

M4MH Workshop Overview Doc

WORKSHOP DETAILS

LOGISTICS	
School, City	Brooklyn College, Brooklyn NY
Date • Time	Thursday, April 7, 2022 - 12:15 - 2:15p
Location	Student Center 6th Floor - Gold Room
Parking information	Public Transit - might want to look into it for community panelist
AWI event page	bit.ly/m4mh-brc
Registration	bit.ly/brc-m4mh
Workshop materials	https://drive.google.com/drive/folders/1743XONcU4s6ReRMc3UIF6XKG Aj3EmpAb?usp=sharing
Invoice information	<p>Amount: 3,000 Program: M4MH Name: Jessica Bradley Email: jessica@brooklyn.cuny.edu CC: chika.otisi@bcstudentgov.org Phone: (718) 951-5550 Address: 314 Student Center 2705 Campus Road Brooklyn, NY 11210</p>

FILMS		
The Beautiful Black Man	XIETY	Sal Tran

IMPORTANT DATES		
Meeting	Date	Time
Kickoff call	March 4, 2022	11:00am ET
Facilitator / Organizer call	4/5/22	
Mid-point check-in call? Y/N	March 18, 2022	11:00am ET
Post-workshop debrief call	April 15, 2022	11:00am ET

DEADLINES		
TASK	AWI STEPS IN	VIDEO IS USED

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Student Panelists	March 24	April 1
Resource Panelists	March 31	April 5

CONTACT INFORMATION

Type	Name (pronouns)	Email	Phone
Organizer	Chika Otisi (he/him) <i>Student Government</i> <i>Student Advocate</i>	chika.otisi@bcstudentgov.org	(646) 812-1699
Secondary Contact			
AWI Coordinator & Facilitator	Beth Killian (she/her)	beth@artwithimpact.org	(203) 217-4339
AWI Secondary Contact	Andrew Kirschner (he/him)	andrew@artwithimpact.org	(631) 357-9418

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STRATEGY AND PLANNING

CAMPUS	
Notes about campus, student body, demographics, or general climate related to mental health conversations.	<ul style="list-style-type: none"> • ~15,000 students • Brooklyn College student base is very diverse: 30% White, 25% Hispanic, 23% Asian, 20% Black • Counseling Center on campus. Health Clinic on campus as well. Sits under Health and Wellness Services. • Anti-semitism charges—would love any insight into effects on student body. Ongoing investigation. President made a declaration against hate. • Transitioning back to in-person campus is a big adjustment. • Some students have always been online, so experiencing in-person classes and events has been nice. <ul style="list-style-type: none"> ◦ Many students excited about being back - school was designed to be in person
Strategic priorities, goals, and initiatives on campus and in your department.	<ul style="list-style-type: none"> • We Stand Against Hate: “elevating dialogue, enhancing understanding and compassion, and celebrating the voices that make up our diverse campus community.” • Not too many events last semester. • Trying to bring awareness to diverse student population. • Events focused on the Muslim and Jewish population. • Focused on events around finals week. Puppies! Masseur. • Work closely with faculty and the President to do more strategic planning.

FILMS	
Film ideas, diagnoses, or mental health topics.	<ul style="list-style-type: none"> • Anxiety • Social isolation
Specific identities to explore (gender, sexuality, race, ethnicity, culture, etc.)	<ul style="list-style-type: none"> • Sexual orientation represented • Muslim populations

MARKETING AND PARTNERSHIPS	
Attendance goal	50-100
Accessibility: AWI or Organizer?	beth@artwithimpact.org
Major partnerships and strategies: Which departments, offices, or student groups could co-sponsor? Other ideas?	<ul style="list-style-type: none"> • Student Government will use their channels. <ul style="list-style-type: none"> ◦ Events Director & Head of Marketing - all in cabinet ◦ Chika will CC Beth and Andrew in his communications with them

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	<ul style="list-style-type: none"> Beth & Andrew can do research to see if there are psychology / MH related student groups
Underrepresented groups: Who isn't in the room and what's the strategy to get them there?	<ul style="list-style-type: none"> Andrew has had conversations with: <ul style="list-style-type: none"> LGBTQ Resource Center—Sami Binder, Program Coordinator + David McKay, Director. Women's Resource Center—Nava Renek, Program Coordinator. Hallal group – other Jewish groups Black and Latino Initiative group
Additional strategies	Campus outreach: Yes - can CC or use Chika's name in the correspondence. Be sure to mention he's part of USG.
	Posters Name: Chika Otisi Address: 2900 Bedford Avenue Brooklyn, NY 11210 Attn: Undergraduate Student Government Room 311
	Attendance & evaluation incentives: \$25 cash prize
	Food: No food this semester.

FACILITATOR CALL NOTES

Chika - has not yet heard about who will be available to let me into the room. Will provide email update regarding tech support, welcome table/ table at front to set computer for slide management and typing responses in.

- Believes that security will let me into the room if I give them my name and event information. Also will provide tech's contact to see if they can help show me up to the room if there are any issues.

