

Poetry for Mental Health (Queer)

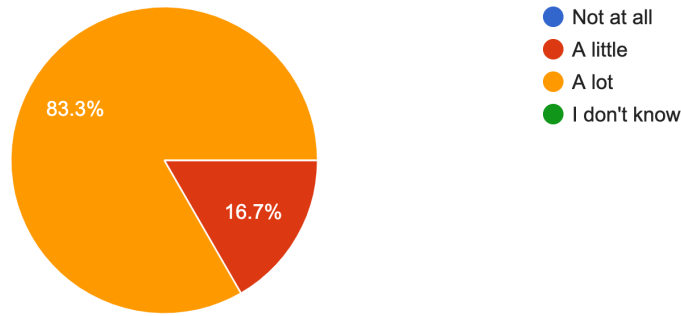
Post-Workshop Evaluations

College of Marin
February 23, 2021

Number of attendees: 35
Number of evaluations: 19

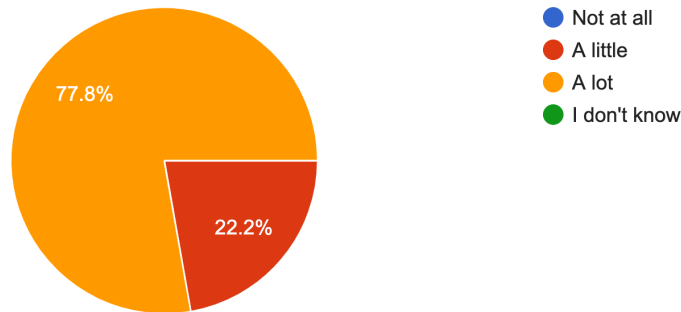
Did this workshop increase your awareness of mental health issues specific to queer humans?

18 responses



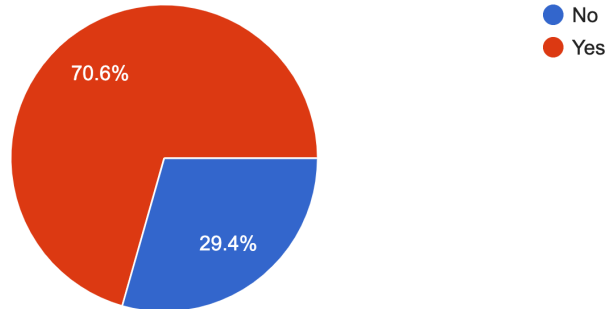
Did this workshop help you name and see examples of stigma related to mental health issues experienced by queer folks?

18 responses



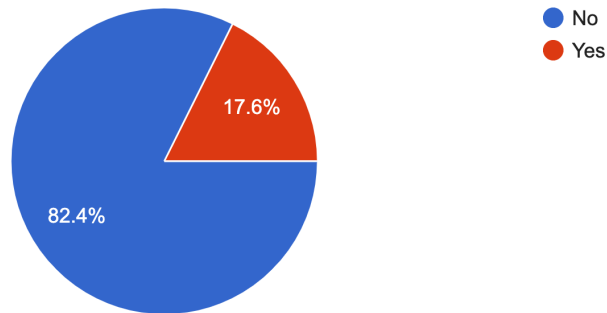
Before this event, did you know about your school's counseling services?

17 responses



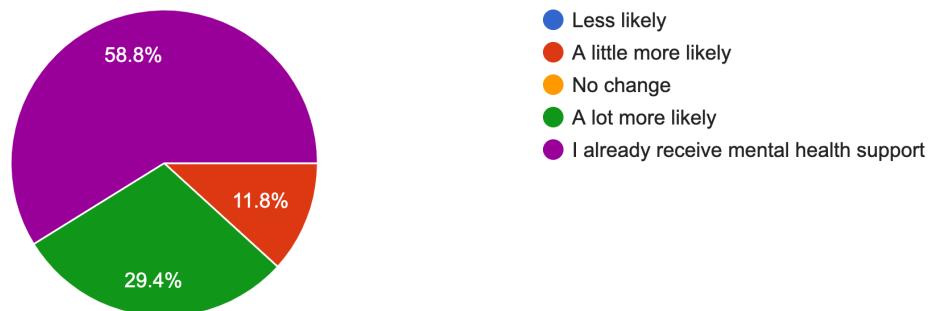
Before this event, did you know about the community resource(s) who presented on the panel?

