ART WITH IMPACT

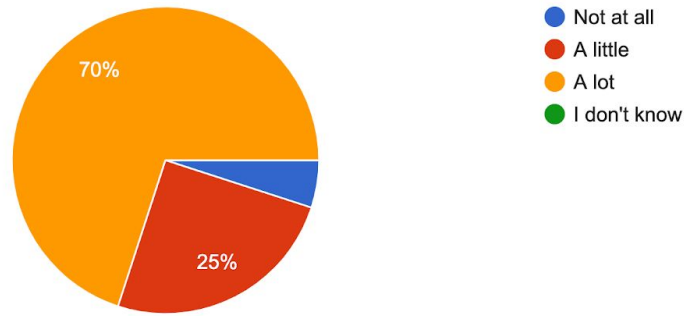# Movies for Mental Health (Online)

Post-Workshop Evaluations

| Palomar College | Number of attendees: 79 |
| October 9, 2020 | Number of evaluations: 20 |

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

20 responses

- Not at all
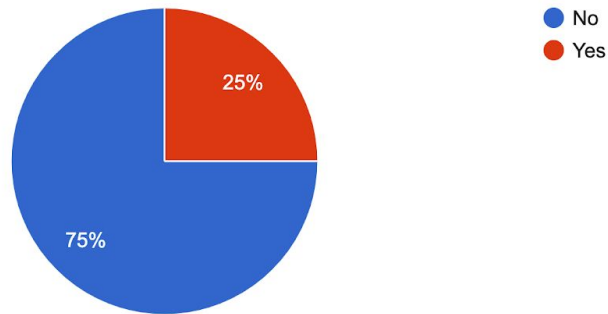- A little
- A lot
- I don't know

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

20 responses

- Not at all
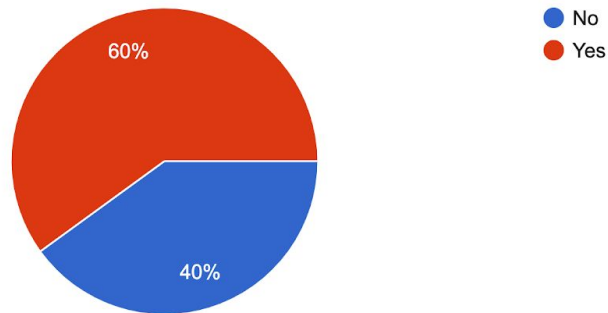- A little
- A lot
- I don't know
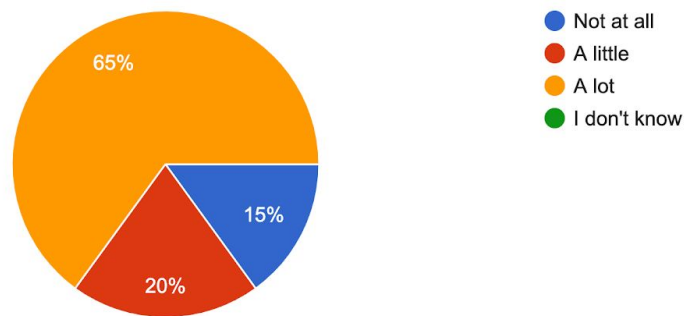
Did you know about the the Mental Health Services Act before this event?

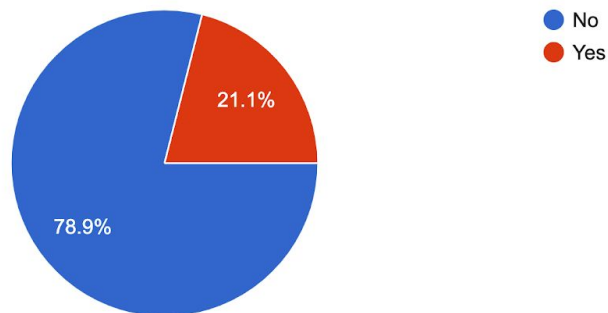20 responses

- No
- Yes

25%

75%

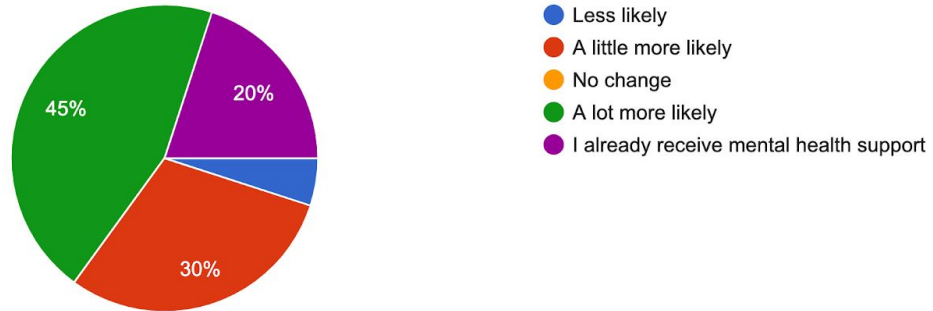Did you know about your school's counseling services before this event?

