ART WITH IMPACT

# Movies for Mental Health (Online)

*Post-Workshop Evaluations*

| University of La Verne | Approximate maximum attendance: 50 |
|---|---|
| September 28, 2021 | Number of evaluations: 18 |

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

18 responses



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

61.1%
11.1%
27.8%
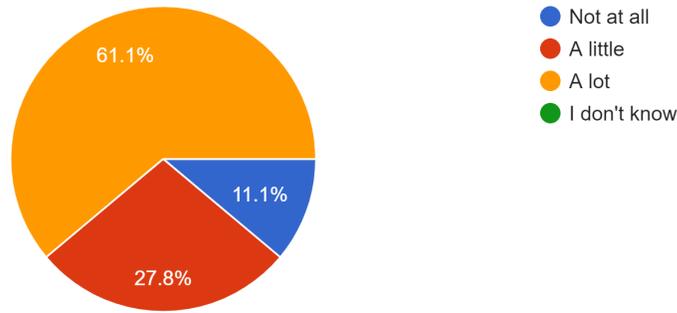
In your opinion, did this workshop help you confront and address stigma related to mental illness?

18 responses



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

66.7%
11.1%
22.2%
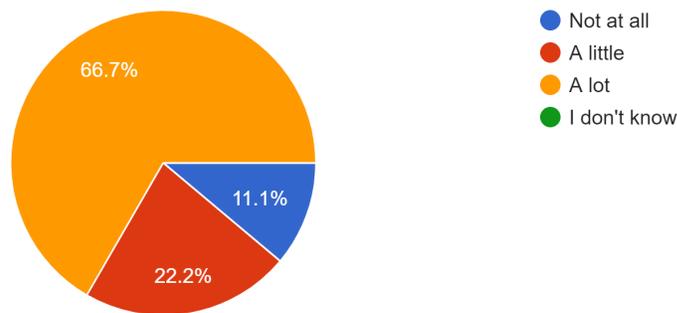
Did you know about the the Mental Health Services Act before this event?

18 responses



- No
- Yes

22.2%

77.8%
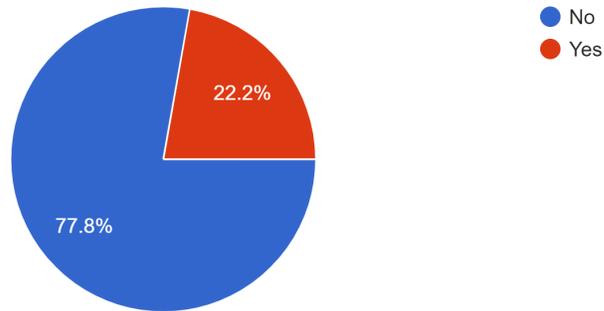
Did you know about your school's counseling services before this event?

18 responses



- No
- Yes

88.9%

11.1%
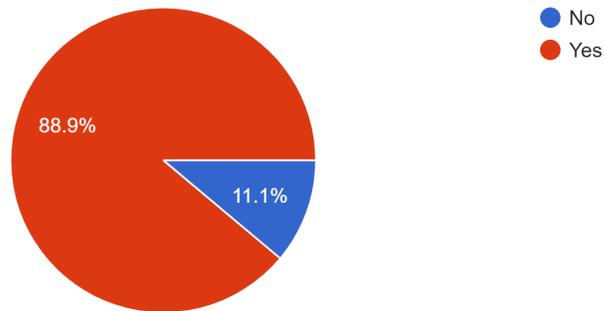
Did you know about the community resources before this event?

18 responses



- No
- Yes

38.9%

61.1%
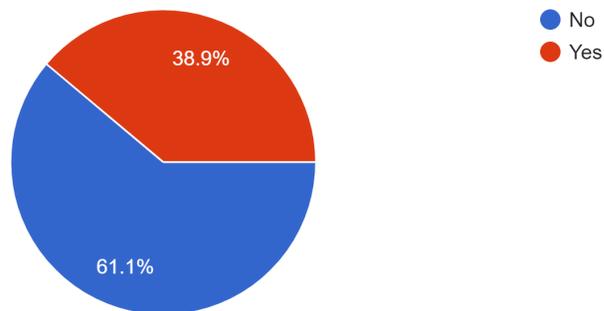
After this event, are you more or less likely to seek support for your mental health?
18 responses

- Less likely
- A little more likely
- No change
- A lot more likely
- I already receive mental health support