17 responses



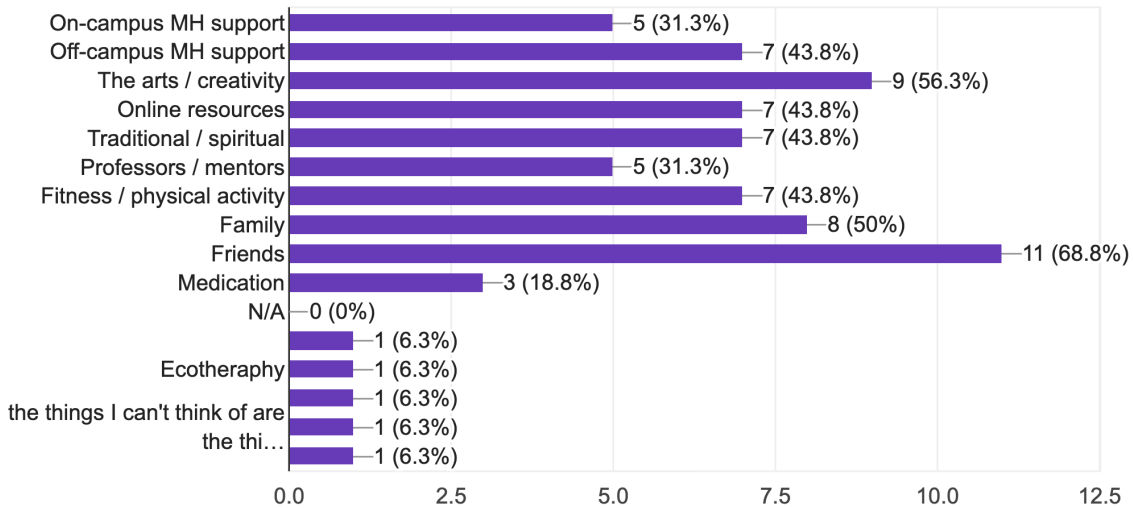
After this event, are you more or less likely to seek support for your own mental health?

17 responses



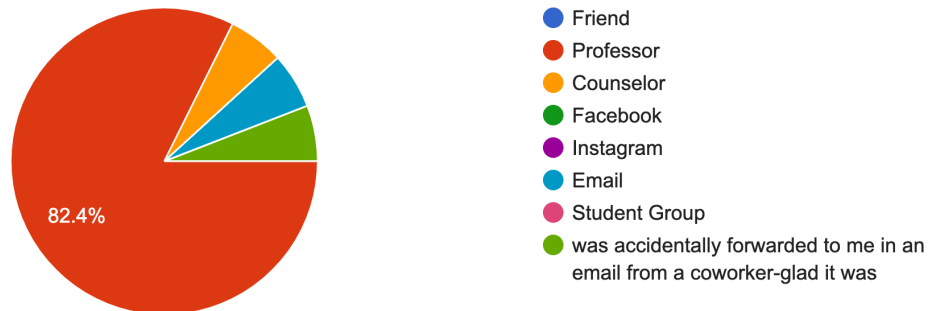
What type(s) of mental health support do you think would be most useful to you?

16 responses



How did you hear about this event?

17 responses



What was your main takeaway?

How important it is to listen to others, especially when they don't share your same values. How important it is to show compassion to those you don't agree with.

Understanding the experiences I haven't felt even as a person within the LGBTQ community.

I was really struck by the video of the man in the work site who was bisexual, it was thought provoking and made me realize there are so many who are caught up trying to figure out how to speak about who they are.

Learning more about mental health.

