

Movies for Mental Health

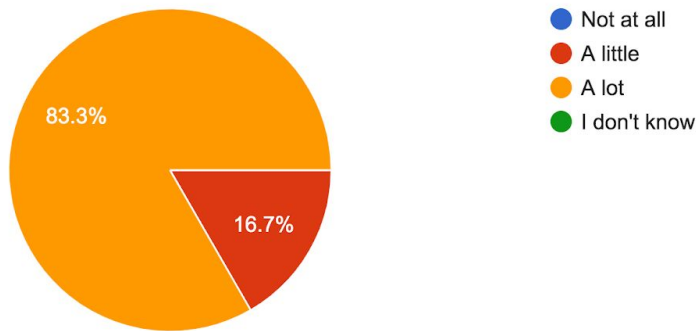
Post-Workshop Evaluations

Penn State Fayette, The Eberly Campus
April 24, 2019

Number of attendees: 18
Number of evaluations: 12

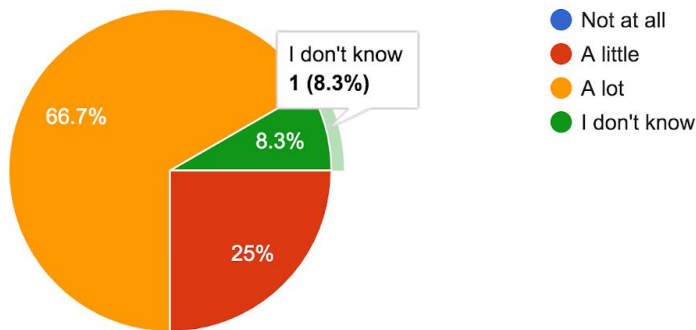
In your opinion, did this event create awareness of mental health issues?

12 responses



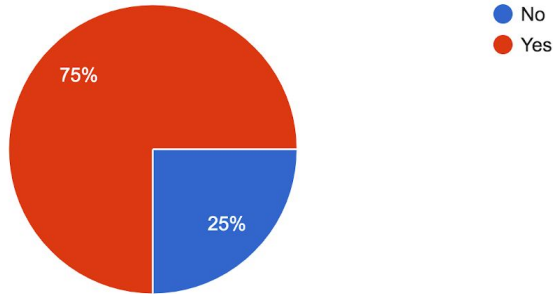
In your opinion, did this event reduce stigma related to mental illness?

12 responses



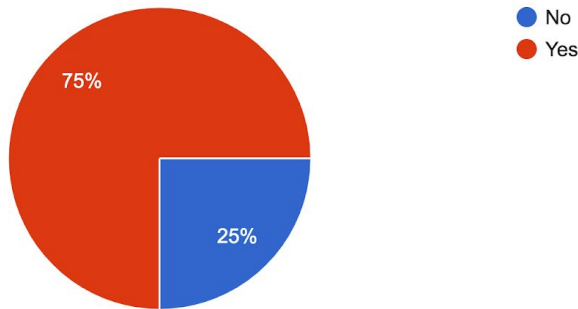
Did you know about your school's counseling services before this event?

12 responses



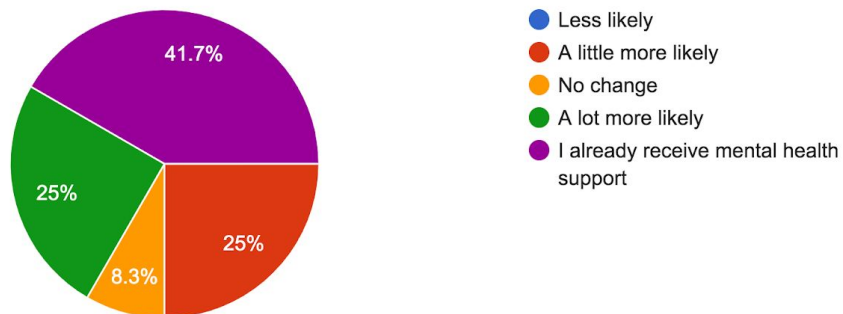
Did you know about the community resources before this event?

12 responses



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

12 responses

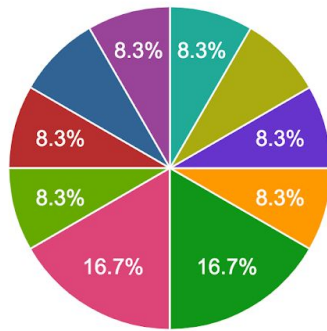


What type of mental health support do you think would be most useful to you?

On-campus MH support	5
Off-campus MH support	5
The arts / creativity	2
Online resources	1
Traditional / spiritual	3
Professors / mentors	2
Fitness / physical activity	3
Family	3
Friends	4

How did you hear about this event?