50% · 16.7% · 16.7% · 16.7% · 16.7%
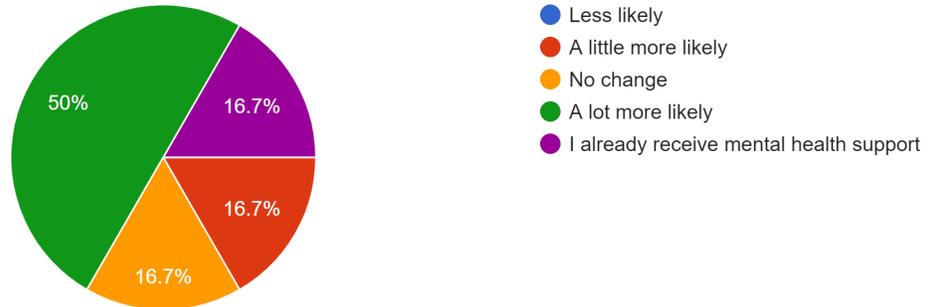
What type of mental health support do you think would be most useful to you?
18 responses

| Category | Count |
|---|---|
| On-campus MH support | 9 (50%) |
| Off-campus MH support | 8 (44.4%) |
| The arts / creativity | 9 (50%) |
| Online resources | 8 (44.4%) |
| Traditional / spiritual | 8 (44.4%) |
| Professors / mentors | 6 (33.3%) |
| Fitness / physical activity | 9 (50%) |
| Family | 11 (61.1%) |
| Friends | 11 (61.1%) |
| Medication | 2 (11.1%) |
| N/A | 1 (5.6%) |
| None | 1 (5.6%) |
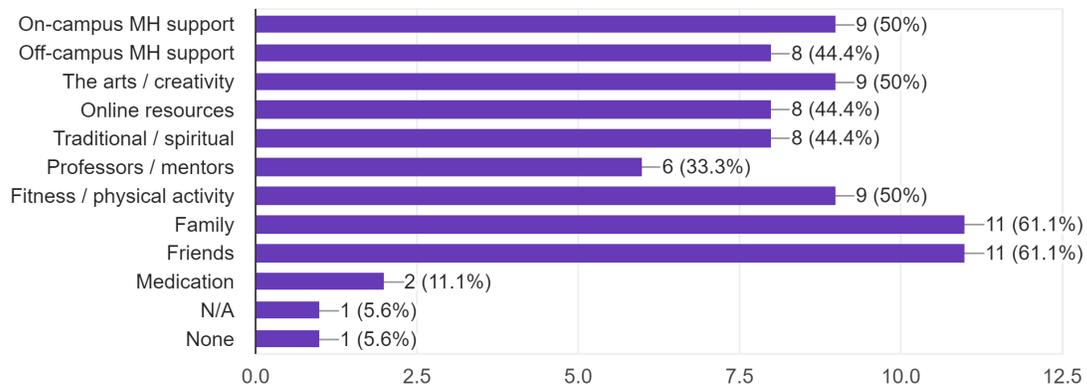
How did you hear about this event?
18 responses

- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group
- Saw it on Campus Labs

16.7% · 22.2% · 44.4%
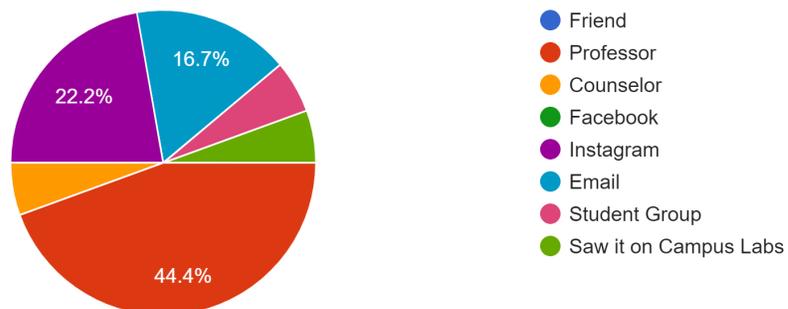
## What was your main takeaway?

Awesome resources and sharing

I feel more informed about the mental health resources that are available to me.

Art is a great expression for mental health awareness

The movies were breathtaking and engaging.

My main takeaway was knowing about myself such as my mind and body to how I really feel.

That it's okay to seek mental help; no matter what situation you are in.

It's okay to not be okay. Resources available.

I need to talk about what I am going through more.

Address your mental health and don't be scared to share or seek help.

