

Movies for Mental Health (Online)

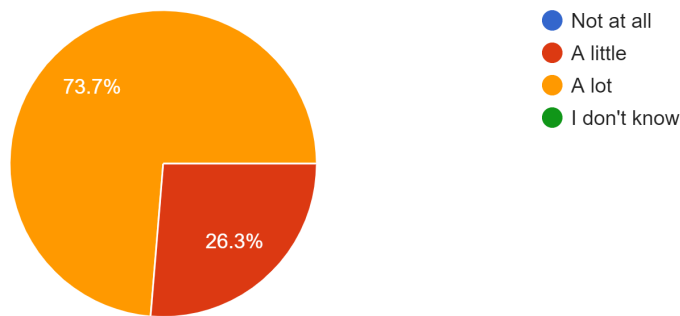
Post-Workshop Evaluations

Truckee Meadows Community College
April 22, 2021

Approximate maximum attendance: 50
Number of evaluations: 19

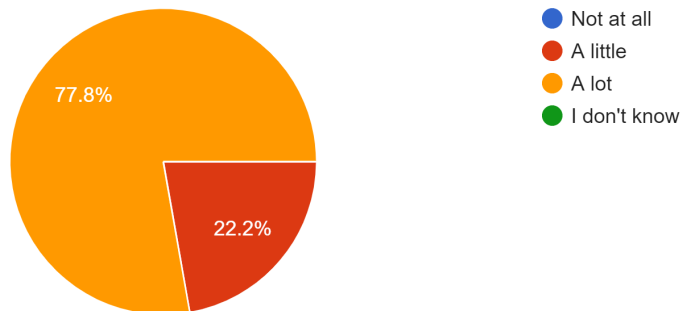
In your opinion, did this workshop raise awareness about the mental health impacts of sexual violence?

19 responses



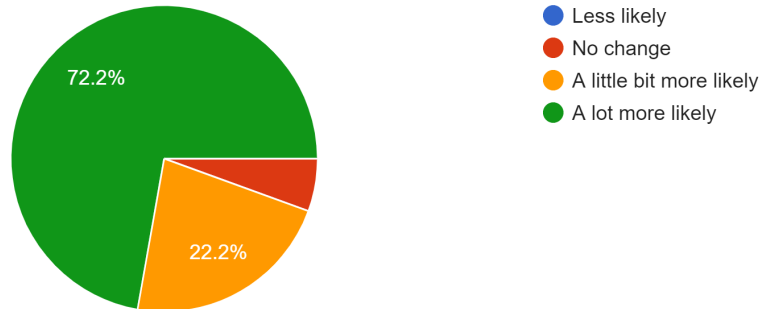
In your opinion, did this workshop help you confront and address stigma related to sexual violence and its mental health impacts?

18 responses



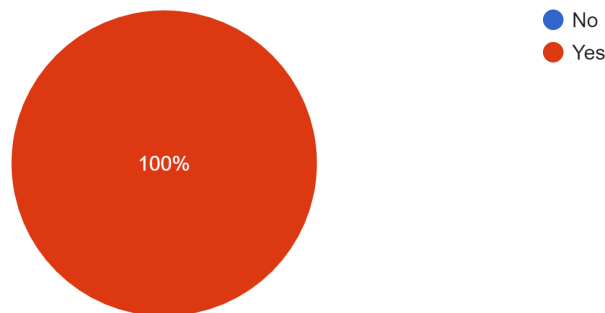
After this event, are you more or less likely to take action to support yourself or others when it comes to healing from sexual violence?