Beth Killian 1) Are we going with a QR code sign in and not needing the school to provide computer/tablet for sign in? 2) Also it doesn't look like they found MH support, Chika mentioned that you had offered to be MH support when you were facilitating. Can you tell me what that looks like if someone needs support while facilitating? They said they would be willing to help out with that when they're not on the panel but I just wanted to clarify on our end since he's listed as organizer, and panelist, and MH support. That feels like a lot. 3) Have we received the last panelists video resource? Or who can I talk to about this?

Student Pronunciations: Cheekuh O-T-C he/him/his, Flahveeuh Shltee she/her/hers (double check last name)

About 70% back on campus, some social anxiety around being back in spaces. Unsure if MH supports on campus are utilized often.

Confirmed masks being required for event

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PANEL & SUPPORT

PANEL / MH SUPPORT NOTES	
<ul style="list-style-type: none"> ● Campus: Counseling Center ● Community: <ul style="list-style-type: none"> ○ There is a page of off campus resources on the Counseling Center webpage. ○ NAMI-NYC. Some potential people Chika can reach out to: <ul style="list-style-type: none"> ■ Juen Romanoff - Community Engagement Director - jromanoff@naminyc.org <ul style="list-style-type: none"> ● Beth Emailed on 3/18 ■ Karen Varano - Education and Outreach Manager - kvarano@naminyc.org ● Student: <ul style="list-style-type: none"> ○ Events Director (Flavia) - interested in sharing her story. ○ They're going to blast this out and see if any other students are interested. ○ If not, and we need another student, Chika also open to sharing his own. 	

PANELISTS (Maximum: 4)		
Type	Name (pronouns) - Title, Organization - Website - Email - Phone Ex: Alex Reynolds (they/them) - Workshop Manager, Art With Impact - www.artwithimpact.org - alexr@artwithimpact.org - (312) 722-2677	AWI Status
Student	Flavia Shyti (she/her) Student, USG Events Director, Brooklyn College bardhi.flavia@yahoo.com / flavia.shyti@bcstudentgov.org	Confirmed
Student	Chika Otisi (he/him) Student, USG Events, Brooklyn College	Confirmed
Campus	Amanda de Jesús, PhD, LCSW-R, (she/her) Counselor and Supervisor - Brooklyn College Personal Counseling Center - Brooklyn College	Confirmed amanda.deJesus@brooklyn.cuny.edu
Community	Clara Kiely (she/her) Outreach Coordinator, NAMI NYC www.naminyc.org Video will be used - Ciara will send by 4/5	Emailed

MENTAL HEALTH SUPPORT	
Name (pronouns) - Title, Organization - Email - Phone	AWI Status
Chika will be backup	

STUDENT PANELIST CALL NOTES	
Name	Notes
Flavia	<ul style="list-style-type: none"> ● Born in Greece - due to child separation policy, was separated from family from the ages of 4-9 or 10.

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	<ul style="list-style-type: none">• I do have a diagnoses of CPTSD because of that experience• Emotional regulation was confusing to me as a child. Didn't have that stability as a child. Didn't know what self-soothing, calming myself after crying looked like, parents weren't there for that• First received help from BC, then from 1-2 years of therapy• Then, taking medication and how life changing that has been for me.• Realizing that I wasn't just emotional and overreacting - there was something there. Women often seen as 'overemotional' - helpful to know what it was from• Most of the time, people know what you're going through, and there are resources for help.• We have psychologists at BC• Have experience speaking in public for a separate thing.• I have classes with my friends that day, they'll• Text Flavia the day of so she remembers to come at the right time
Chika Otisi	<ul style="list-style-type: none">• Story focusing on experiencing life as Black man• As i got older, moved to different locations, I noticed a difference in skin tone and how people were treated, noticed I was treated differently than my white friends• I found solace in learning that there are people who were supportive even if they are a different race• You may not get respect every day, but you keep finding the joys in the simple things that make you happy, finding supportive groups of friends.• Finding solo activities that boost your noggin and give you that mental stimulating• I've spoken in public before, it's not anything new, but sharing personally is something with really close friends, but it's new to me. I'm not used to it and I feel a little uncomfortable, but I feel like it's a way to grow, and if it makes the event and the people that are showing up to the event more comfortable and open and put them in the right mindset. I'll be good regardless

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DEBRIEF CALL

GOALS AND OUTCOMES	
Attendance	
Did the workshop accomplish your goals?	
Do you have any thoughts about the films, somatic exercises, or panel?	
LOGISTICS, COORDINATION, AND FACILITATION	
How was the planning process? Day-of set up?	
What was the most challenging part of organizing the workshop for you?	
What was most effective? How was campus outreach?	
Were the date, time, and location conducive to a successful event?	
Facilitator grows and glows	
FUTURE COLLABORATIONS	
Are you interested in hosting another workshop with us? If so, when would be a good time to reach out?	
Do you know any other departments or colleges that might be interested in collaborating?	
FINAL THOUGHTS	
Anything else you'd like to share with us?	