

Wellness in Words (Online)

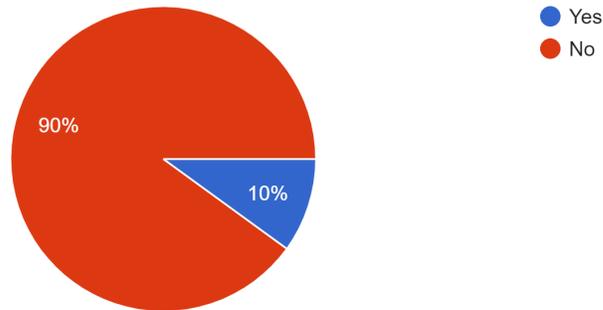
Post-Workshop Evaluations

College of Marin
September 10, 2021

Number of attendees: 27
Number of evaluations: 10

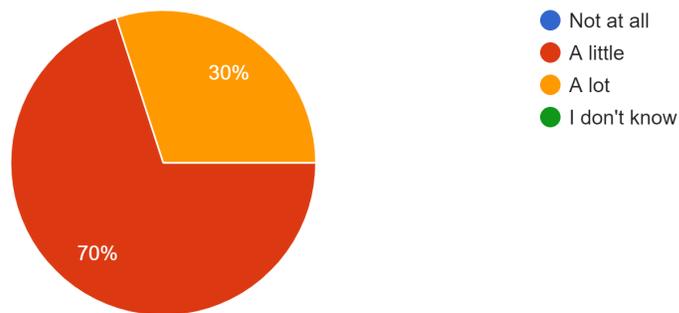
Did you know about the the Mental Health Services Act before this event?

10 responses



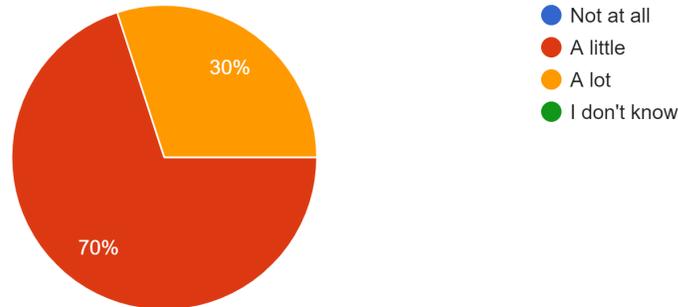
Did this workshop increase your awareness of mental health issues related to hope and resilience?

10 responses



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

10 responses



What was your main takeaway?

Mental health is important

That there are so many resources that I can go to and use if I need it and its all free

I really enjoyed the free writing because it gave be a chance to express myself

Poetry is an outlet for some people

The beauty of creativity and hope

My main takeaway from today workshop is writing down things about your mental health can help you out.

community, poetry, pain are a potent combo

That there are resources provided by campus in case we ever need help with anything.

Poetry writing and inspiration for it

How might you use what you learned today?

I will use the free write technique to help write poems from now on

If I need counseling or just someone to talk to I'll use the services mentioned today

I will use what i learned and portray it in my life

Know that writing is an option for my feelings

Empower others

Maybe write a bit more about how I feel.

If I need help I could always use the resources at hand

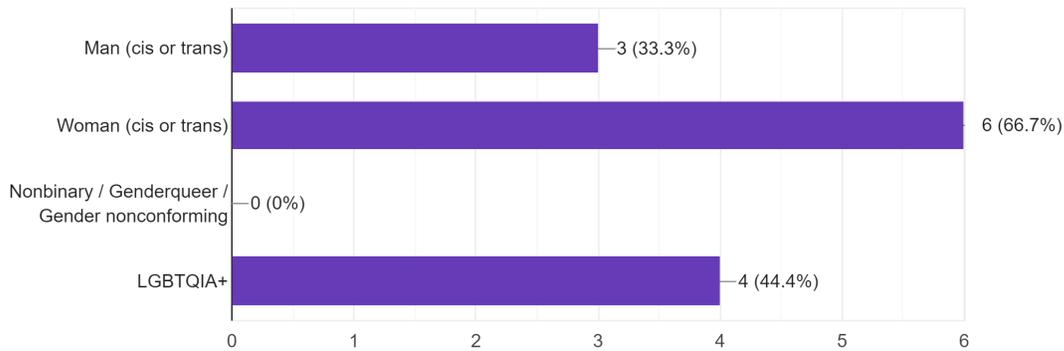
I really liked the writing prompts. I never understood people who write poetry until today. There is something so calming about writing your thoughts and emotions down.

