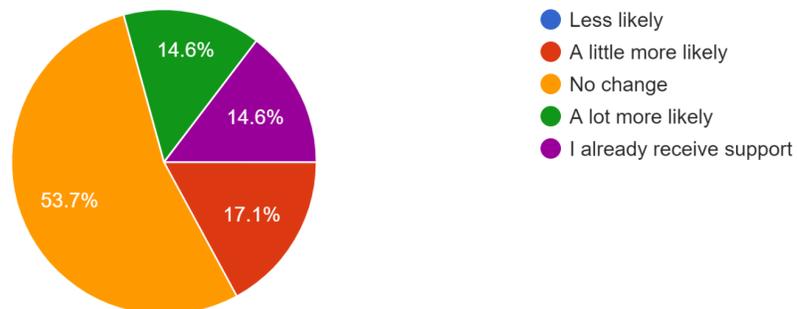
Did you know about the community resources before this event?

42 responses



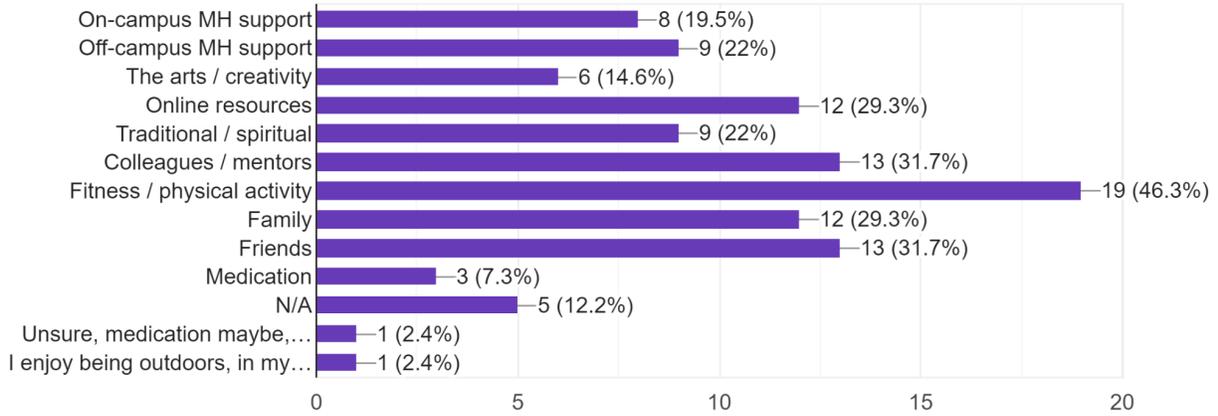
After this event, are you more or less likely to seek support for your mental wellness?

41 responses



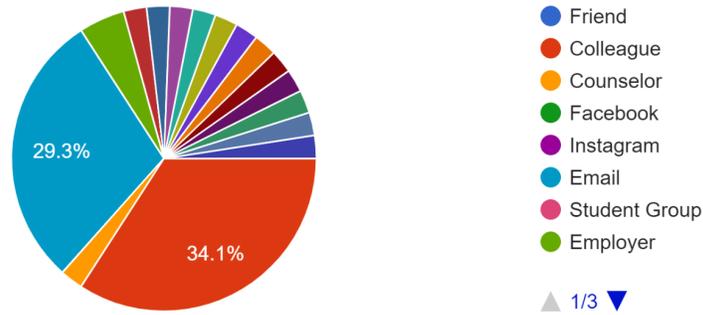
What type of mental wellness support do you think would be most useful to you?

41 responses



How did you hear about this event?

