

# Wellness in Words (Online)

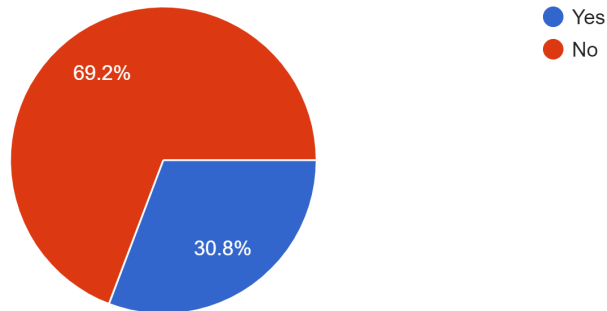
## Post-Workshop Evaluations

Clovis Community College  
March 10, 2022

Number of attendees: 22  
Number of evaluations: 13

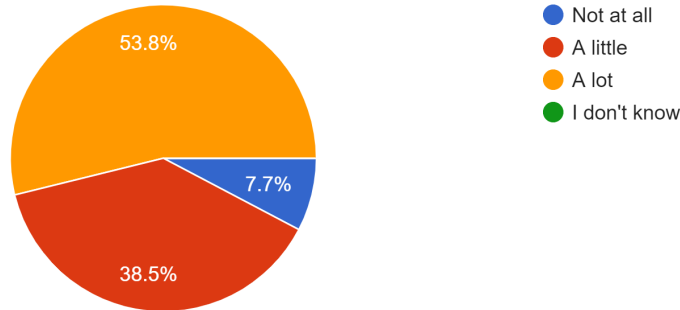
Did you know about the the Mental Health Services Act before this event?

13 responses



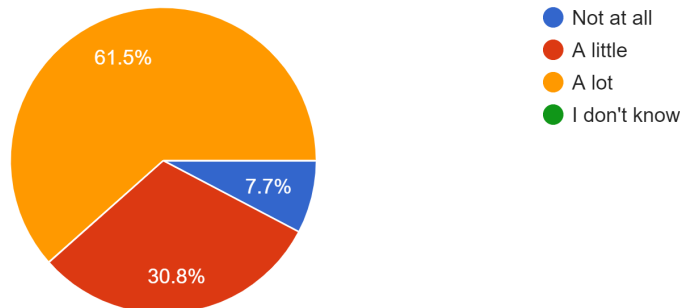
Did this workshop increase your awareness of mental health issues related to hope and resilience?

13 responses



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

13 responses



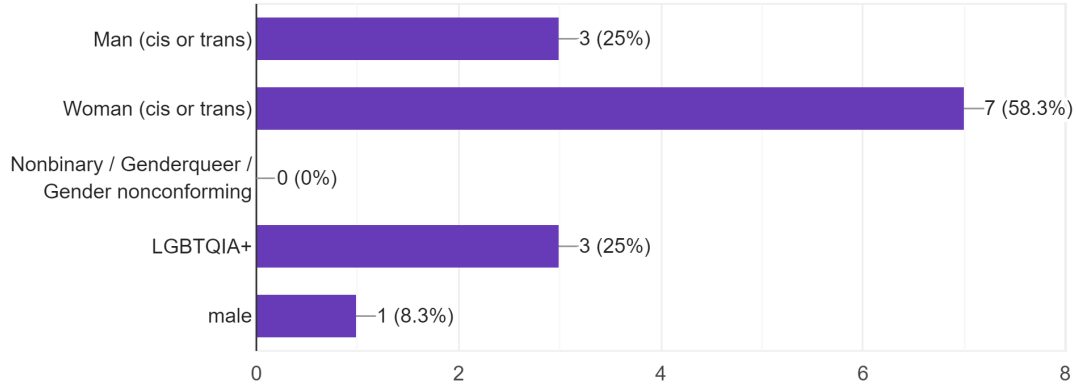
What was your main takeaway?
That I'm not the only one who has gone through what I have gone through.
Realization of myself
There is a community out there that truly cares and is so kind.
I really love the "Writing a love letter to your younger self"
Everyone is going through something and some people are going through the same thing you are.
That talking, writing, and confronting feeling, and the past helps with processing emotions so you can move through them.
The main take away I had is that anyone can express their feeling in words and there is no wrong, or right way, to do so.

