

# Black + Mental Health + Matters

## Post-Workshop Evaluations

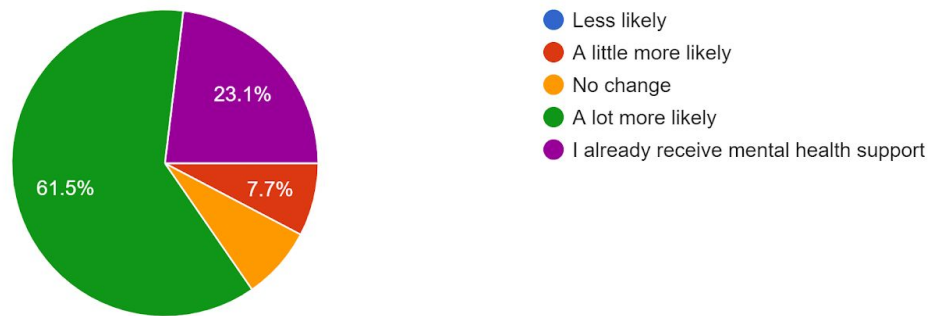
College of Marin  
March 17, 2021

Number of attendees: 39  
Number of evaluations: 13

### Outcomes

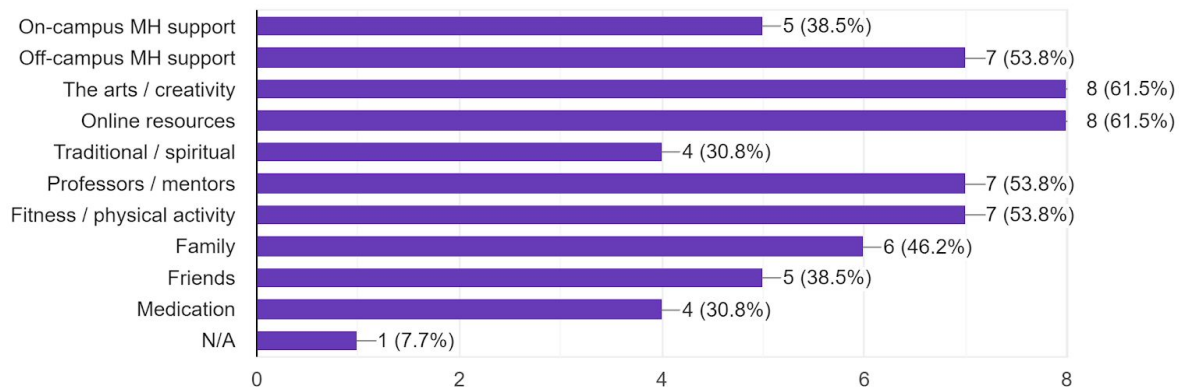
After this event, are you more or less likely to seek support for your own mental health?

13 responses



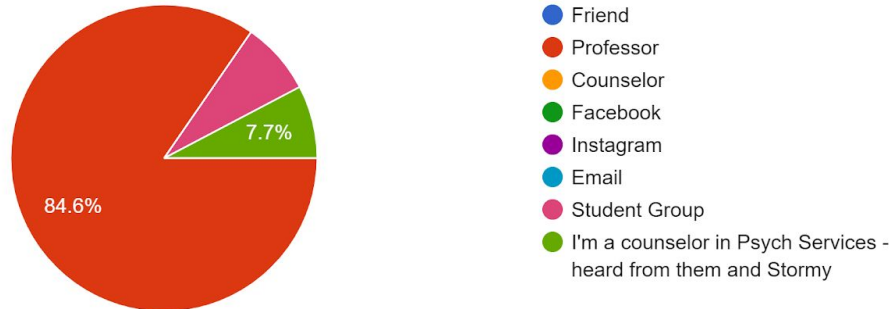
What type(s) of mental health support do you think would be most useful to you?

