

Black + Mental Health + Matters

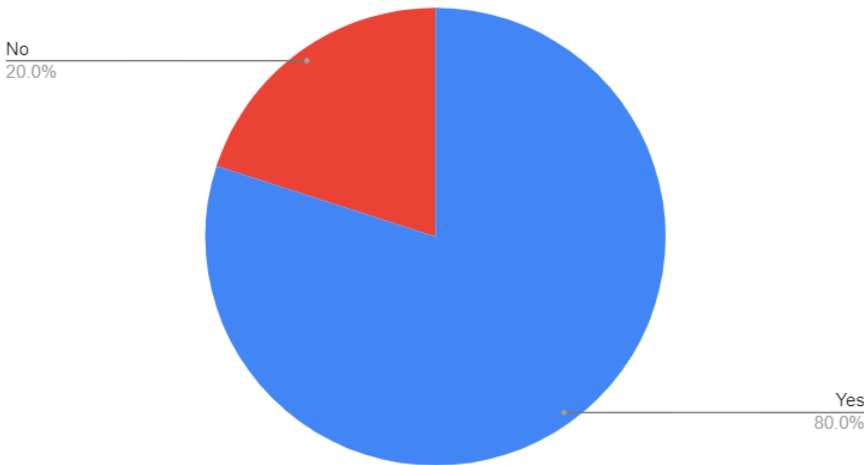
Post-Workshop Evaluations

American River College
March 26, 2021

Number of attendees: 31
Number of evaluations: 14

Outcomes

Do you identify as Black?



How did this workshop feel for you?

Comforting
It made me feel good but i would like more if this
Insightful and necessary.
Welcoming, caring, accepting, helping
Great
I felt that it answered a lot of questions and let others know they weren't alone. It also gave me something to reflect and build on while on my mental health journey.
Very informational
It was a safe place of understanding and acceptance
Informative, Interactive
Relatable, insightful, and informational.
Insightful
An important educational tool and a much needed space to validate the Black community
A safe space to express myself and not feel judged for how I am feeling

Was there a part or parts that resonated strongly?

Poetry and resources

Just hearing someone telling me that my feelings matter...

When the list of approx. 20 life issues was shown and the class shared totals of how many issues each had experienced, I was deeply touched. I knew these experiences happened in many black lives, but these students had as many as 15 issues from the list. No wonder black students don't feel understood by the school system. And no wonder there needs to be a sincere reevaluation and change to meet the needs of these students. Kindness is not enough; on the ground solutions are needed to address all of these issues if we want them to succeed.

It was all good.

Mental health is accessible to Black people too, even if there's stigma around it.

Love and accept yourself

Me and my feelings are valid.

Manifesting Self

Establishing the narrative.

The Black experience is much more vast than I could have ever dreamed, wanting to go into mental health work. This was a deeply enlightening experience for what I can bring to the table and what I may not be able to offer because of my lack of experience.

To change the way that I look at myself. Redefine my name.

Did anything feel "off" or disrespectful?

Just God/religious references. It shouldn't be assumed that everyone's Christian, or believes in a God.

Capitalize the letter B in Black when it refers to us as a people in the slides

I think it would be really great if you had specific events on different aspects of mental health. How to deal with imposter syndrome, how to deal with living in a white predominate environment. Ways to helps someone if they are doing through a mental health episode.

What aspects should we spend more time on developing?

Everything's fine

Mental health more

Communication. How to focus on being understood, when having a mental issue.

The colorful pie charts that addressed feelings, etc. Were these charts available to the participants?

Time evenly applied

More events would be great

It's fine as is now, I think.

I think holding this event regularly will make the greatest improvement

Anything else you'd like to share?

No

How often are these going to happened

Just that I am grateful. and thank you.

The presentation was wonderful, informative, and powerful