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

Good!
A workshop to help with mental health and helps form poems
Informative, engaging
Very helpful
Regenerative resourceful nourishing creative
Inspirational
I'd probably tell them it was like a group therapy discussion. There are lots of opportunities to write your emotions, and get to share them with others. It creates a really nice bonding experience with your peers.

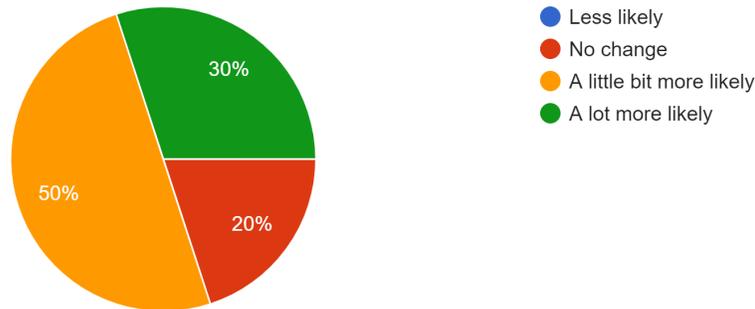
How do you identify? (Check all that apply)

9 responses



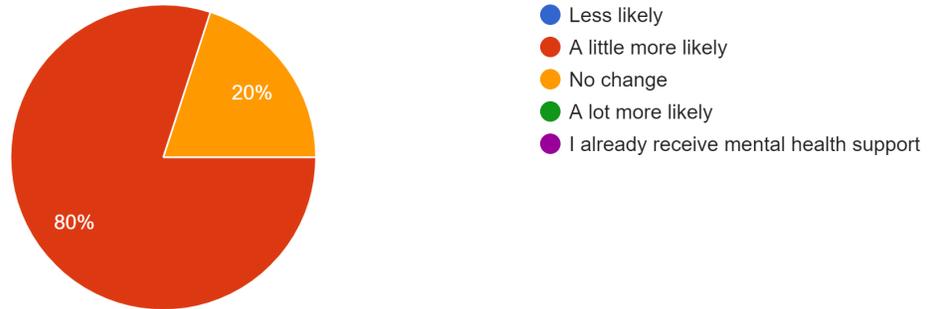
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

10 responses



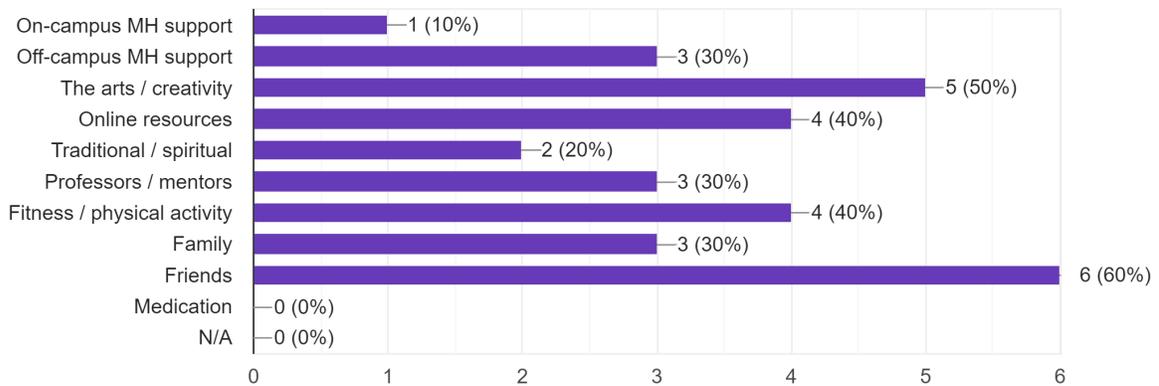
After this event, are you more or less likely to seek support for your own mental health?

