

# Movies for Mental Health (Online)

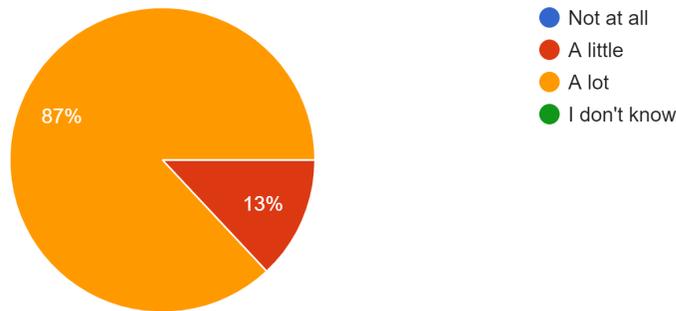
## Post-Workshop Evaluations

Santa Ana College  
May 7, 2021

Approximate maximum attendance: 43  
Number of evaluations: 33

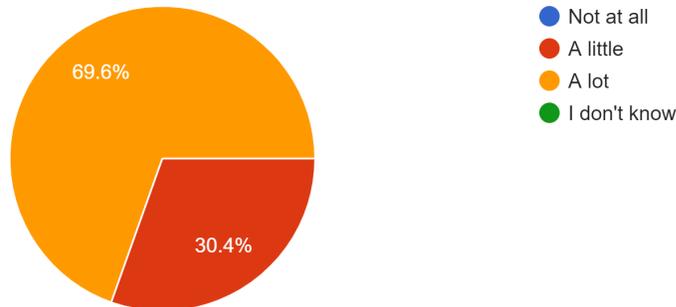
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

23 responses



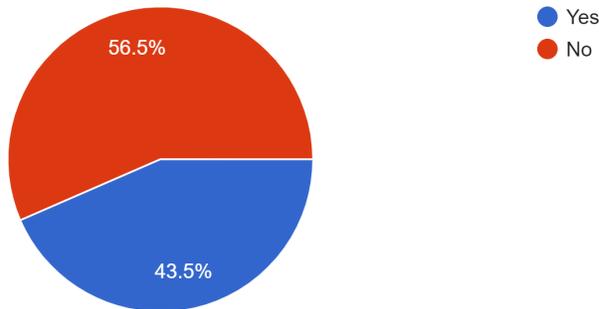
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

23 responses



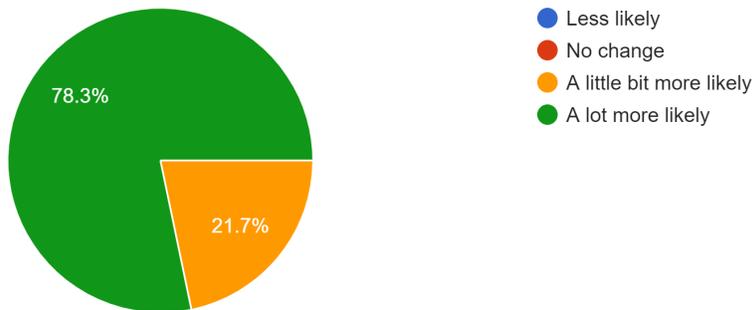
Did you know about the the Mental Health Services Act before this event?

23 responses



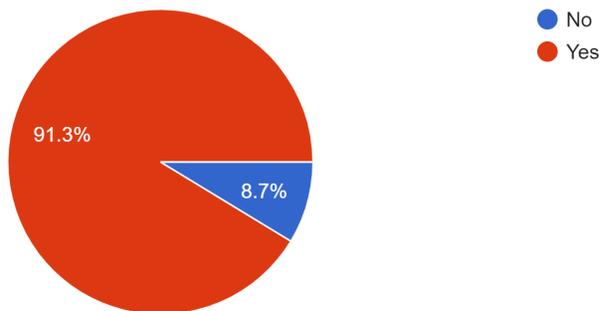
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

23 responses



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

23 responses

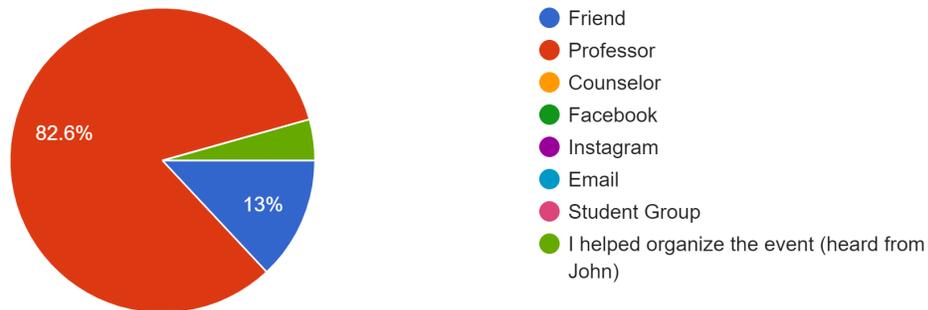


## What types of tools or action do you think you might now take to support healing from sexual violence for yourself or others?

