

Strength and Structure

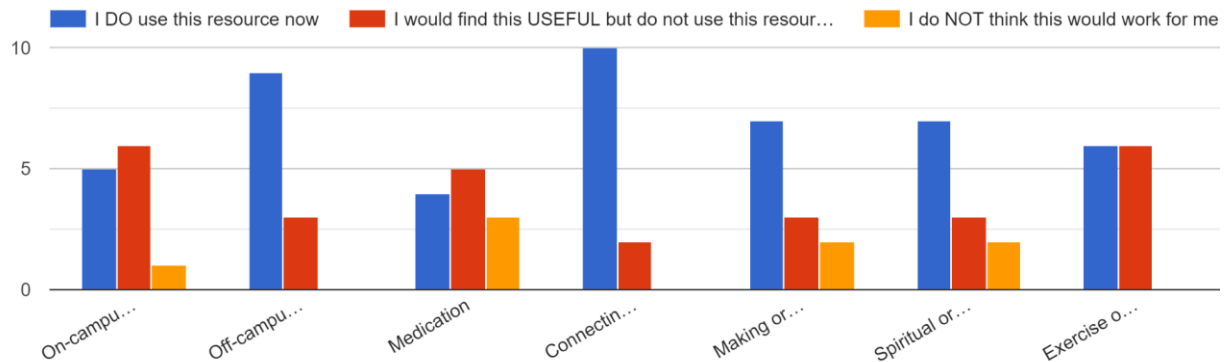
Post-Workshop Surveys

School: West Hills College
Date: 2/7/24

Number of attendees: 12
Number of surveys: 12

Resource Awareness and Access

In this list of mental health resources, which do you use, and which might you find useful?

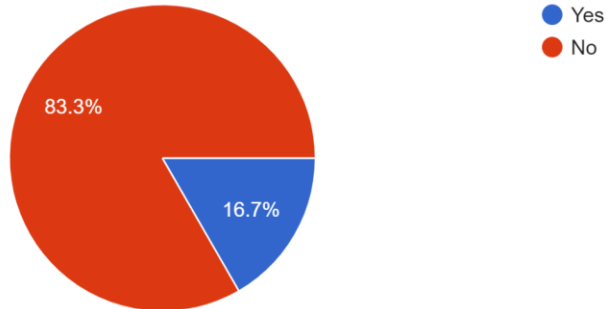


I would find this USEFUL but do not use this resource now:

1. On-campus mental health support (counseling center) = 6
2. Off-campus mental health support (therapist or group therapy) = 3
3. Medication = 5
4. Connecting with family and friends = 2
5. Making or experiencing art = 3
6. Spiritual or traditional practices = 3
7. Exercise or other physical activities = 6

One of the supporters of this event that we talked about was California's Mental Health Commission. Had you heard of the Commission before you came to this event?

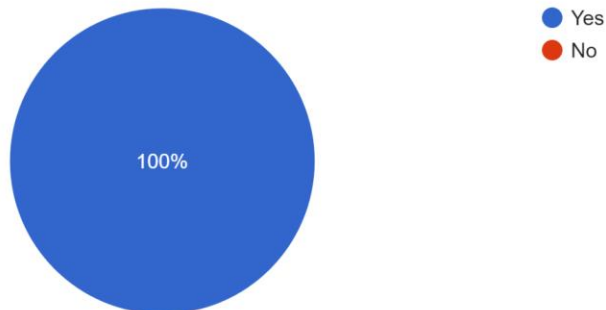
12 responses



Workshop Impact

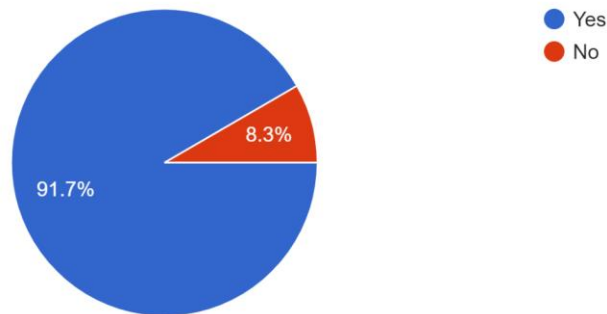
Did this workshop help you confront and address stigma related to mental illness?

12 responses



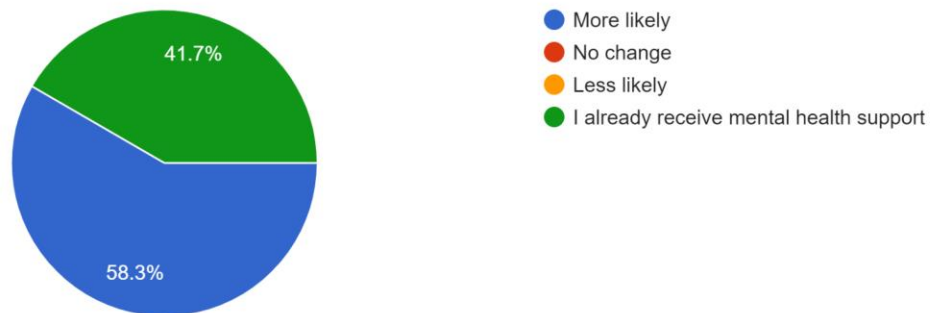
Did you learn something new about mental health?

12 responses



After this workshop, are you more or less likely to seek support for your own mental health?

12 responses



100% of students who don't currently receive support reported an increased likelihood of seeking support for their own mental health

How was this workshop experience for you?

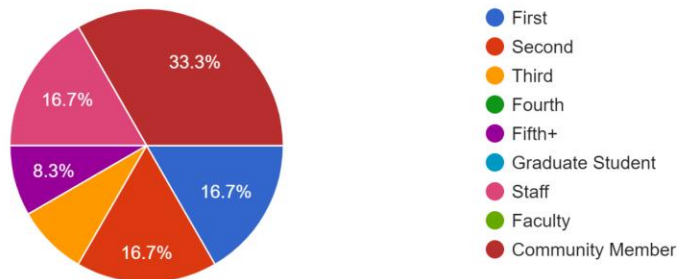
- Great
- A lot of fun and educational
- I absolutely love this workshop. Need more like this on a regular basis
- It was great. It made me self reflect in a different way with empathy to really try to understand myself on a deeper level.
- Great :)
- I enjoy it very informative
- moving and empowering. i didn't know exactly what to expect coming into this but i want to share with everyone now how good it was. what i learned and the art for impact website for videos for others.

- Challenging since art is not my forte.
- I was a little late but enjoyed what I did capture
- It was enlightening. A new approach to understanding and organizing how I personally evaluate my own mental health.
- This was truly awesome!!!

A Bit About You (optional)

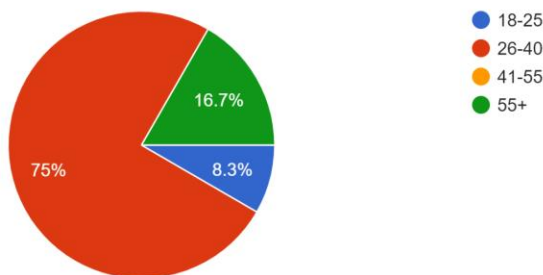
What year are you?

12 responses



How old are you?

12 responses



What is your gender?

Female	8
Male	3

Ethnicity

What is your ethnicity? (Select all that apply.)

12 responses