18 responses



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

19 responses



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

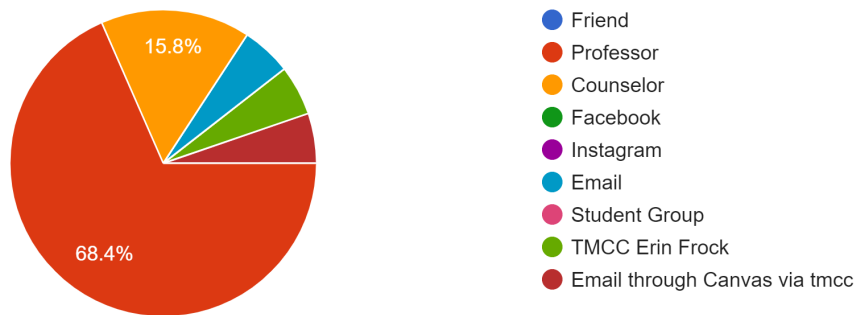
(Highlights: see raw data for full list)

- I've learned to be an active listener and have a lot of patience for those healing from sexual violence.
- I think asking for help is extremely important. I think a lot of people might not know where to find help, but asking someone or anyone for help is important.
- I have words now to support survivors of sexual violence.
- I plan on being for individuals, supporting them and being the shoulder they need to cry on.
- Continue to advocate for survivors and provide a safe space to be heard, respected, and empowered.
- I will be more forgiving towards myself and spreading awareness about the healing process of sexual violence.
- The Mindful & Progressive Relaxation Exercises were excellent

- Seek out more people involved in this work to find ways to learn/contribute
- Seeking support
- Find more support groups
- Accurate information about reporting/medical evaluation clarification in future when playing first short film
- Being there for someone
- Seek therapy
- More self care

How did you hear about this event?

19 responses



What was your main takeaway?

(Highlights: see raw data for full list)

- I've learned about the stigmas surrounding mental health and sexual violence, as well as the impacts that sexual violence has on the survivor.
- I was very emotional hearing the panelist stories, I want to make a change and truly be there for people who need it.
- Sexual violence is diverse, as is the healing process and there is support available for everyone.
- Everyone is going through something. As a society we should be cautious about what we say and courteous to those around us.
- That the healing process is not linear, and that we are not alone. Having these resources was very helpful and makes me feel so powerful.
- Stigma behind sexual violence
- You are not alone. there are support groups like this available at TMCC
- Destigmatization is needed large scale
- There are resources
- Sexual violence happens more often then what we think
- Listen, support, follow-up, keep showing up
- It is important to actively effectively listen carefully
- There is still a lot that people don't quite comprehend about sexual wellness

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

(Highlights: see raw data for full list)

- It was such a wonderful experience. It allowed me to learn so much about mental health and sexual awareness. As well as the importance of being there for yourself and others.
- Amazing information
- A must attend for next year
- Impactful and inspiring. Would recommend!
- Powerful! Modern and magnificent.
- Empowering and useful
- Insightful and eye-opening
- Interesting
- Insightful and informative
- enriching, important
- Cathartic

How might you use what you learned today?

(Highlights: see raw data for full list)

- I'll definitely be more observant and open-minded about the issues that were presented.
- I will be there for individuals going through difficult times and show all the resources available to them.
- I'll share the resources and links with friends I know who are struggling as well
- I will use this professionally, as I step into a new career in healthcare
- To know victims have their own experiences
- To better assess how to support survivors
- I will incorporate some of the shared suggestions of how to support another into my daily practice.
- to promote thoughtful considerations for those who have experienced unwanted violence
- I would speak about it to others and this workshop inspired me to do an assignment about it.
- Understand how this subject matter is being modeled for educational/awareness
- To help my peers and friends
- I work for a counseling office, so it made me reinforce that having compassion and empathy is really important
- To share my story

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

(Highlights: see raw data for full list)

- I think the stigmas surrounding these issues, as well the guilt that arises from it are some of the biggest barriers.
- Bias toward heterosexual and cis-gender people; trans/non-binary/queer people treated as less-than
- The stigma is a huge barrier to our community and not knowing what to say to a survivor. I think once we get over the stigma and are there for a survivor, it can be a very inspiration and a very genuine experience.
- lack of funding

- Miseducation and lack of knowing how to access resources
- Education on Victim Rights, resources available for support, and victim shaming/blaming mentality.
- people being visibly uncomfortable not knowing what to say...so they choose to say nothing
- I personally feel it's sometimes hard for survivors to speak out, due to other individual and/or the community not always believing them or being judgmental towards them. I feel we really need to
- The lack of groups and opening up
- The awkwardness of how heavy the topic is

How can we improve this event in the future?