Taking the power back.

Giving a Voice and starting an important discussion.

It's important to take time to consider how you think about these issues in detail.

People need emotional support.
Uniqueness and community.
We have to listen more and accept before we understand.
They don't wanna see, but I exist. They don't hear, but I have a voice.
Writing doesn't have to be that hard.
Although I am apart of the queer community. I really enjoyed the second film and how vulnerable it was.
Even having queer and non-binary people in our lives. We don't always get to see those sides of them.
Inclusivity and acceptance, safe space.
Every person's experience in the LGBTQ+ community is different and valid.
How impactful the internal stigma is.
Emotions run deep and the isolation is real.

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

The community coming together to have an important conversation and express themselves and their feelings.
A safe space / community. I loved that we were all strangers and yet the conversation flowed well and people shared some really personal writings!
Amazing and unexpected.
Very calm environment where you can share your feelings.
Using the form of writing, it's a safe space to explore deep reservoirs of the human experience.
Interactive and thoughtful!
A short film screening and low pressure poetry workshop.
Striking. Deep. Thought provoking.
To understand the queer struggle and challenge to be.
An angry punk band player writes beautiful poetry!
Amazing place to express feelings and place for open minded people.
Thought-provoking. Needed.
Safe space, creative, life-changing, fun, interactive, educational.
Wonderful safe place of expression for youth.

How might you use what you learned today?

I will definitely be using this when engaging with my friends and family about their gender, but i will encourage them to use poetry to express themselves.
I'm strongly considering using poetry as a vehicle to contextualize my emotions.
I want to do more free writing because I always get intimidated by poetry, trying to make it perfect.
I will use it with myself and with my college students.
Open my eyes to the challenges and sentiments that exist within this particular community.
Tell my friends and family about what I've learned and pass this info on to them
Continue to be more aware of how others feel and open to important conversations
This gave a great structure for creating art from inspiration.
Be more supportive to people in need
To continue to love my friends and find ways to support them
I'll start writing poetry. I thought it was more difficult.
that it is really important to share my feelings.
As a jumping off point for a lot of self reflection.
To start writing!

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

(Highlights: see raw data for full list)

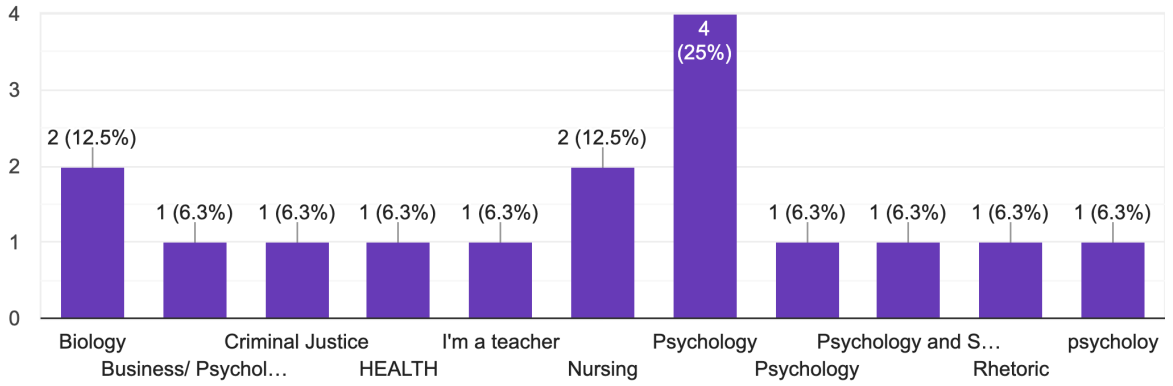
Finances and time. Therapy is expensive, and it's incredibly difficult to find time between a full time job and school.
Explaining to my family that depression and anxiety is not a taboo.
Stigma probably. But I'm really good at getting what I need. It is hard to talk openly in public about it though.
Myself, honestly.
Finding the right person to talk to.
Actually accepting myself as I am (and I'm straight/cis).
Having the time to get the help I need
Vulnerability.
Fear.
Money.
Accessibility.
Finding the right therapy.
Physical illness, corona

How can we improve this event in the future?

