

Black + Mental Health + Matters

Post-Workshop Evaluations

College of San Mateo
February 24, 2022

Number of attendees: 28
Number of evaluations: 16

What was your main takeaway from today's workshop?

We can encourage each other

The amount of information that was given about mental health for all races especially black mental health

The 8 dimensions of self care

Gaining more insight on different perspectives.

How powerful expressive art is to our mental health and expression of our stories

Importance of self-care and the dimensions of it, as well as greater understanding and compassion

The visuals (powerpoint and videos) were very engaging. I learned from student responses.

We need to give space for ourselves to heal to move forward and disrupt the injustices in society

My main takeaway from this workshop is how important it is to make your voice heard, and the important but many different stories that need to be heard. And the importance of self care.

How might you use what you learned today?

I will use this presentation for life experience and my English class

I think I will use it to improve my writing

I can use all this information to open the eyes of others

To spread awareness of mental health and that expressing oneself is really important to purpose.

I can share those resources with my peers

I'm going to share the resources with others that are in need of this important work of healing

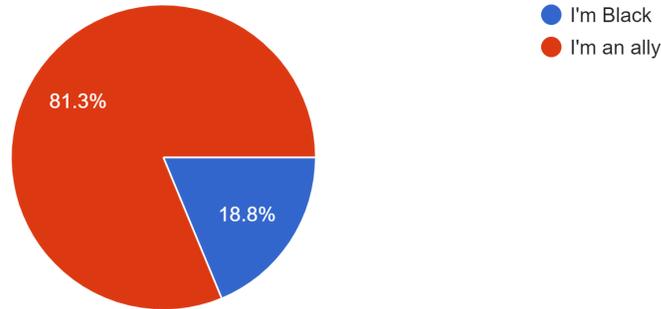
I will share the information and activities in other spaces

I will learn to be more compassionate and understanding of many people different experiences and perspectives in life. And become a better ally to people of color and anyone.

I will listen better

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

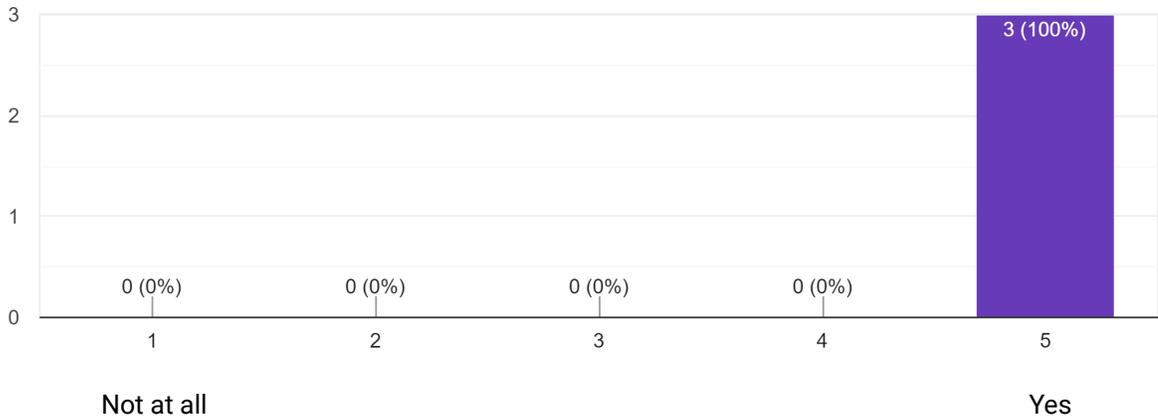
16 responses



For Black students

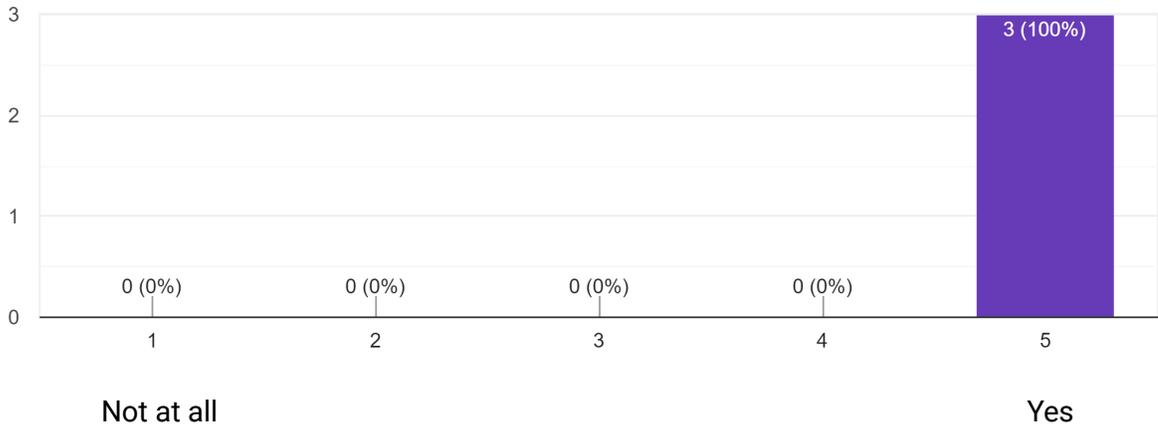
Did this workshop feel like a place of refuge for you?

