

Movies for Mental Health (Online)

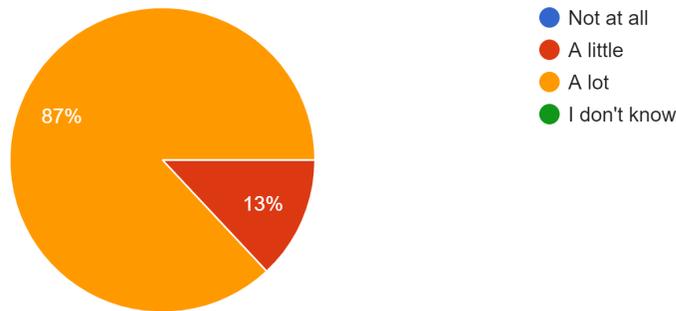
Post-Workshop Evaluations

Riverside City College
May 21, 2021

Approximate maximum attendance: 84
Number of evaluations: 23

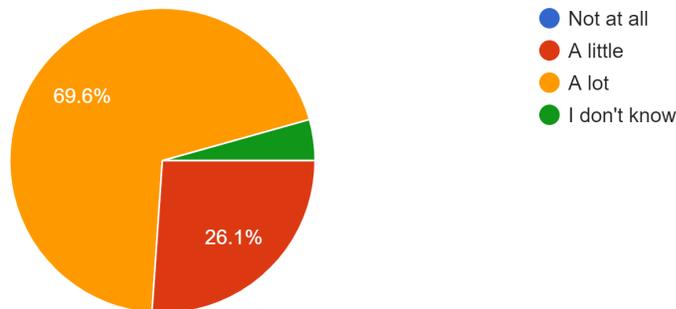
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

23 responses



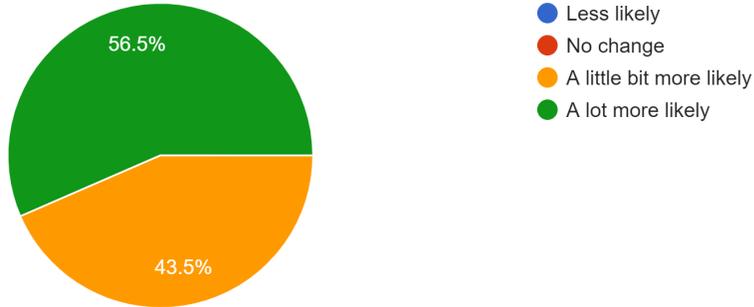
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

23 responses



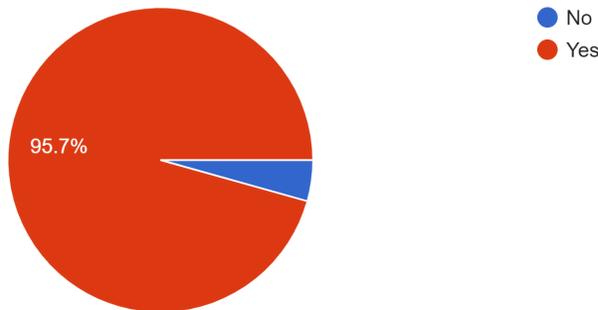
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

23 responses



Did you learn about new resources related to mental health and sexual violence?

23 responses

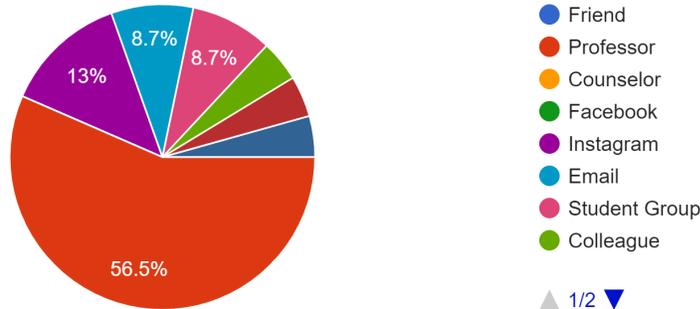


What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

I personally have a therapist but I was given good resources to pass on to others.
 The body scan because I really enjoyed it :)
 I would like to find a therapist for myself.
 I knew that support was key but the other people watching made some comments that I never thought about. I learned new ways of approaching someone and making them feel valid and heard.
 Breathing techniques, provide resources and just being open to what is being shared.
 I've been looking into therapy and normalizing seeing a therapist and from this session I was able to gain some resources to support that for myself and hopefully others.
 Therapy and speaking with others who have similar experiences
 Being more supportive to my friends and family
 I will probably be reaching out to RCC psychological services.
 Write about it or put it into my artwork (drawings)

How did you hear about this event?