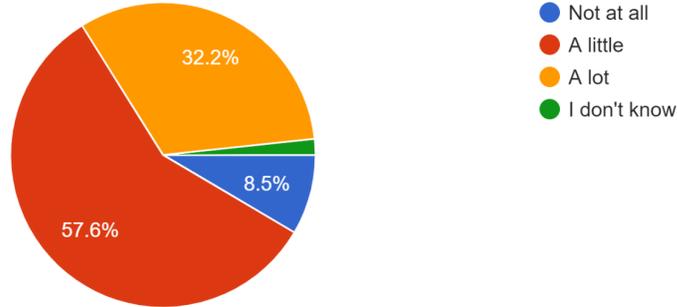
41 responses



PM Session:

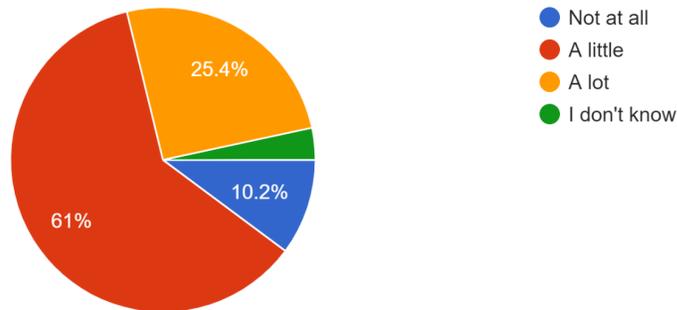
In your opinion, did this workshop increase your awareness of mental health issues?

59 responses



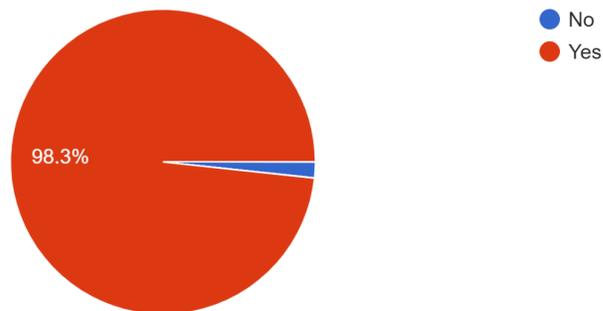
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59 responses



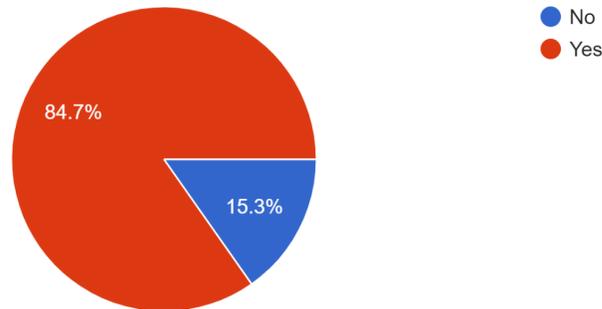
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59 responses



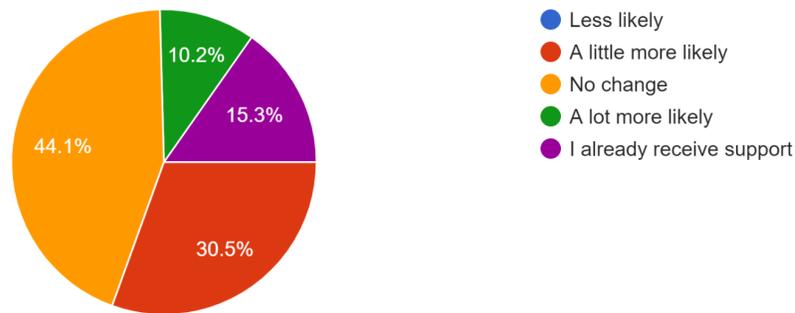
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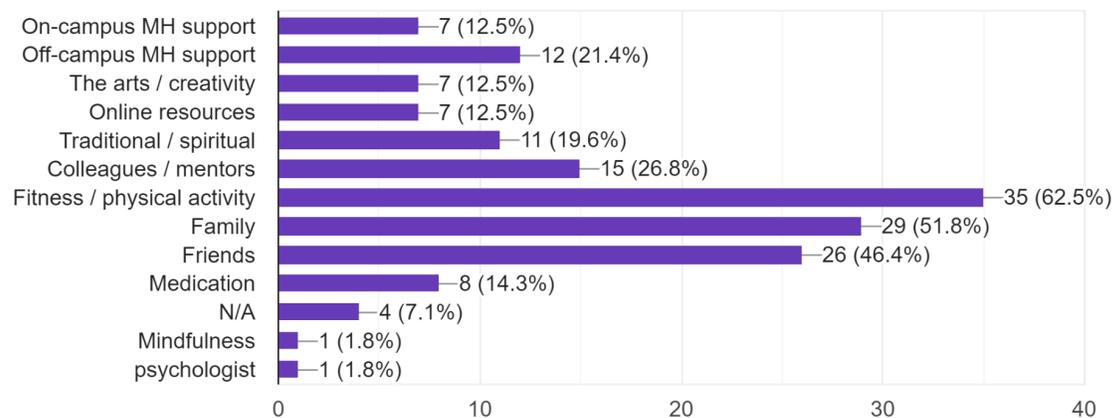
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59 responses