20 responses

- No
- Yes

60%

40%

Did you know about the community resources before this event?

19 responses

- No
- Yes

21.1%

78.9%

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

20 responses

- ● Less likely
- ● A little more likely
- ● No change
- ● A lot more likely
- ● I already receive mental health support
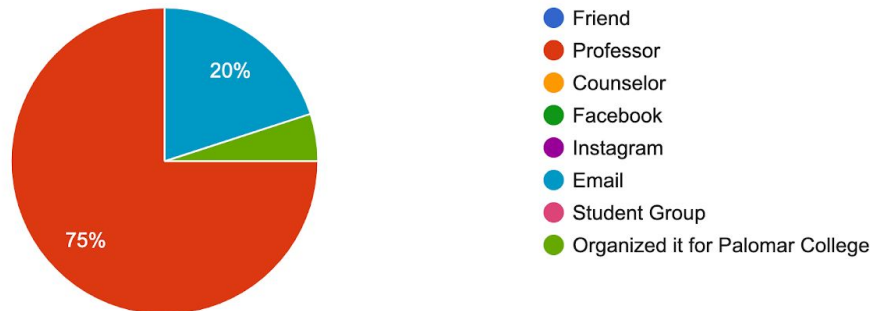
What type of mental health support do you think would be most useful to you?

20 responses
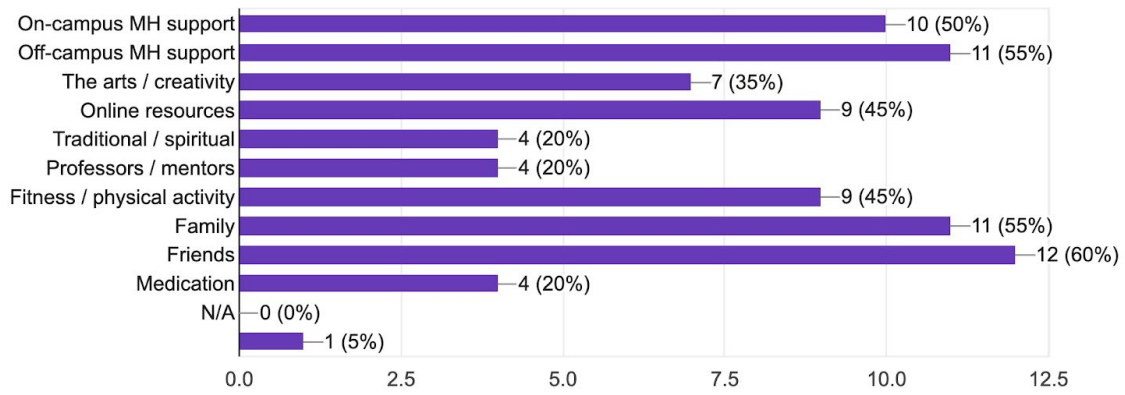
How did you hear about this event?

20 responses

- ● Friend
- ● Professor
- ● Counselor
- ● Facebook
- ● Instagram
- ● Email
- ● Student Group
- ● Organized it for Palomar College

ART WITH IMPACT

What was your main takeaway?
That we have to not feel ashamed for what we feel we have to look for help when we needed it Great group of people, very respectful and aware of those with differing abilities Mental health is important and it is important to also have access to resources It's so different for each person Be there to support others Mental health cannot be magically cured forever and that is perfectly fine I enjoy it all! That there are others who are still in the process of getting better like me Seek help in the time of need This made me realize so much about mental health Love your fellow human Don't be nervous We're never alone Its okay to be struggling I was surprised but I loved it Mental Health is extremely important You are not alone is your issues Maybe I need to ask for help I think this was a great gateway for those who are looking to find help and see the sources available

If you were telling a friend about this workshop, you would describe it as:
Helpful and inspiring Informative and non-threatening Mental-health positive group that accepts you where you are in your journey Yes I did would recommend it Inspirational, motivating, comfortable Eye opening Encouraging An opportunity to become more aware of mental health Enlightening Resources Interesting An overview of mental health with resources It is a crear true story workshop An incredible way to learn about mental health Beneficial Well put together Helpful, informative, and safe space Encouraging Empowering, stigma decreasing and support oriented

How might you use what you learned today?