3 responses



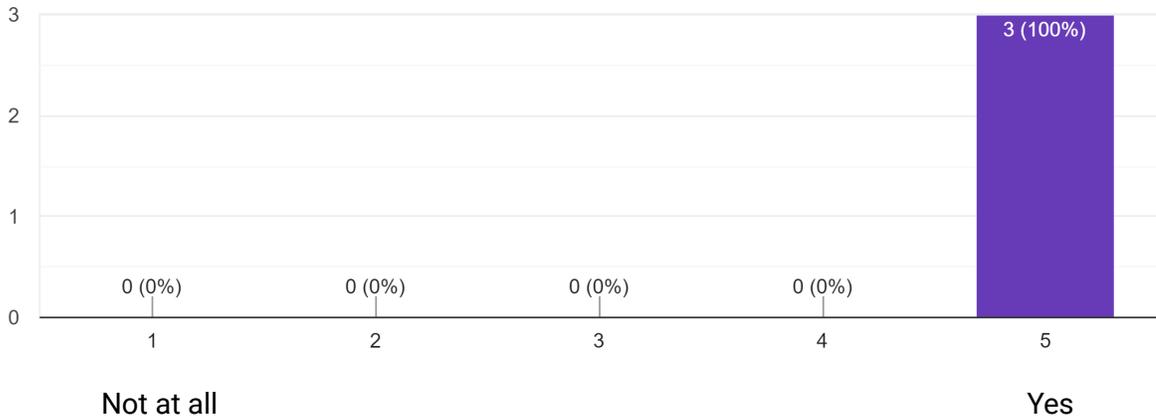
Did this workshop make you feel seen and heard?

3 responses



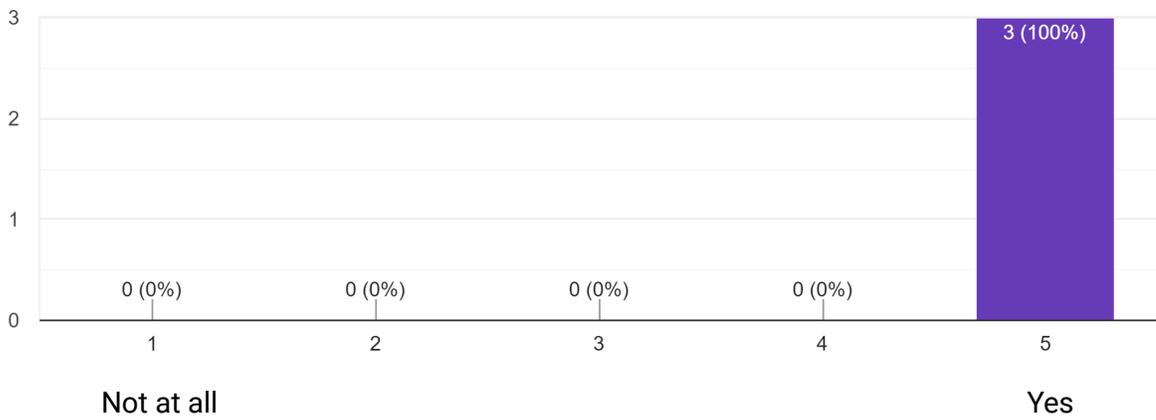
Did this workshop equip you with tools to help you heal and thrive?

3 responses



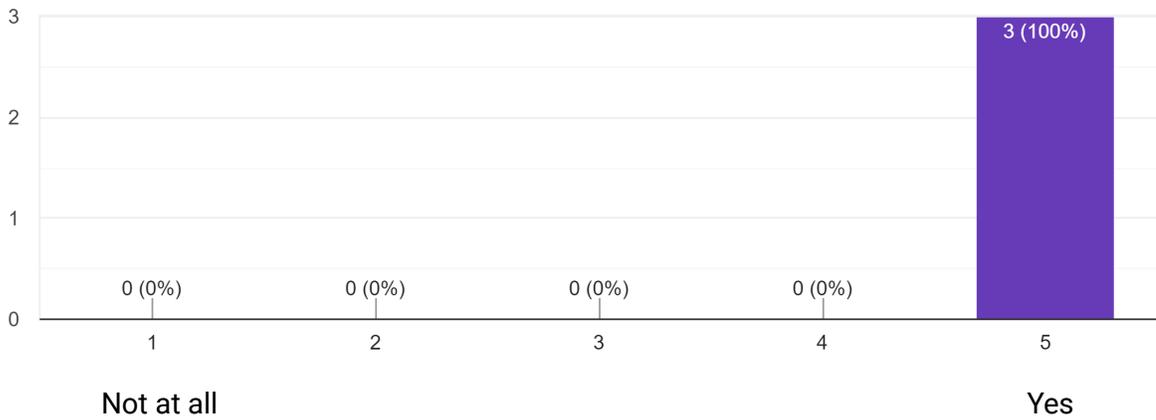
Did this workshop acknowledge your lived experience?