It was perfect
It was amazing already so I'm not sure! Maybe more speakers 😊
I thought it was perfect, best event I've seen online.
Perhaps consider an online platform like zoom. The interface wasn't intuitive and was a bit distracting to try and navigate during the workshop.
I really loved it, but the previously recorded panelists seemed a bit tacked on for a personal event.
I really can't think of anything. I enjoyed the discussion and the videos and the vulnerability of it all
talk more about the impacts of mental health
Cameras?
Provide some books / references.
Breakout rooms using zoom, multiple speakers.
The sound continually got choppy
Publicize it more
I would love this to be a club!

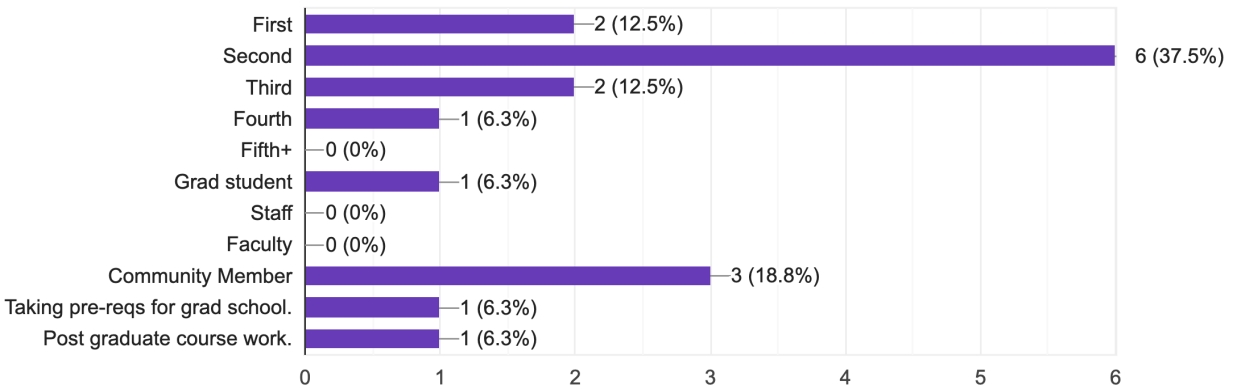
Major

16 responses



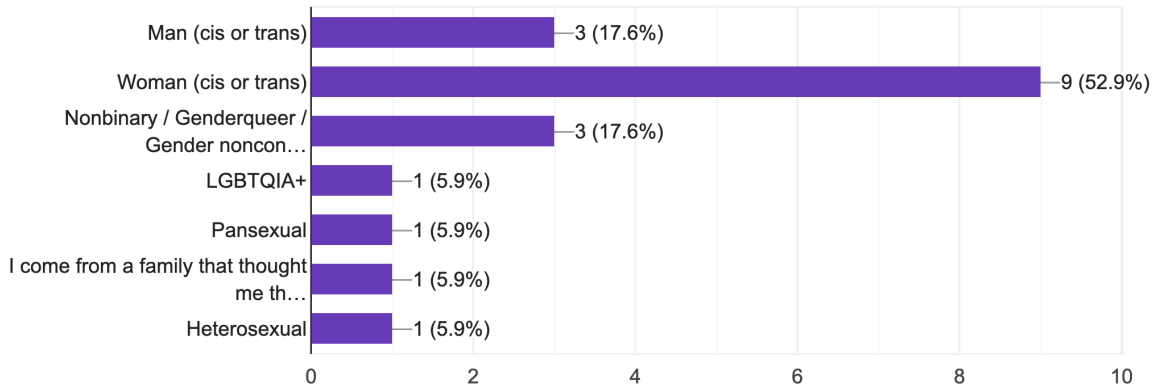
Year

16 responses



How do you identify? (Check all that apply)

17 responses



Ethnicity

17 responses

