

Wellness in Words (Online)

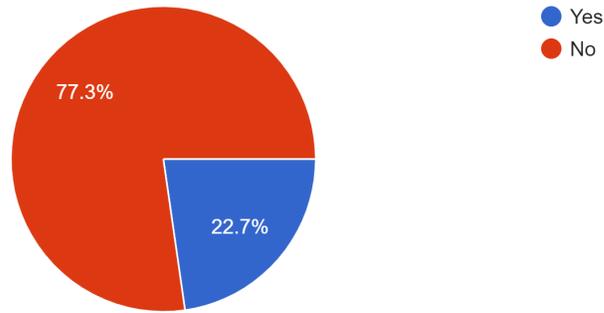
Post-Workshop Evaluations

CSU Channel Islands
November 22, 2021

Number of attendees: 42
Number of evaluations: 22

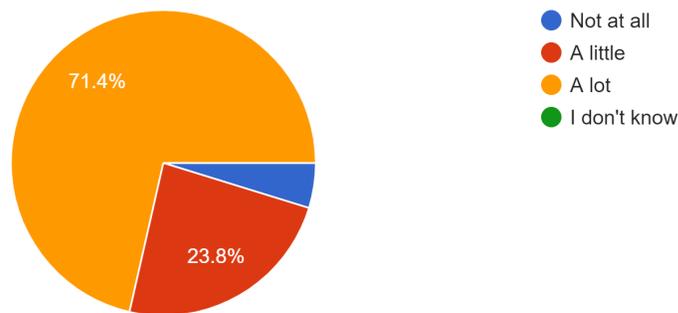
Did you know about the the Mental Health Services Act before this event?

22 responses



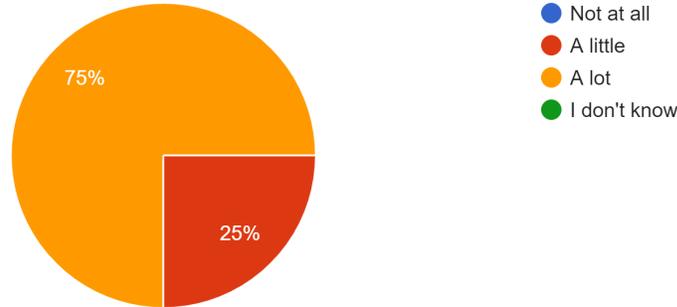
Did this workshop increase your awareness of mental health issues related to hope and resilience?

21 responses



Did this workshop help you name and see examples of stigma related to mental health issues surrounding hope and resilience?

20 responses



What was your main takeaway?

- How mental health has greatly impacted so many communities of color in ways that aren't often acknowledged through loss of hope and resilience
- That mental health is a positive moment even with its negative ties.
- Love the expression of emotions using this creative outlet to release fear, pain and generational trauma.
- Connecting with other people who experience similar struggles but being able to see them from unique perspectives.
- Lumi was a fantastic facilitator and is a gifted communicator. I appreciated his tenor and thoughtful responses throughout.
- My main takeaway was seeing everyone open up and express themselves. It was amazing to see everyone supporting each other.
- The programs at CSUCI and using art to describe mental health
- Mental health advocacy is an art form

How might you use what you learned today?

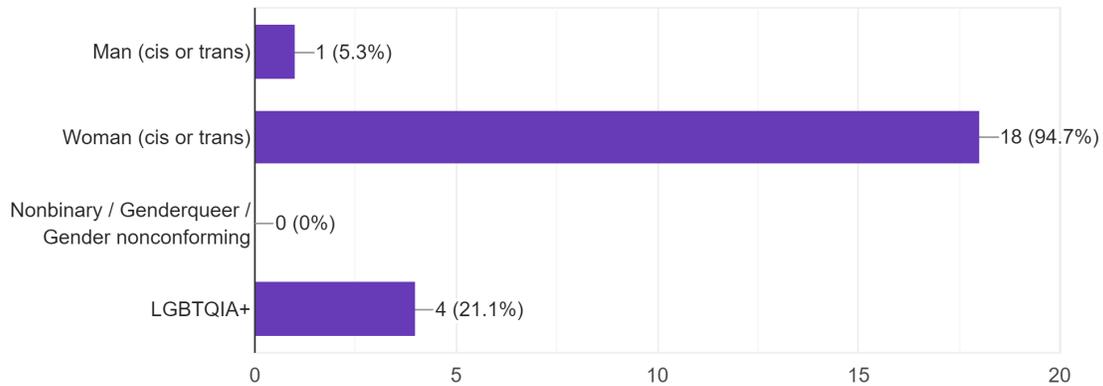
- I would utilize it in examining my own mental health issues and where my underlying hope and resilience is.
- I think i will take more time to breath and reflect rather than going through the motions
- To continue to love myself when I feel like I do not deserve it
- I love the Individual contributions of people from each prompt like "what do you hold inside?"
- I will try to write everyday for 4-5 minute segments to express myself and have a creative outlet.
- Recommending the CAPS services I heard about to students that I tutor at school.
- I will try to approach others' thoughts and words with a more open, positive, and understanding tone.