How might you use what you learned today?
I might use the mantra I wrote moving forward.
To remind myself that I matter
I will continue to use poetry as a method to get my feelings out, I really appreciated and enjoyed it.
I will use what I learned from today's workshop now throughout my life. By focusing on each day with a "glimmer of hope" and knowing that if I am ever stuck in a situation or just feel trapped all together. I will know what to do during "those" days
I learned that workshops like this can be a great help for ourselves and others.
I will try to make an effort to journal in the future and have these kinds of conversation with others to help them process emotions.
It reminded me of when I used to write in a diary/journal. I think I'll start up again. It felt good to express myself without judgment.

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)
This workshop is a safe place to share ideas about mental health
tough but enjoyable. I learned a lot about myself.
A truly incredible, wonderful, heartfelt, healing time that is so very worth it.
A healing experience
My answer will be that the workshop is very great and educational. I learned a lot by attending the workshop, and it was my first workshop, and now I will seek more workshops in the near future.
I'd recommend it to a friend who is fond of writing and expressing. It can get hard to freely express yourself face to face.
I'd say it was very relaxing and allowed for expression w/o a rule book.

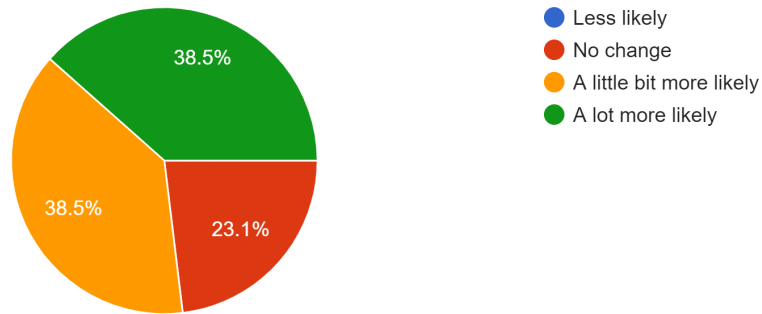
How do you identify? (Check all that apply)

12 responses



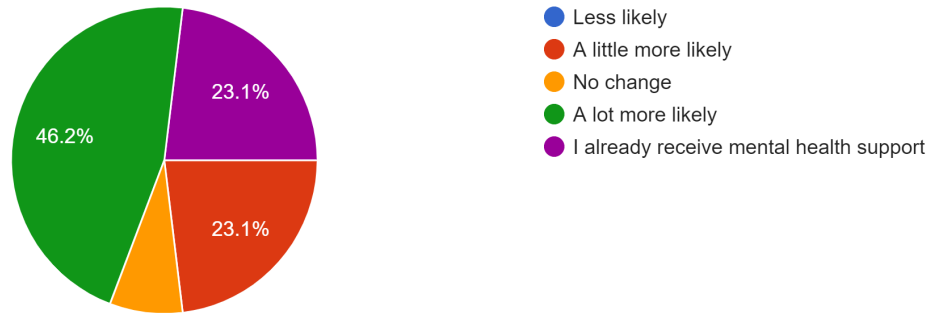
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

13 responses



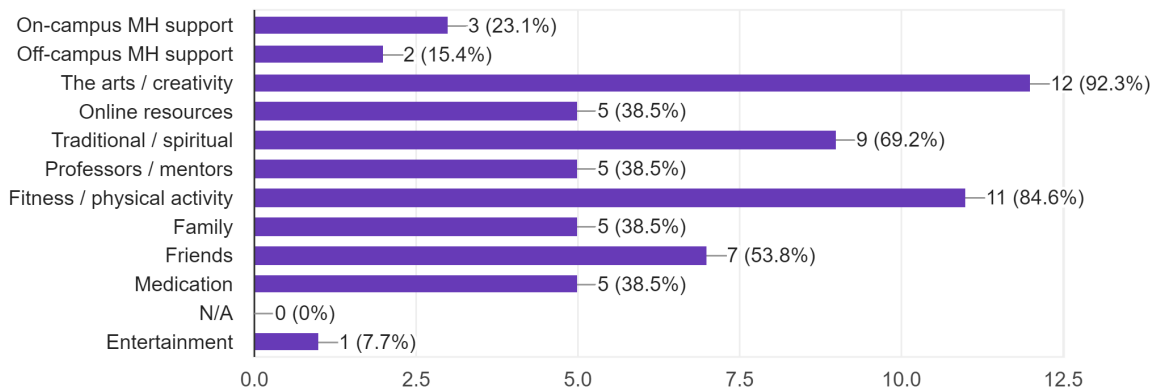
After this event, are you more or less likely to seek support for your own mental health?

13 responses



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

13 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support? (Highlights: see raw data for full list)
Fear/anxiety
Money
Time
Stigma
If the psychologist knows and can manage my issues
The biggest barrier is actually accepting that I need help.