10 responses



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

10 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?
 (Highlights: see raw data for full list)

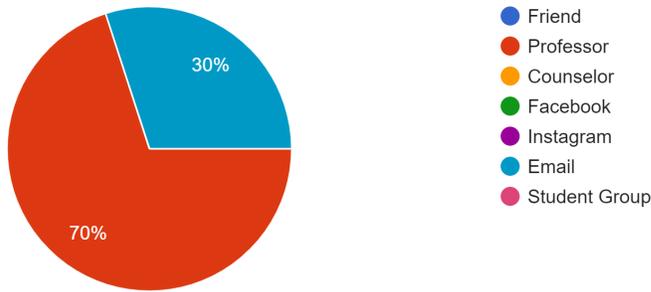
- I worry my family will find out about how I'm feeling and I'm afraid to speak up
- Lack of resources/support
- Stigma, judgment and perfection (one way) - the oppressive systems
- I feel like I am always super busy and I feel a little nervous about talking about my life.
- It's honestly just a habit I've created. growing up in a hispanic household, showing any emotion is a sign of weakness. We all do our best to seem perfect, but its just so mentally draining to always appear okay to others when you're dying inside.

How can we improve this event in the future?

- The website is a bit confusing but you guys did a great job
- Everything was good maybe more videos
- I just need to make sure I feel comfortable and trust the person I talk to.
- Maybe have some people share personal experiences
- I don't know, I have never experienced anything like this, but I truly did enjoy it. Somehow it felt really small and intimate, but anonymous at the same time, it helped with sharing.

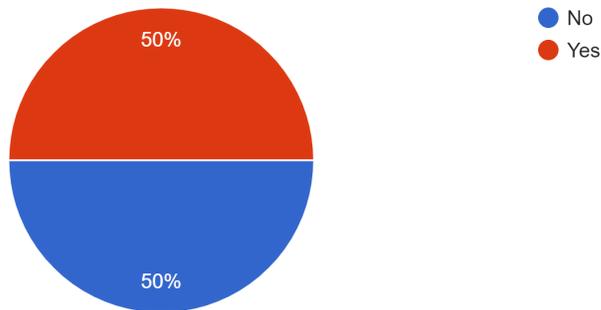
How did you hear about this event?

10 responses



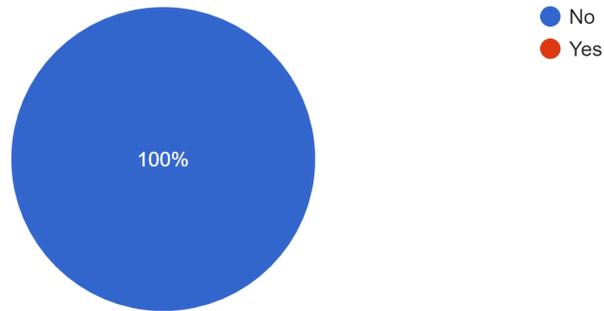
Before this event, did you know about your school's counseling services?

10 responses



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

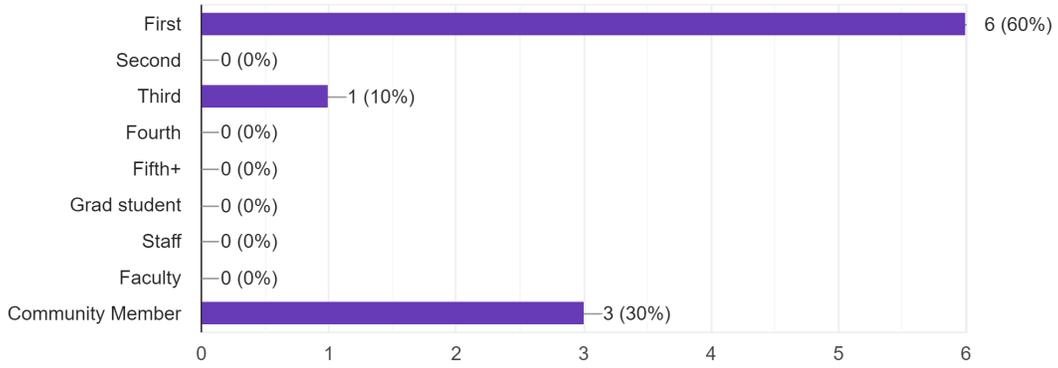
10 responses



Major	
nutrition	1
Nursing	1
Medical Assisting	1
Psychology	1
Undecided	2
English	1
Anthropology	1

Year

10 responses



Ethnicity

8 responses