13 responses



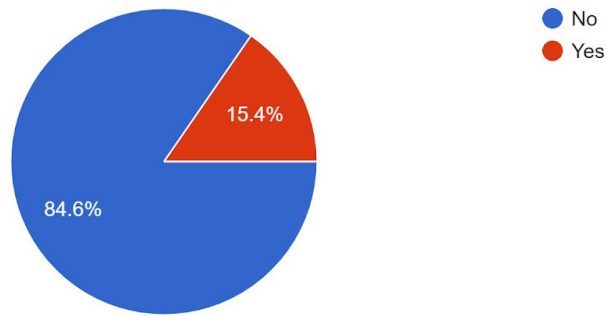
How did you hear about this event?

13 responses



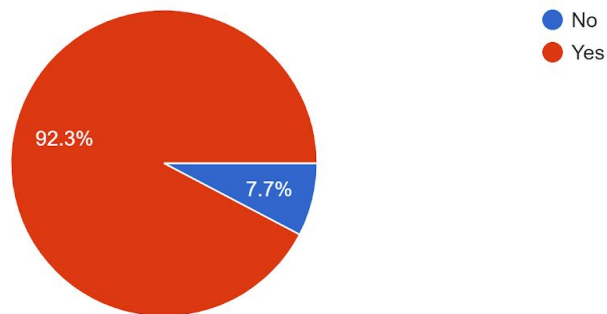
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

13 responses



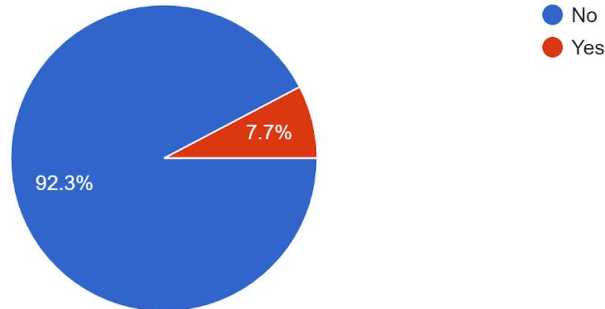
Before this event, did you know about your school's counseling services?

13 responses



Before this event, did you know about the community resource(s) featured in the video(s)?

13 responses



### What was your main takeaway from today's workshop?

I learned that everyone has immanent value  
 love amongst humans  
 importance of identity empowerment and community  
 that I am important, valued, and seen  
 Proactive and participatory as well as inclusive  
 Inclusion of poetry for the interaction was wonderful  
 My main takeaways were the value of me being black and how to express myself in more than one way.  
 That my feelings are valid and I can take control of how I feel and how I want people to see me  
 Uplifting Black voices/feelings is crucial to healing  
 The feeling wheel was great. It was a great diagram.  
 I learned the all the things that could affect black people. In the beginning when talking about struggles, as a poc myself I personally do not face as many as others around me may go through. I also learned the love within the community. How different groups may heal within themselves. I found those things fascinating  
 The importance of allyship!

### How might you use what you learned today?

In my everyday life amongst friends  
 The feeling wheel  
 In my work and relationships with others, how to support others  
 I will look over the resources and keep them close to me for when I need it. I also really liked the poetry exercise and will use it in the future!  
 How to express myself in terms of poetry  
 In relating to black friends and recognizing my own black heritage  
 I might use what I've learned today to take moments to reflect deeper into my feelings and navigate how to process them  
 To work on my self care because it's very important for my mental health  
 Bring awareness to others around me. Continue to be an ally to my fellow poc.  
 I want to continue my work in being an ally to the community and learning to listen to the people in my community and giving them the space they need to do so.

**Is there anything else you'd like to share about your experience?**

Thank You for creating a space like this one  
 I think that the community circle should be only for black folks next time  
 It's great to be asked what you like to be called ~ Names are powerful ;-)  
 This was a really good event. I had a great time!  
 I loved the poem and choosing a name for how you want to be seen  
 was an awesome experience and I love the Natile's personality