## How can we improve this event in the future?

It could be helpful to change up the writing to other ways to be interactive, it felt a little repetitive and I do not enjoy writing very much.

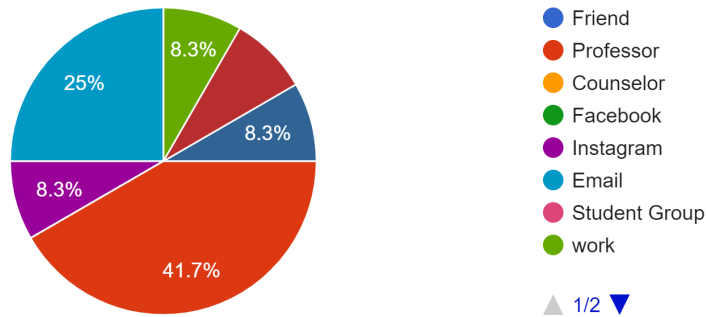
Making more videos in the presentation

Maybe a bit more sharing time and an opportunity to connect more.

The panel discussion was amazing! And I mean no disrespect but I feel like a longer panel discussion and maybe even an audience discussion so the conversation can really get going. Not what was done at the beginning.

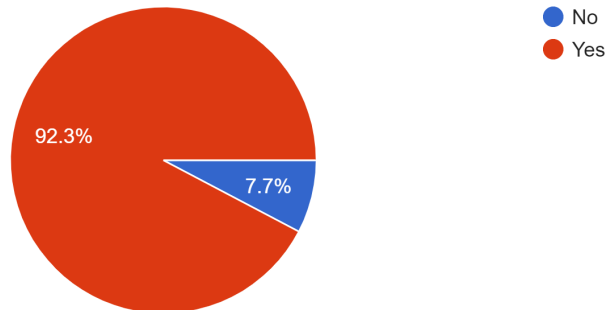
How did you hear about this event?

12 responses



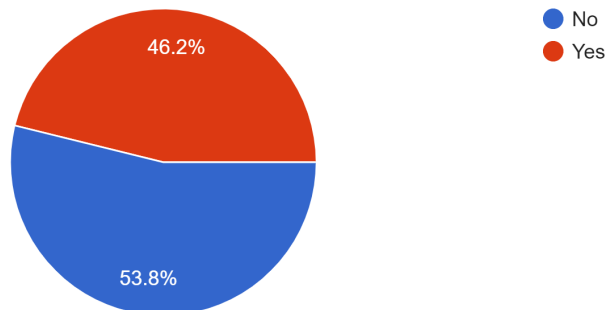
Before this event, did you know about your school's counseling services?

13 responses



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

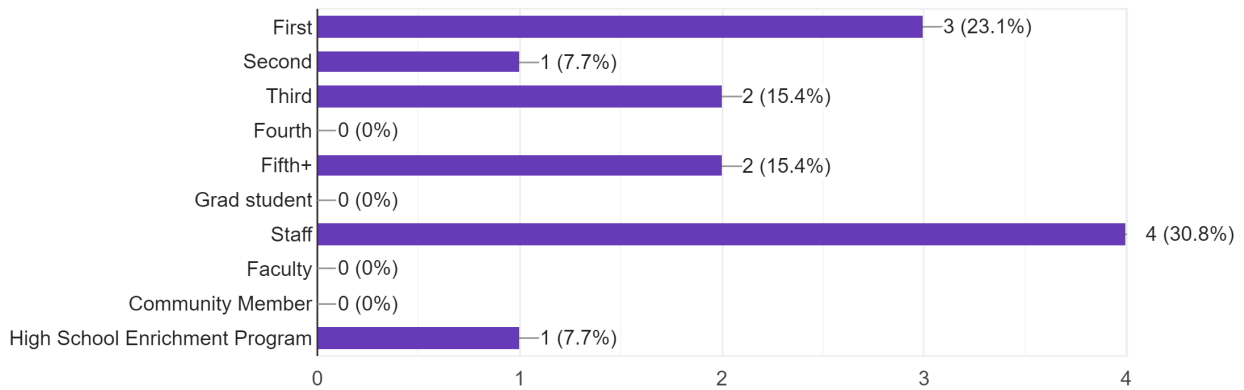
13 responses



Major	
English	1
Criminology	1
Undecided	2
Sociology	2
Psychology	2
Nursing	1

### Year

13 responses



### Ethnicity

13 responses