23 responses



What was your main takeaway?

There is more help out there than I knew about.
 There are so many ways to interpret mental health or sexual assault
 Sadly, things like this happen but it's important to heal and allow yourself to move on, however long it takes.
 Just because I went through an experience does not mean I have to live up to that expectation from the experience. Outshine that negative thought, I have gotten this far already.
 There's a lot. Normalizing a lot of these conversations will end stigma. You're not always there to fix things but more for support.
 Our own reactions to SA may look different than others', so it is important to take in each story as individual experiences!
 That I need to share my feelings.
 Many sexual assault victims are afraid to seek help
 It was all great information the videos made an impact as well as the student speakers
 That sexual assault looks extremely different for every person.
 This subject doesn't get much spotlight in society.

If you were telling a friend about this workshop, you would describe it as:
 (Highlights: see raw data for full list)

Inspiring, impactful, powerful, deep, and real
 Incredibly informative and sensitive
 Uplifting, and strength inducing
 Therapeutic.
 A safe space to explore your own mental health responses regarding SA and watch movie shorts to communicate and connect with others
 A workshop that informs you about sexual violence through short films.
 A workshop where we talk about the importance of this topic and how we can bring attention to it in society.

How might you use what you learned today?

Better listening skills when listening to others who are hurt.
I already started looking up local therapists.
I already have a friend in mind who I want to make feel understood. She often comes to me but sometimes I don't know what to say. This is also helping my mental health a lot too because of how supportive Carly was. She made me feel understood and valid even though she never directly spoke to me.
I want to share the films I've seen with my friends.
Pass it on to students.
Using the resources provided and shared for myself and others.
Share with my partner how important it is to continuously take care of mental health!
Being more accepting if people close to me confide their feelings with me.
To navigate a situation with friends who are survivors and offer them support
Texting my friends that i'm always there for them when they need me
Helped those and more understanding of what people go through
I will use it by being more careful with what I say.
If someone were to come to me with these sort of problems, I would tell them to see what type of sessions they have going on and also direct them to the websites that were offered on this particular session.
Keep the interviews in mind going forward and remembering what has been shown in the short films.

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

Fear of survivors seeking help
Not feeling ashamed, guilty, or unsupported
Judgement
My family would probably shut an accusation down in fear of looking bad or embarrassing the guy. Mexican families tend to care about the males over the females.
The mentality that there are "two sides to every story" and not holding abusers accountable.
Having courage to confront someone when you see something wrong.
Stigma. Lack of conversation.
A lack of understanding how to best support survivors after hearing their story
Not many of the people are informed enough
The fact that it's not culturally acceptable.
The biggest barrier is that I don't know of any support groups available other than if you're attending college like MVC or Norco. There isn't any on the outside in the city I live in.
Confidentiality and finding people to talk to.

How can we improve this event in the future?

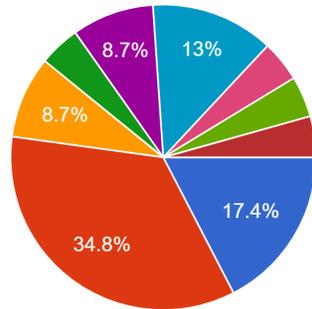
Advertise more. I only knew about it from one professor it should be sent out as a mass invite to all students.
More films! That was my favorite part of the event.
More personal stories from people.
The only thing would be to fix the audio issues beforehand!
Working on the audio settings.
Elaborate on the healing process, or tips to do so.

More films.
 The signal and sound was distorted at times.
 More engagement activities in between films
 More panelists
 Keep having them it will improve in time.
 Keep the shared experiences shorter, one woman talked for an extremely long time
 More time for the q&a
 Make it available to more students
 Educate children in schools.
 No improvements, it was perfect
 More video interaction with everyone.

Major	
Dental Hygiene Program	2
Art	2
Journalism	1
Kinesiology	1
Chicano/a studies	1
Nursing	5
Social Work Human Services	1
Chemistry	1
Business	1
Psychology	4
Entrepreneurship	1
Math and Science Associates	1
Theatre	1

Year

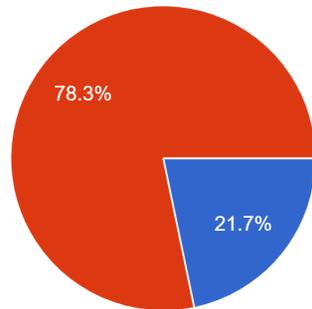
23 responses



- First
- Second
- Third
- Fourth
- Fifth+
- Graduate Student
- Staff
- Faculty
- Community Member

Gender

23 responses



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

Ethnicity

23 responses