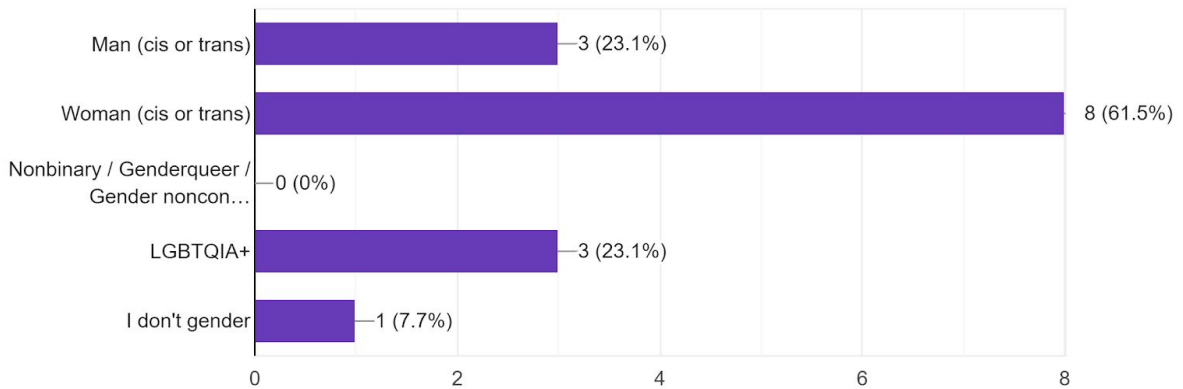
**How can we improve this event in the future?**

Everything is great!  
 More engagement like the polls  
 More time to participate!  
 The ending part could be more of a time for hearing voices, and a moment of silence or self hug or something more feeling based and less info info info  
 I think the event was run well! I would say just inform people that audio does not work on all web browsers  
 I love this event! Maybe diving more into the feelings and how they are informed and tips on how to navigate that  
 I can't think of any, this was great!  
 Nothing, everything was great!  
 Maybe designating a space for black people to talk and another space for other people of color and allies

**Demographics**

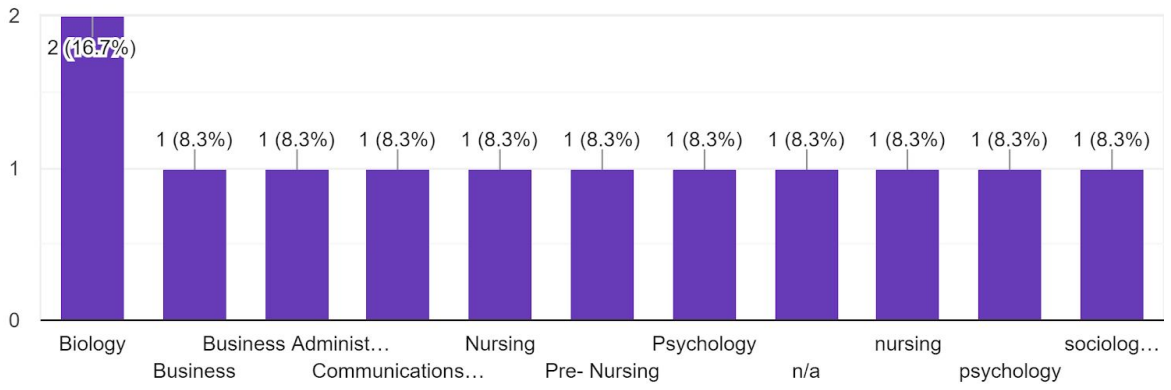
How do you identify? (Check all that apply)