12 responses



- Friend
- Professor
- Counselor
- Posters / flyers
- Online / Facebook
- Email
- Student Group (e.g. Active Minds)
- Coworker
- ▲ 1/2 ▼
- Stanton Farm Foundation
- Crime Victims Center
- Through Amanda, the organizer.
- Amanda, the organizer.
- Organizer
- I organized it.

What was your main takeaway?

(Highlights: see raw data for full list)

The available resources (Fayette Behavioral Health, Crime Victims Center)
Possible ways to help someone with mental illness. Videos that are illuminating.
"It's okay to feel." "Listening is different than hearing."
Using art to decrease stigma.
Don't be afraid to get help.
Stigma is always negative.
There's no "normal."
Mental health and physical health are both important.
Anxiety.
Peer mentors.

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

(Highlights: see raw data for full list)

Youth friendly and informative.
Learning and understanding more about mental illness.
A transformative and educating experience.
Beneficial, educational.
Fun, interesting, informative.
A great space to discuss mental health.
Engaging and interesting.
Eye-opening.
Empowering.
Helpful, informative, beneficial.

How might you use what you learned today?

(Highlights: see raw data for full list)

I plan to access some of the resources like the Crime Victims Center.
To take information back to Suicide Taskforce.
Discussing how videos are interpretive.
As a BSW, I gained more knowledge.
To be open or help friends with mental illness.
I'm going to contact outside resources.
Seek help.

Advocate more for mental health.
 Think about how I propagate stigma.
 Spread awareness and help others.
 In treatment.

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

(Highlights: see raw data for full list)

Time management. (x2) I plan to utilize Amanda's services on campus.
 Access/transportation.
 Constant stress from school.
 Motivation to seek help, also time.
 Don't know what to talk about.
 Fear of judgment and pride.
 Cost/shame/time/pride.
 Insurance/family

How can we improve this event in the future?

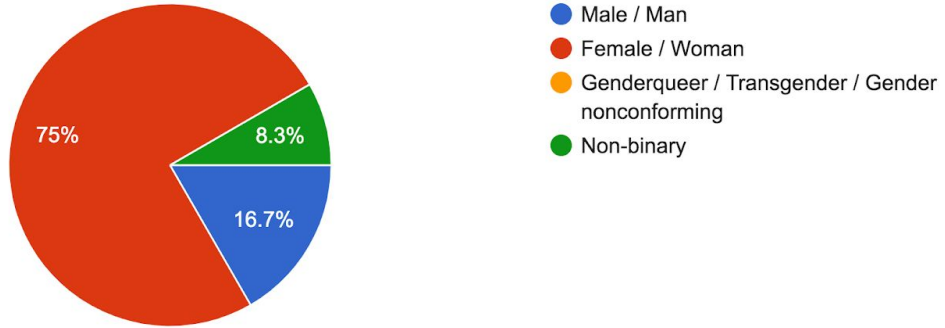
I wish more people would attend. Sometimes programs will give certificates for training. I don't know if that works for this but it's an idea.
 Scheduling better.
 More outreach for event.
 Advertise it more.
 I thought it was amazing, so I'm not sure.

Major

Aerospace Engineering	1
Environmental Resource Management	1
HDFS	1
BSW	1
Psychology	2
Undecided	1

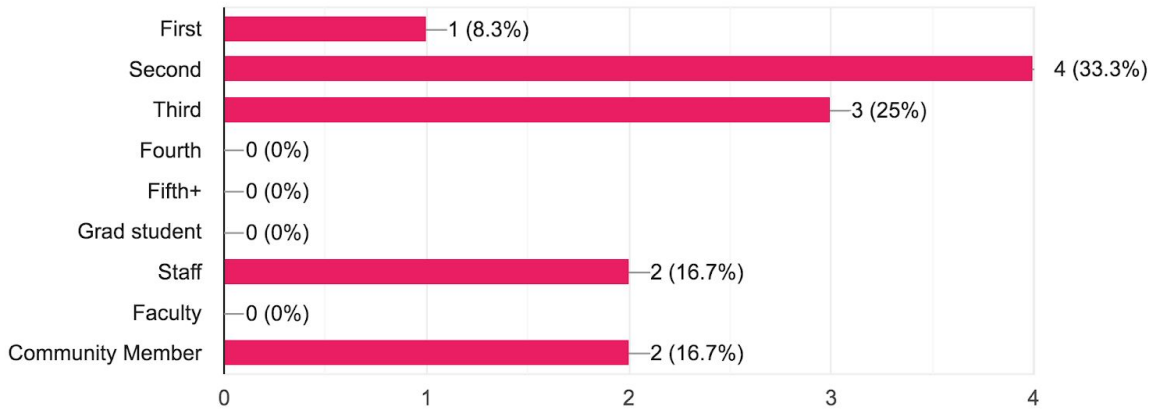
Gender Identity

12 responses



Year

12 responses



Race / Ethnicity		
Black / African / African-American	1	8%
White / Caucasian	11	92%