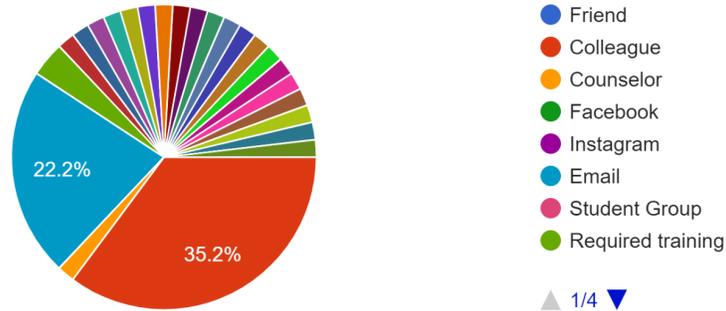
What type of mental wellness support do you think would be most useful to you?

56 responses



How did you hear about this event?

54 responses



What was your main takeaway?

AM Session

- Self-care - can't fill from an empty cup
- No one is alone, we all have many among us that struggle.
- I'm reminded that everyone has a different perspective of the world. Everyone also has their own challenges. Being considerate of others is always so important, especially in a field like education where relationships are important.
- Mental health is serious, but should not be a weakness or a subject of fear/ vulnerability.
- Broken hearts are places where the light can shine in.
- Everyone is different but different is not a bad thing - everyone is special in their own way
- It's okay to not be okay - and to seek out ways to be more okay.
- MAKE the time to protect my mental health. It needs to be done, and only I can do it.
- Some colleagues' views are frightening
- Enjoyed the time with Beth and my colleagues
- To better take care of our mental health in a way that works for you
- Film clips create a great context for conversation!
- To keep talking openly about mental health and wellness with my students
- Mental illness is so very important but it's good to see how things are changing with how we confront it in our society
- Mental health is not a stigma
- People are willing to talk about mental health
- Take time to breathe
- Mental health and mental wellness are two different things
- Managing trauma is a normal human condition. The battle to get through it or submit to it is as old as time.
- Mental health is important to everyone, in whatever way works.
- It's complex and we need to be supportive

PM Session

- Someone said "Try to recognize what each person might appreciate." I can keep this in mind when working with others.
- Art can be a great way to open discussions about mental health
- I need to take care of myself to care for others
- That my colleagues are more open about mental health than I originally expected. Also, young people are awesome.
- Awareness of not always putting work first....and being aware of other support materials for our Students
- Synchronous learning is valuable - allows for interaction
- Changing Stigma is important - and it's happening
- I liked the video and discussion around real world, real emotions
- Despite how much we talk about mental illness and wellness with our jobs, many people still don't understand it.
- It was just good to hear other colleagues mirroring / reflecting experiences about challenges with mental health / wellbeing.
- Its ok to talk about mental health even as an instructor/advisor
- Work is NOT the priority in life.
- The exercises to focus on your breathing and body.
- How to see and address people's struggles. Don't assume everyone is ok.
- GREAT INFO!
- I'm honestly not sure. So often I feel like this is all talk and there isn't a lot of forward progress institutionally on how we better promote faculty mental health.
- We all have mental health issues we are dealing with.
- Set boundaries you keep
- Appreciated the videos, personal reflection
- I would say that I mostly disagreed with the information provided and so I do not really have a takeaway to give that would be helpful.