Professional resources  
 Open conversation, mindfulness, access to resources  
 Letting people be open about the topic and don't make anyone feel ashamed or judged.  
 Talk with my therapist, seek a support group.  
 Speaking up, providing support for those that need it  
 I would take action by supporting someone who has suffered sexual violence, supporting them and walking them through every step of getting help. Whether it be making sure they get the help they need such as going to the doctors and reporting to the police.  
 Emergency Counseling  
 Talking to my family about it  
 Support w/art with impact...offer resources  
 Meditation / seeks for authority help  
 Offer resources and company to listen  
 It is hard for me, but the tool like reading good or having counselor to calm down or make her forgot something in sorrow is better.book or hav

How did you hear about this event?

23 responses



## What was your main takeaway?

Stigma is huge for sexual violence.  
 To not be scared to ask for help  
 There are a lot of people that are victimized by sexual trauma and too many people feel ashamed and don't talk about it.  
 Listen to victims and believe them.  
 The stigmas that exist play a large role in preventing victims from seeking help, which perpetuates the cycle of deteriorating mental health.  
 This was so informative and stigmas really have a negative impact and we need to break the stigma  
 Bringing awareness to sexual violence survivors, hearing their voices, and supporting anyone who has suffered from any form of violence.

Having a safe place is important  
Learning that I have support and awareness  
That mental health is different for everyone and that there is not only one definition for it.  
Sleeping and eating healthy food

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

A workshop to help raise awareness about sexual violence.  
Mental health, sexual violence awareness  
Truly a beautiful experience  
Very helpful and important  
Empowering, supportive and super understanding  
A great way to find a resource for support  
A safe place to be around others who have been through/are going through mental health issues or are just interested in learning about it.  
Empowering and supportive

### **How might you use what you learned today?**

I will try to be there for my future patients.  
Look at resources, watch more movies, talk  
My therapeutic use of self with potential clients  
Spread awareness and use it when in situations with people who have been sexually assaulted.  
I would use it to be more supportive of victims/survivors.  
Knowing how to be a support system for those who have suffered sexual violence and taking time to care of my mental health.  
Reach out to my friends to see how they're doing  
I learned about the resources offered and avl  
To be more open to what others are going through  
Be a better listener  
I think that I am starting my own journey on how to grow and learn from past situations relating to sexual violence.  
Share this with friends and family that are currently experiencing a hardship

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

The stigma.  
The feeling of maybe being judge or not believed  
The area I am in is very conservative and does not address topics of this nature.  
Stigmas and stereotypes, whether they be cultural, sexual, gender, etc.  
The stigma of being afraid to talk about what happened, not knowing where to go or who to talk to  
The fear.

The community is not well-educated on the stigma of sexual violence and some may not know the resources available to get help.

Culture

Judgement and negativity

Speaking about the problem

Stereotype and lack of awareness

It is hard to communicate the private problem.

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

I thought it was great!

More movies

It's great

I think it was perfect!

Have it on more days!

Nothing, it was perfect as is, the speaker demonstrated she was well-knowledgeable on the topic and made it feel like a safe space for open conversation.

Add more videos

Email resources with links?

More survivors

More resources sharing

I'd love to hear about signs that someone has been involved with sexual violence like in children, etc.

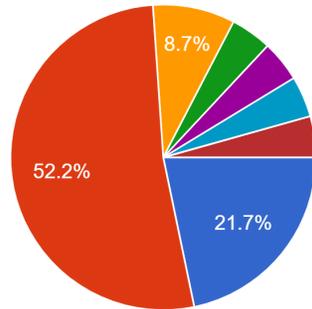
email the resources to students email?

### Major

Occupational Therapy Assistant	3
OTA	8
Biology	1
art	1
Interior Designer	1
Psychology	2
Nursing	2
Digital Media Art	1

Year

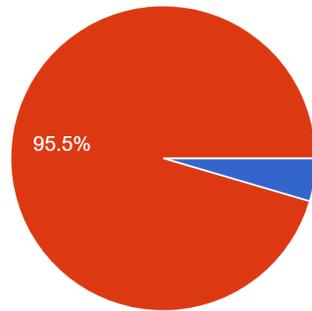
23 responses



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

Gender

22 responses



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

### Ethnicity

23 responses