(Highlights: see raw data for full list)

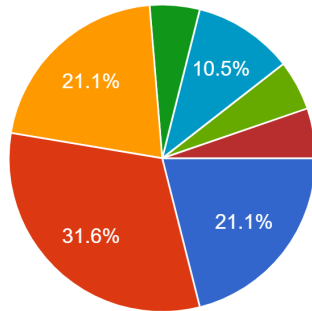
- More videos or survivor experiences
- More advertising!
- This event was well put together, I really enjoyed being there and participating. Well done to those who coordinated the event.
- In person would provide more connection to the community but that's not available because of covid and I get that
- I feel like everything went so smoothly as it is, I wouldn't really change anything.
- I think the event was very well organized for it being 100% online.
- All is well organized
- Again, accurate information
- Keep doing what you are doing. The event went well
- no improvement needed it was very helpful.
- I do not have any suggestions- this event was wonderful and I hope to join future Art With Impact events.
- I thought the formatting was great. Plenty to build upon.

Major

- Social Work (x3)
- Psychology (x3)
- Criminal Justice
- MA Counseling
- Public Health
- Nursing
- Pre-Nursing
- Dental Hygienist
- Art
- Sociology

Year

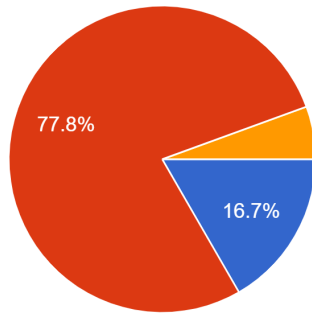
19 responses



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

Gender

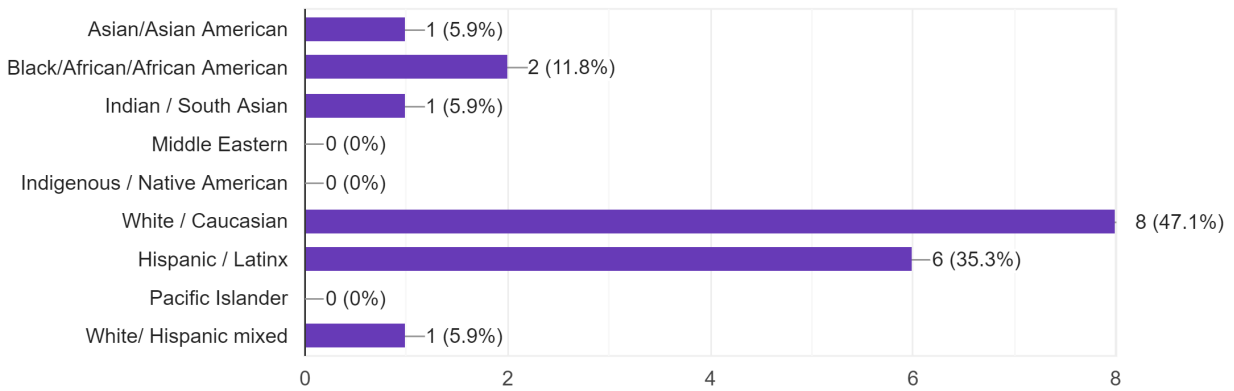
18 responses



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

Ethnicity

17 responses



Anything else you want to share?

- THANK YOU! I love the inclusivity and acceptance to meet everyone where there were at. The facilitators are clearly trauma-informed professionals. The healing impact art can have (in all mediums and expressions) is tremendous, and it is inspiring to learn about Art With Impact. Hope to connect with you for future events!
- Thank you for this great experience and allowing me to feel safe, truly thank you.
- Thank you! This was a wonderful production. Sending virtual applause!
- This work is important. I liked the breathing exercises after each section that may have been triggering.
- Thank you for sharing the links
- thank you to everyone involved. much appreciated!