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

(Highlights: see raw data for full list)

AM Session

- Valuable
- Worth it.
- Interesting and thought-provoking
- Helpful
- Energetic and positive
- Informative and reflective
- Very engaging, powerful, great speaker!!
- Full of information
- Impactful, great speaker (Beth), engaging
- a window into mental wellness.

- Energetic and worthwhile
- Enlightening
- Positive, safe area for discussion.
- Better understanding mental health
- Great reminder of personal care importance
- Very effective and innovative way to facilitate rich conversations on mental health
- Worthwhile!
- Awesome and inspiring
- Helpful and grounded. Good for non healthcare audience.
- Very well-worth your time. This workshop is important for self-preservation.

PM Session

- Eye opening
- Enlightening, engaging, authentic
- I actually referred this workshop to an employee in the Milwaukee Public School (BIT Team) as a recommendation for staff/teacher training
- Easy to listen to, easy to understand and welcoming discussion regarding mental health
- Interesting and thought-provoking
- Short films were impactful
- I would suggest more concrete resources
- Basic information and discussion
- It was excellent Beth did an excellent job of creating a welcoming space and guiding the conversation.
- Respectful and open
- Super cool.
- Interactive - non-threatening
- How to support MH for your students
- Great place to start breaking down the stigma surrounding mental illness
- If you aren't familiar with mental health issues is may be a good introduction
- laid back course with supportive facilitator
- Time well spent and bringing general awareness to our Students of using our "in-house" support processes.
- A breath of fresh air

What is one thing that you're going to implement next year to support your mental wellness?

(Highlights: see raw data for full list)

AM Session

- "Pause" in class more often
- Spending my time like I spend my money - frugally!
- Be more aware about mental health with my students.
- More communication and openness about Mental Health

- Have counselor come in to talk to students at the start of year
- Relaxation activities
- Balance life and time
- Continue self-care routine
- I would love to attend therapy but have never known where to begin.
- Continue to reinforce my "no" response.
- Probably practicing mindfulness & meditation more
- Be more mindful of my needs
- Better planning for retirement!
- I will try to implement mini breaks, or breathing exercises
- Say "no" more often
- Send resource link as needed to students
- More time for self
- Seeking support
- Boundaries-time off and unplugged
- The arts
- Continue to "step away" if even for a few minutes to refocus.
- Daily wellness activities for myself; probably midday walks outside. This is going to feel like a treat!
- continue to write and find ways to ground myself during the long winter when I can't dig in the garden

PM Session

- Take more time for myself.
- Taking time to take care of myself so I can better help my students
- Grounding exercises
- Saying no, not answering email in the evening, and being ok with that.
- For students - adding some breathing exercises, meditation to class time
- Address stress at the workplace
- Include MH resources links in course information
- Continue work life balance discussion
- More 'being in the moment' and slowing down
- Boundaries; Setting and honoring personal and boundaries
- Talk to a counselor more
- Gain more awareness of my time management and balance my workload better....

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

(Highlights: see raw data for full list)

AM Session

- Going from zero to meltdown in a short period of time - not catching it
- I think it's hard to find someone to be vulnerable with who can speak into personal situations - there's also a cost barrier for therapy that seems large.

