

Shining a Light on Mental Health: Launching a Successful Academic Year

Summary of Survey Data

1. **400** attended the program, 165 surveys were completed
2. Item responses summary
 - a. Guest speaker explored stigma **97.6 % agreed or strongly agreed**
 - b. Panelists enhanced understanding of stigma **95.6 % agreed or strongly agreed**
 - c. Program cleared my understanding of s/s of MI **91.2% agreed or strongly agreed**
 - d. Program provided knowledge where to get help **91.3% agreed or strongly agreed**
 - e. Program inclined to assist in seeking help **87.2 % agreed or strongly agreed**
3. Demographics
 - a. The majority of attendees were students 109 (66%)
 - b. The majority of attendees were females 116 (72.5%)
 - c. The largest majority of attendees (59.9 %) were between the ages of 17 (and under) and 25
 - d. The largest majority of attendees (51.3%) were Caucasian the second largest (17.8% were Hispanic

Comments:

“Thank you for sharing with audience. Hope to attend more programs” (Student)

“A great program. Having a panel was especially great and I appreciated hearing the personal stories and the panel’s opportunity to answer questions. I believed today has helped a lot of people”. (College Counselor)

“The program was phenomenal! I highly recommend doing this again!” (Agency representative)

“I teach mental health at Montclair State U. and this program was fabulous!” (Faculty)

“Would be one of those to come forward and start a chapter of Active Minds if guided on how.” (BCC student)

“I loved the speech. I’m now sure that my brother is going thru mental problems. Unfortunately, he is not her in this country he lives in Peru. I will always help him. I will always let him know that Thank you!!” (Student)

“Having attended a previous program as today’s here at BCC, the value and importance of continuing this activity is commendable and a great help to a diverse community. Great speakers.” (Faculty)

“This was a tremendously moving, enlightening important workshop...one that Iwe could implement at our college Thank you!!” (Agency Representative)

“This was very well done. I admire the courage of all those who shared their personal experiences.” (Faculty)

“The program was really helpful in many ways that it encourages many people to seek help. It helps people to keep on moving forward and never give up on themselves.” (Student)

“I really enjoyed this seminar, it’s really nice to hear people be so opened about issues.” (Student)

“I lost my Mom almost 3 years ago to suicide. Panel was very empowering. Thank you.” (Student)

“Active Minds needs to post on older students/adults but speaker panel was terrific.” (Consumer)

“Really wonderful.” (Agency representative)

“Thank you.” (Student)

“Keep on doing what you guys are doing. More power and my prayers are with you.” (Student)

“Thank you for this very powerful and informative and inspiring program. I am very glad I attended.” (Student)

“Very good program, need more like this.” (Faculty)

“This program is good to have at least 2x’ a year to help people that need assistance.” (Student)

“It was a wonderful program.” (Student)

“Wonderful speaker! How about an Active Minds Chapter on our campus?” (Faculty)

“Thank you for a job well done!” (Administration)

“Thanks for all the resources.” (Student)

“Absolutely wonderfully informative great speakers.” (Community member)

Questions for follow-up

How many attendees were actually present versus how many surveys were completed?

Do the demographics reflect our student body? Should future programs include an emphasis for students from diverse cultures?

Do we wish to utilize data to further analyze the needs of our constituents? (i.e., how many students of the 109 attendees believed the now knew were a resource was for them?)