I will share with other people and be more understanding to other people that go through
I'll be checking out the resources and Mental Health Services Act
I think I'll search up resources to better understand them
Have more empathy for others
Be more available to listen and connect our students to resources
I will use the resources provided whenever I am in a crisis
Share with family
Possibly using the counseling services offered at the school
Save the links
Know that I am not alone and that I can refer to many people and services to help me
Able to suggest services to those in need
In my classes and life
Definitely gonna take what I learned as a way to realign and focus on being mindful each and everyday
Help make others aware
Be kind to myself there are some days where I forget that
Seek help if/when i need it
To reach to the resources we've been provided
Maybe share with other students and encourage others to reach out
Passing along the contact information

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

Terrified, Judgement, condescending tones
Money sometimes counseling can be expensive and in the school there is not a lot of times that you can see a counselor. Is time limit they can't do a therapy
I know I need to go back to therapy but I don't have health care or money to pay for individual sessions
Asking for help
Time, cost, effort
Shame, fear of being a bother, financial issues
Feeling afraid
The biggest barrier is that I have not had a good therapist so I am hesitant to try again
Not being afraid
I am a very shy person and I don't really tell anyone about my problems and how I feel
Fear of judgement
Stress
Understanding myself and having access to the proper vocabulary that expresses what I'm going through; because of that I don't even know sometimes how to communicate what I'm experiencing
Shame
Being able to talk to people
The stigma of getting help, making you "weak"
Pride
Being so busy
Finances- my health insurance does not cover counseling

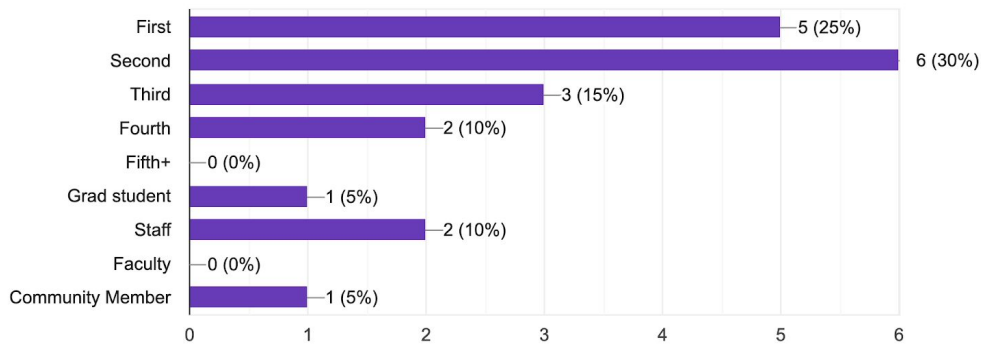| How can we improve this event in the future? |
|---|
| I thought it was great
It was perfect as it - great variety of films, discussion, self-care & resources!!!!
It was perfect as it is
All was good
I have no suggestions.
N/A I really enjoyed this event
Everything was amazing. I loved this event and I will definitely attend more
I would like a bigger variety of films. More films!
Nothing
Nothing that I can think of; it was great !
More student speakers
IDK I really loved everything and learned a lot that I didn't know
Audio quality from speakers
I loved being able to participate in the chat box and not having to speak
As a certified yoga instructor with an active practice, I think the breathing and body scans were great, however I felt it was distracting that some people were chatting during the exercises. However I can consider that maybe it was therapeutic for those to share. |

Major	
Business	1
Child Development / Early Childhood Education	7
English	1
Fire Science	1
Psychology	2
Speech-Language Pathology	1
Univ. Studies - A.T. Emphasis in World Languages	1
Undecided	1

Year
20 responses

First	5 (25%)
Second	6 (30%)
Third	3 (15%)
Fourth	2 (10%)
Fifth+	0 (0%)
Grad student	1 (5%)
Staff	2 (10%)
Faculty	0 (0%)
Community Member	1 (5%)

Gender Identity
20 responses

- Male / Man
- Female / Woman
- Genderqueer / Transgender / Gender nonconforming

85%
15%
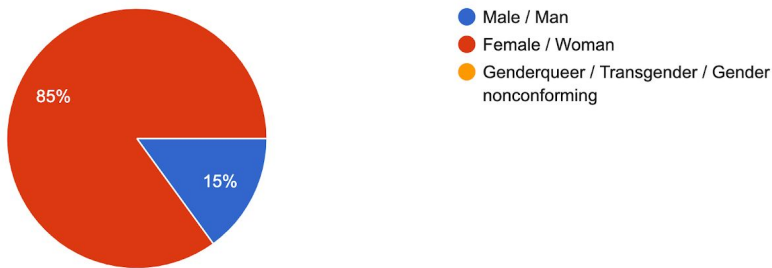
Race / Ethnicity		
Asian / Asian-American	**1**	**5%**
Black / African / African-American	**0**	**53%**
Hispanic / Latinx	**10**	
Indian / South Asian	**0**	
Middle Eastern	**0**	
Native American / First Nations	**0**	
Pacific Islander	**0**	
White / Caucasian	**5**	**26%**
Multiracial	**3**	**16%**