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

- A safe space to express with oneself
- A rewarding experience to deepen understanding of Mental Health issues
- Creative! Very inspiring, warm and welcoming to everyone. It felt very wholesome and was amazing to see people open up and be vulnerable together.
- A unique, thought-provoking, mental health-focused poetry writing workshop
- I would share that it is an interactive event in which we learn about mental health through the form of art. As an attendee we get the opportunity to take time during the event to reflect and express how the art form that was presented to us made us feel, which allowed a deeper understanding not only of the art but of our own mental health.

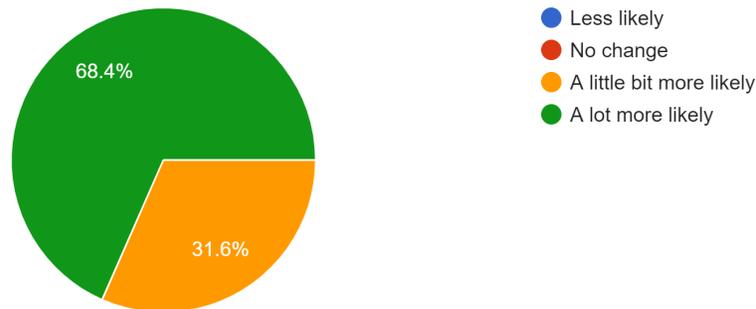
How do you identify? (Check all that apply)

19 responses



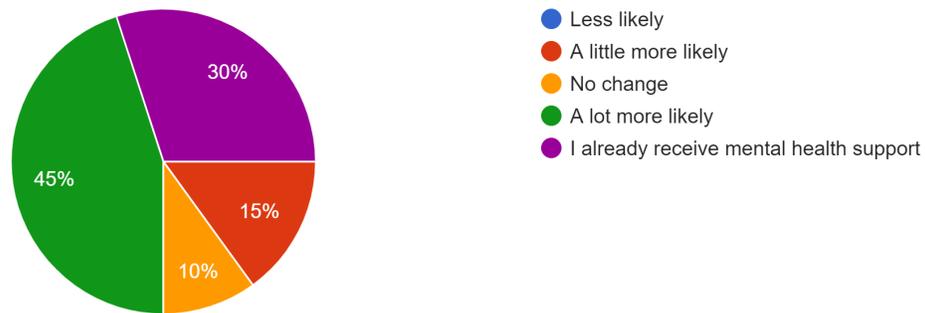
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

19 responses



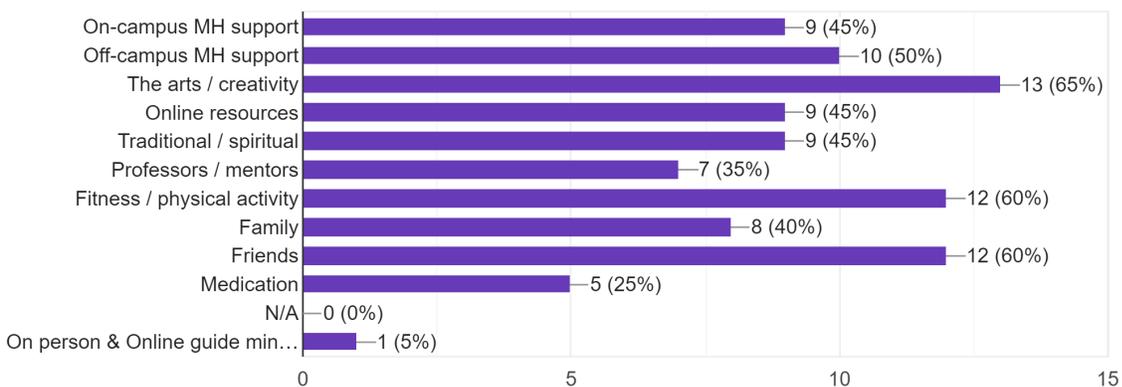
After this event, are you more or less likely to seek support for your own mental health?

20 responses



What type(s) of mental health support do you think would be most useful to you?

20 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

Fear of judgement from those around me

Lack of motivation to do it on my own

Financial and social

Stigma and insurance

Time - driving to campus

Finding the right therapist

Fear to face things that I suppress.