- Mental Health resources/funding/time
- Stigma. I have it in my mind from when I was young that you don't seek counseling. It is a barrier that is very difficult to surpass for myself, even while I encourage others to seek counseling.
- Expectations I put on myself
- Time, I started seeing a counselor again but it felt like too much pressure to go every week.
- Limited access in this rural area
- Anxiety of finding a provider and making an appt.
- I think I have a pretty good handle on my mental wellbeing. I have gone to counseling when I have needed it in the past, I take medication, I am aware of my needs and recharging.
- Too many tasks being added without removing anything to make time.
- Biggest barrier is work stress that management doesn't seem to recognize they are causing

PM Session

- Demands of work
- access to resources
- stigma, not sure who to go to, hard to admit "weakness"
- my need for privacy
- Finding a MH professional who is covered by our insurance and has availability
- Embarrassment, fear
- Time time time.
- Work and Family Pressure - I can't take the time?
- it seems that the list of tasks never ends
- cost and time...counseling is expensive and our health insurance has a huge deductible. Times avail are difficult as well. I have found a "cheaper" option virtually, but I think an in-person counseling session would be more beneficial.
- Hard to let go of student issues and needs
- Counterintuitive policies / organizational structure that does not encourage wellness, but instead encourages running oneself ragged.

How can we improve this event in the future?

(Highlights: see raw data for full list)

AM Session

- It was truly a wonderful event - thank you
- This focused almost exclusively on depression/anxiety. It would have been more helpful to include information on neuro divergence.
- Perfect as is and exceptionally well presented and managed by Beth
- It was a bit long for me. Maybe 90 minutes?
- Honestly, it was great. Loved the platform and speaker!
- less meditation, more videos
- Use more small group activities.
- I like this event. Maybe make it longer, or make a few one hour sessions?
- Make it longer
- It would be nice to have some people share their own stories. The student video was a big plus.

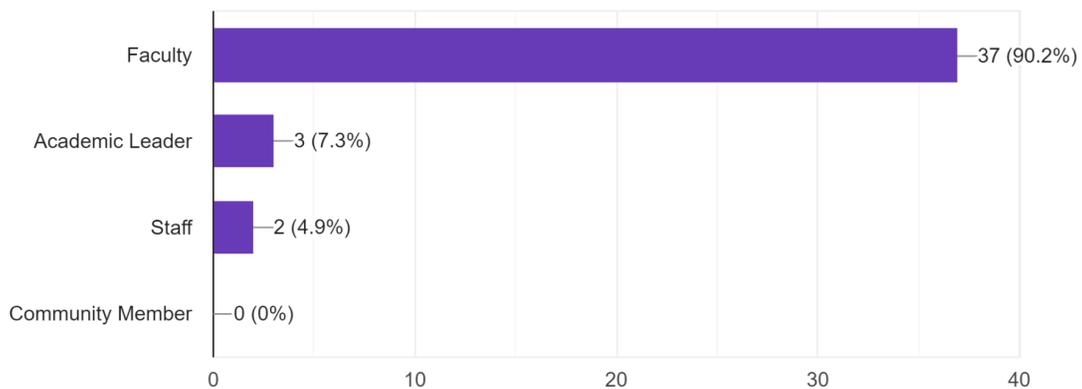
PM Session

- Not so long.
- Additional films: these were great!
- Platform was excellent, Beth was an amazing presenter!!!!
- Seeking help for people that are not covered by their insurance
- more individual dialogue
- shorten it
- Include resources for staff with the student resources
- More content
- There was one pretty problematic comment about "defective thoughts" that I thought should have been addressed more directly, but I understand why confrontation would set a poor mood.
- smaller group
- More videos for others to understand the different depression and that is not controllable
- Talk more about 1) how to support someone with mental illness and 2) what to do if you recognize the signs in yourself or someone else
- I think our own mental health is important, but I believe that college-wide we also need to understand our student's mental health issues and know how to best help them...helping others can help our own mental health
- I was expecting more films and longer films.
- more sharing by live individuals
- To have quarterly sessions on the topics of positively approaching the paces of life.
- Incorporating a wider range of experiences in the videos shown - across the lifespan, perhaps, as this group features a lot of different age groups.