3 responses



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

3 responses



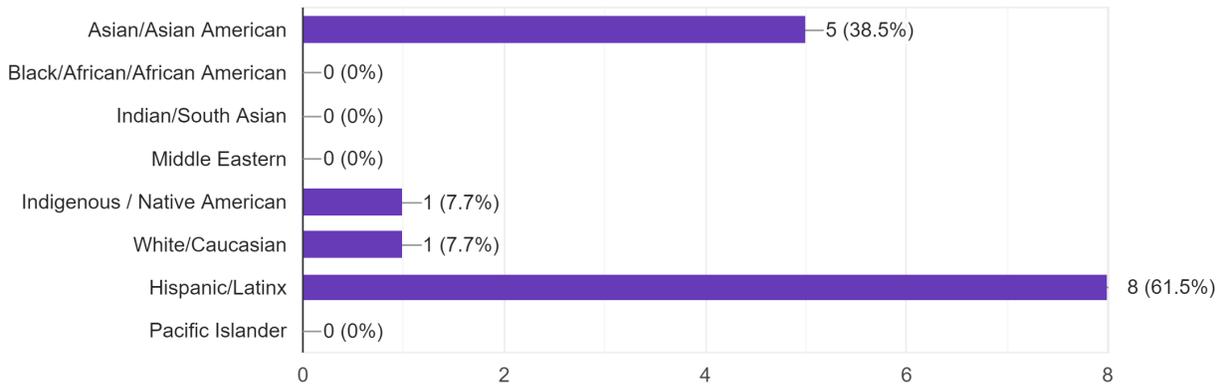
Is there anything else you'd like to share about your experience?

Thanks for centering Black experiences and Black voices

For Allies

How do you identify? (check all that apply)

13 responses

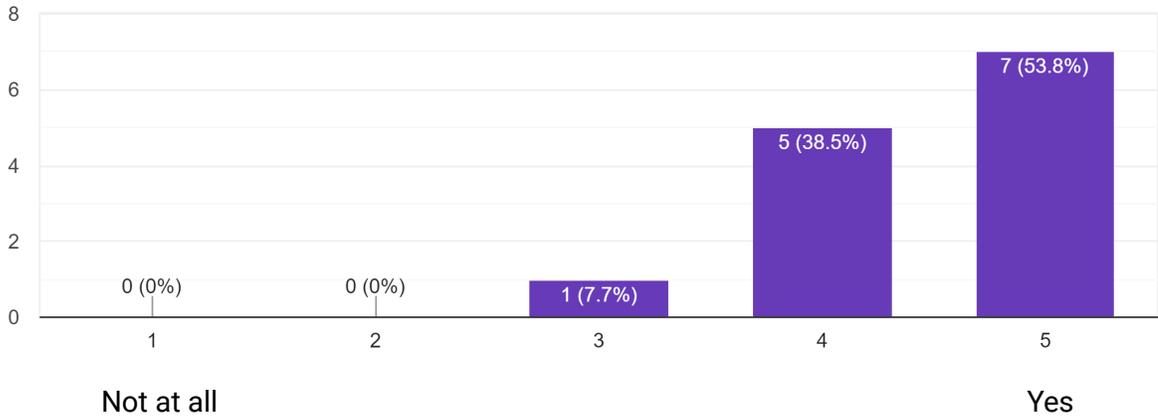


How did it feel to be an ally in a space that centered Black people? and/or receiving mental health support?
(Highlights: see raw data for full list)

- I loved it
- It felt good to just listen and make others feel heard
- It felt eye opening to know the pressure most of the viewers felt
- It feels like a safe space to gain more knowledge.
- Really good and learned so much.
- Very empowering and a safe-space. It's inspiring to see how strong and resilient Black people are.
- It felt good because poc don't usually get the spotlight