13 responses



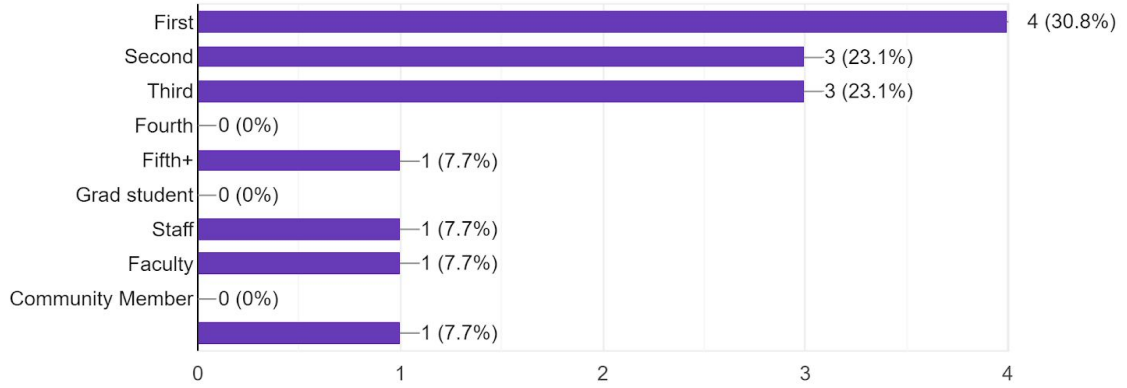
### Major

12 responses



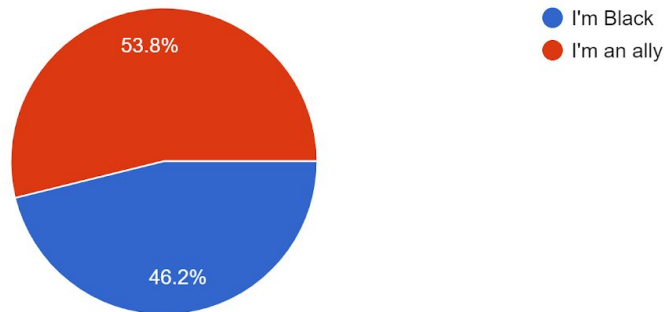
### Year

13 responses



Did you attend this workshop as a Black person or as an ally?

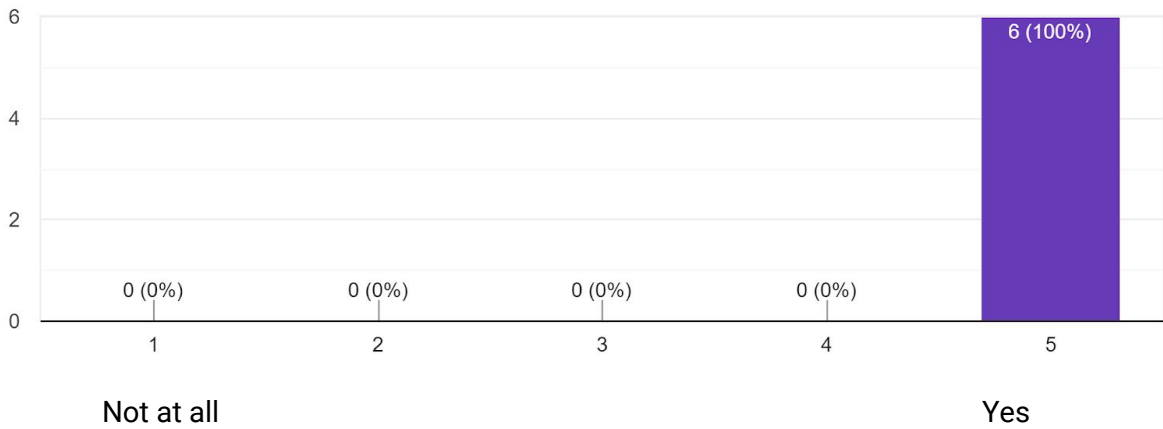
13 responses



### For Black students

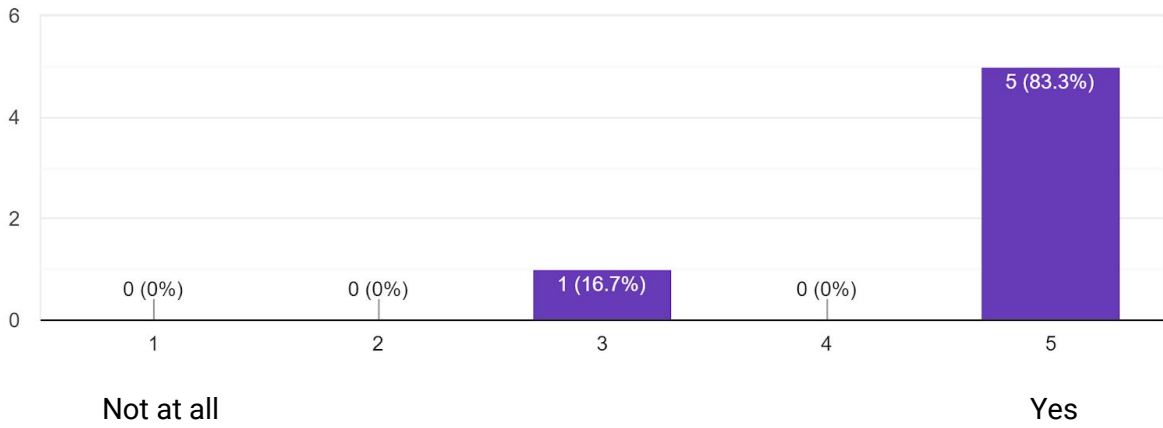
Did this workshop feel like a place of refuge for you?