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

Informative and helpful

A good way to learn about mental health

Very important conversations, delicately handled and I felt feeling inspired

I would describe it as relieving and relaxing since it connects with other people that may feel what you are feeling and gets you more closer to your mind and body.

Absolutely a MUST for retouching/learning about Mental Health.

An eye-opening mental health awareness workshop, which shows films that depict various mental health issues. It pushed the audience to reflect on their own mental health and how they felt after watching each film.

This workshop helped me realize that I need to address my mental health and take breaks. Further communicate my mental health and situation.

## How might you use what you learned today?

I might go to the tri city center and see about their support groups

Using art as a way to express my emotions

Spreading it around my friends and professors

I will use the breathing exercise after I watch certain shows of movies that has to do with mental health

Keep working on breathing exercises; I learned about creative exercises which I never thought of as a way to help with mental health.

To seek academic accommodations for my mental health. Seek therapy

## What are the biggest barriers to your mental wellness and/or receiving mental health support?
### (Highlights: see raw data for full list)

| |
|---|
| Making time and having a space to attend any kind of virtual therapy |
| Being able to get past my brain fog to complete simple task like scheduling an appointment |
| Stigma |
| Not sure if it's necessary or if I am able to access it with my insurance |
| They won't understand me; they won't get it |
| Finding the courage to get help, time |
| Schedule, children's schedules, pandemic (going out and seeking) |
| Bad experience with my last therapist and feeling as if therapy won't help me due to the home environment I'm stuck in. |

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

| |
|---|
| I think it was great! |
| The way you can improve this event in the future is by involving game activities related to the topic. |
| Our professor cancelled class to attend, if professors can do that in the future to address the importance of mental health. |
| Have a hybrid option of in person and virtual |

## Major

| | |
|---|---|
| Mathematics | 1 |
| Legal Studies | 3 |
| Computer Science | 2 |
| Business Administration | 1 |
| Educational studies | 2 |
| Kinesiology | 1 |
| Child Development | 2 |
| Biology | 1 |
| Social Sciences | 1 |
| Journalism | 1 |

## Year
18 responses

| | |
|---|---|
| First | 6 (33.3%) |
| Second | 1 (5.6%) |
| Third | 0 (0%) |
| Fourth | 8 (44.4%) |
| Fifth+ | 1 (5.6%) |
| Grad student | 0 (0%) |
| Staff | 0 (0%) |
| Faculty | 1 (5.6%) |
| Community Member | 0 (0%) |
| Alumni | 1 (5.6%) |
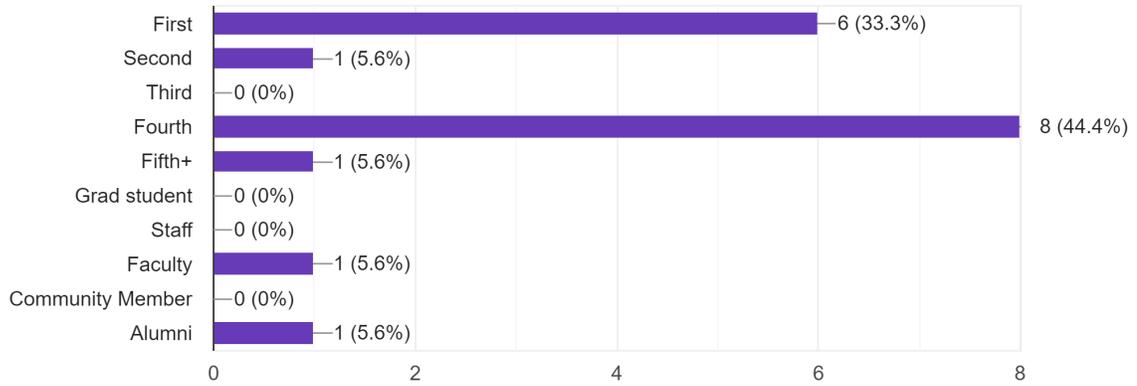
## Gender Identity
18 responses

- Male / Man — 22.2%
- Female / Woman — 72.2%
- Genderqueer / Transgender / Gender nonconforming

## Ethnicity
18 responses

| | |
|---|---|
| Asian/Asian American | 1 (5.6%) |
| Black/African/African American | 1 (5.6%) |
| Indian/South Asian | 0 (0%) |
| Middle Eastern | 1 (5.6%) |
| Indigenous / Native American | 1 (5.6%) |
| White/Caucasian | 7 (38.9%) |
| Hispanic/Latinx | 12 (66.7%) |
| Pacific Islander | 0 (0%) |