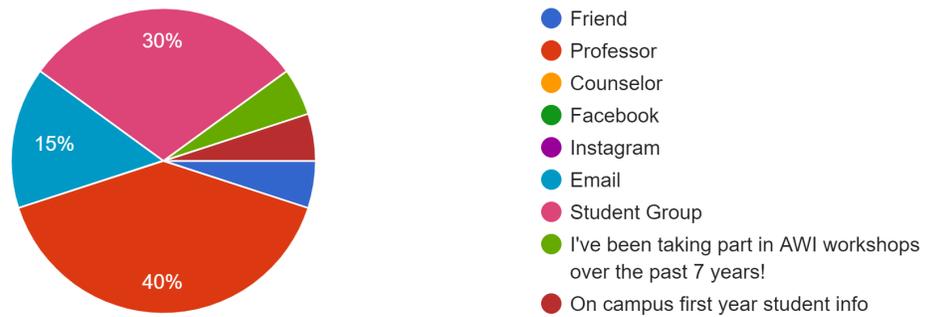
I am already receiving mental health services from campus but my appointments are 2-3 weeks apart that it feels like I am not making progress or like I am unable to see the progress. I would like to receive more consistent therapy from my private insurance but I have had a struggle trying to attain those services that I have settled for campus therapy.

How can we improve this event in the future?

Using other apps such as zoom
I love the contribution of all participants and speakers. Lumi guide beautifully this workshop
I would just extend the workshop content and keep the resources shared by the speakers at the end as a very short segment for those seeking additional support.
Have earlier time
Less time to write
Make it more interactive with people reading their poems instead of typing

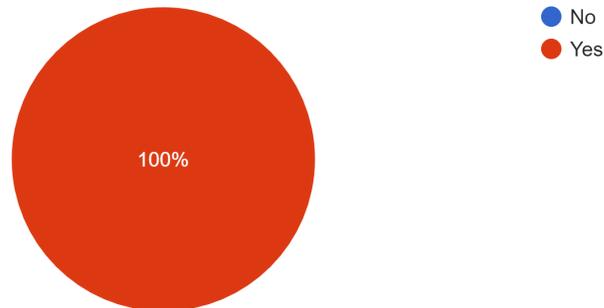
How did you hear about this event?

20 responses

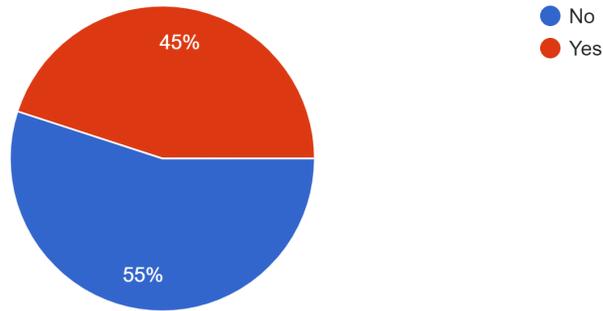


Before this event, did you know about your school's counseling services?

20 responses



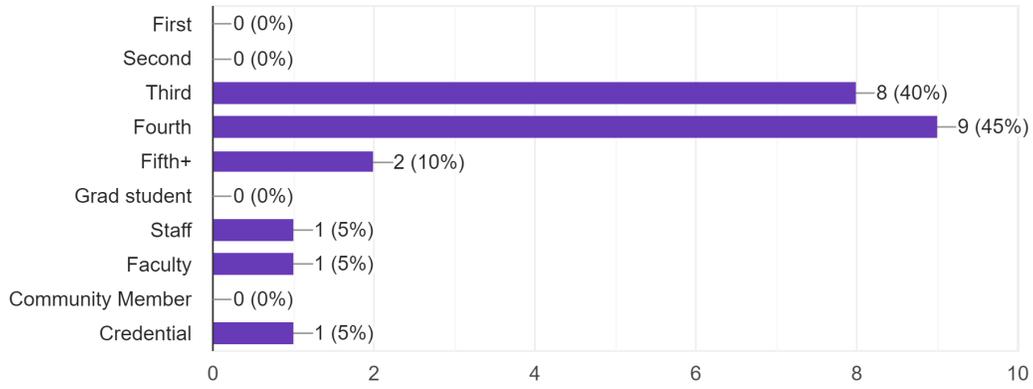
Before this event, did you know about the community resource(s) who presented on the panel?
 20 responses



Major	
Political Science and Communication	1
Business	2
Health Science	1
Psychology	7
Studio Arts	1
Spanish	2
Education	1
Business Administration w/ focus on Entrepreneurship	1
N/A	1
English	1
ESRM	1

Year

20 responses



Ethnicity

20 responses