6 responses



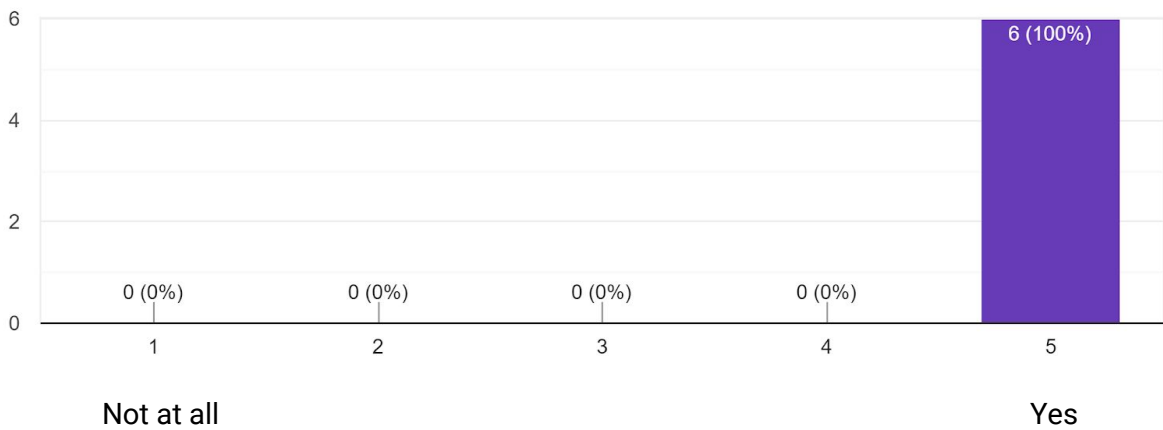
Did this workshop make you feel seen and heard?

6 responses



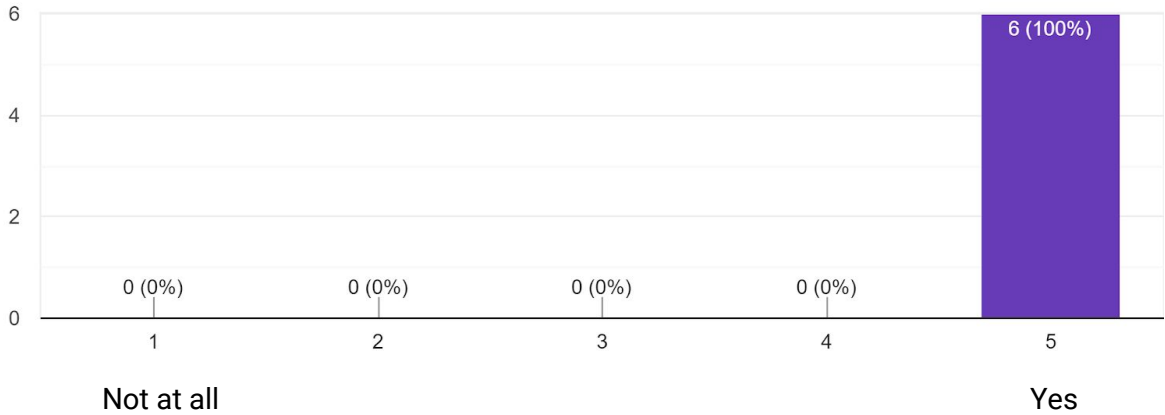
Did this workshop equip you with tools to help you heal and thrive?