Demographic Information

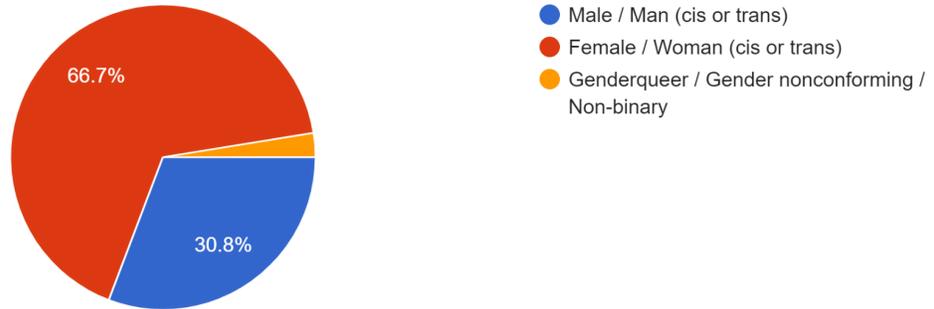
AM Session

41 responses



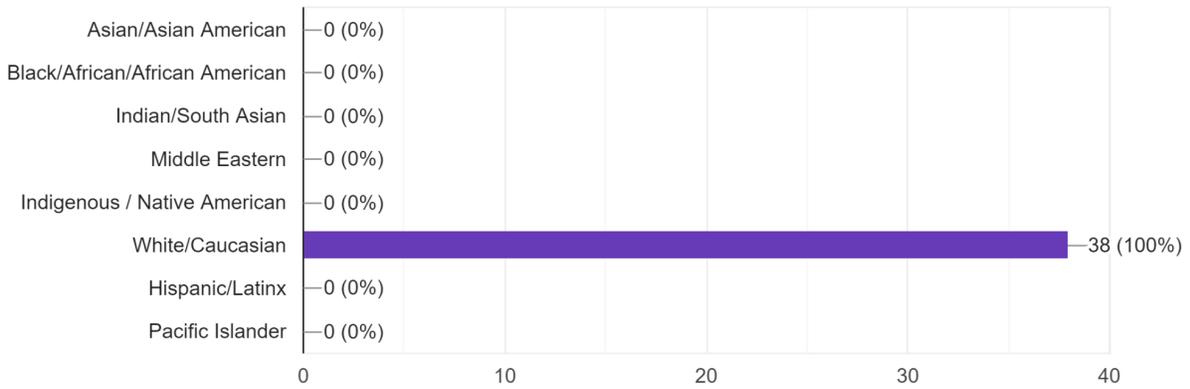
Gender Identity

39 responses



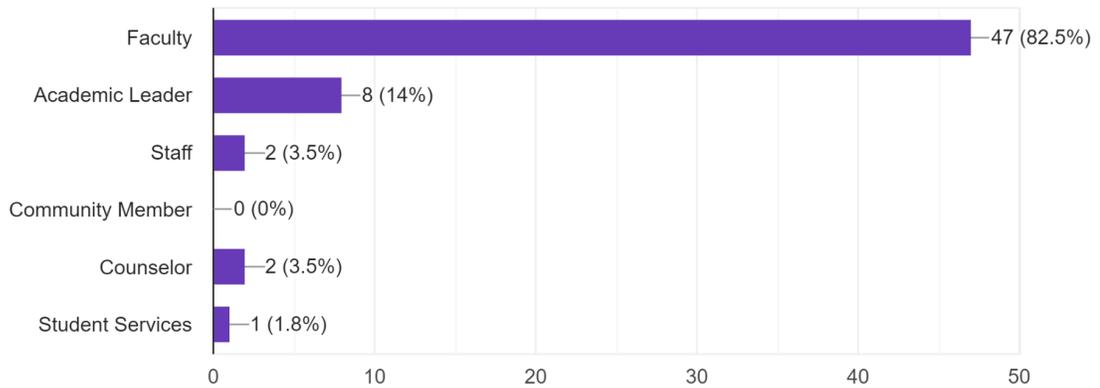
Ethnicity

38 responses



PM Session

57 responses



Gender Identity

52 responses



Ethnicity

53 responses