6 responses



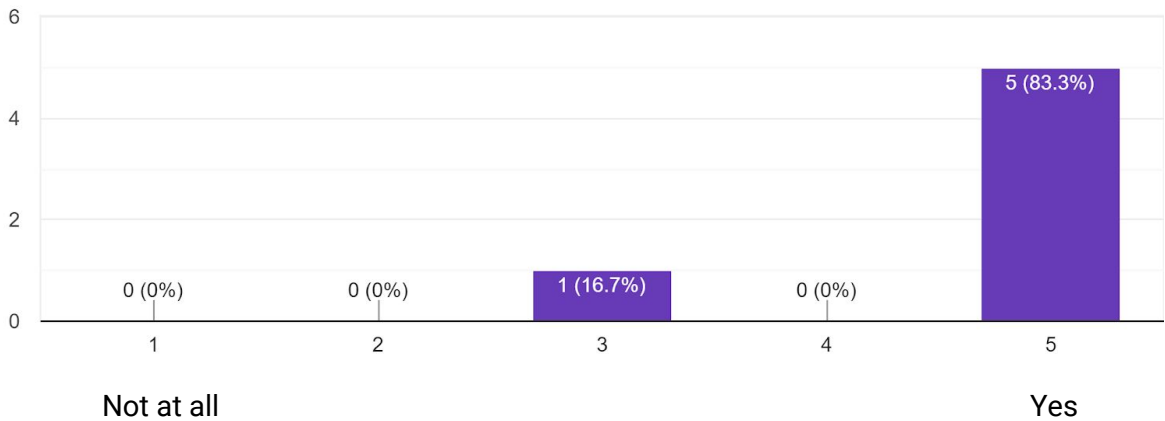
Did this workshop acknowledge your lived experience?

6 responses



Did you feel centered and lifted up as a Black person?

6 responses



**Is there anything else you'd like to share about your experience?**

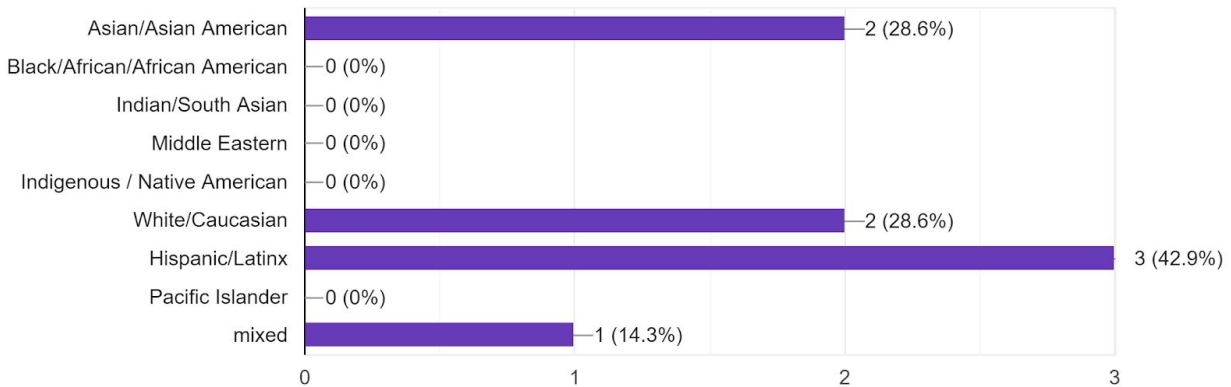
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## For Allies

How do you identify? (check all that apply)

7 responses



### How did it feel to be an ally in a space that centered Black people? and/or receiving mental health support?

(Highlights: see raw data for full list)

Happy

Great

It filled me with love being in a space where Black people could share their thoughts that they could feel safe sharing compared to other environments where that information may be kept to themselves

I feel sad and angry because I do sometimes know how it feels to be treated as a person of color.

I love when black people get to have the spotlight on them. As a poc I feel very comfortable when black and other poc have a centered space. These spaces feel safer to me.

It felt good! I'm always looking for ways to support and stand with our Black community.

After this workshop, do you feel better equipped to support the mental health of Black people in your life?

7 responses