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

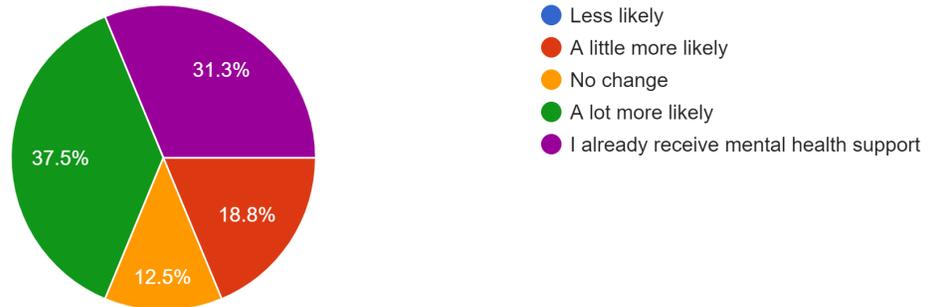
13 responses



Outcomes

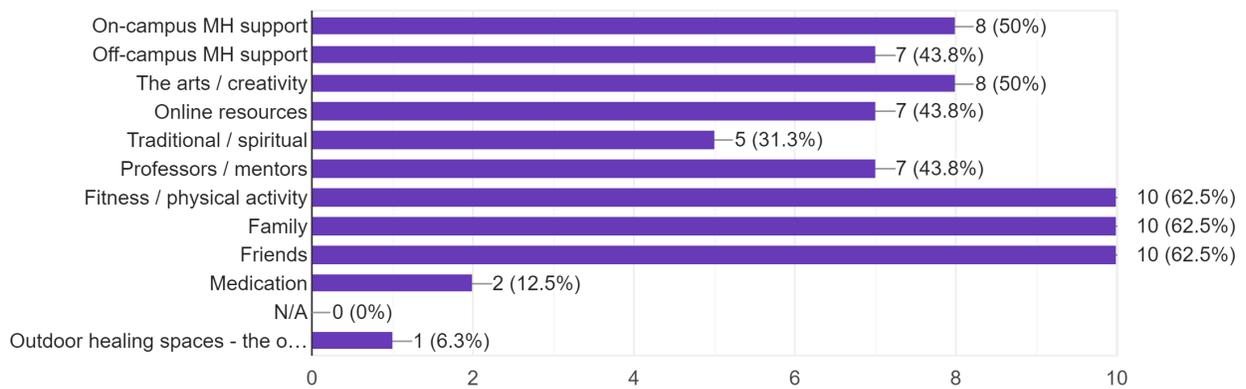
After this event, are you more or less likely to seek support for your own mental health?

16 responses



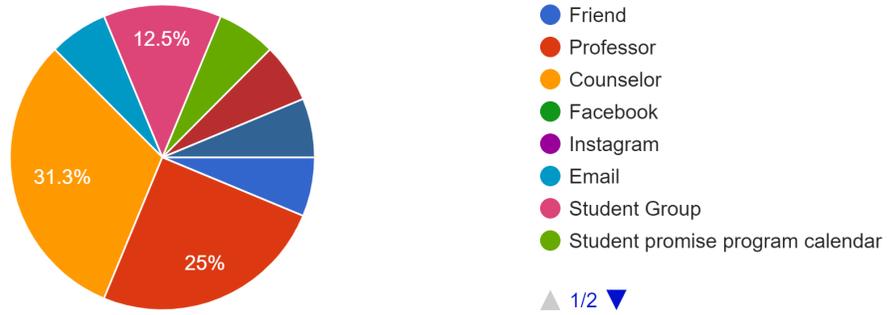
What type(s) of mental health support do you think would be most useful to you?

16 responses



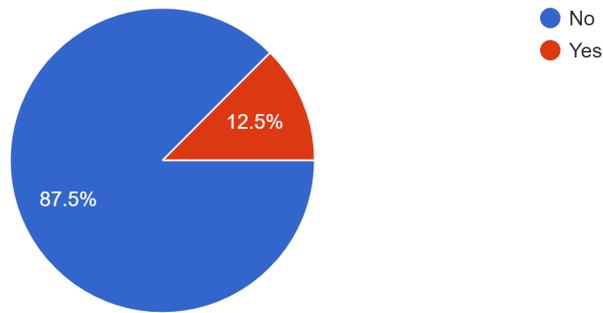
How did you hear about this event?

16 responses



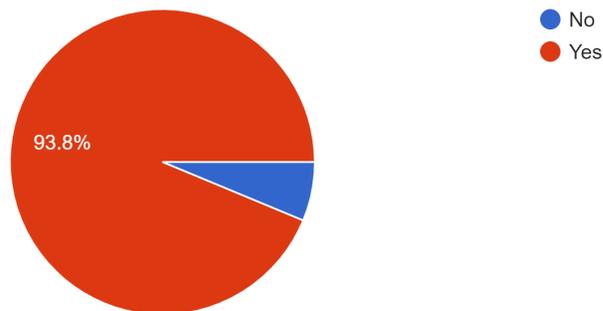
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

16 responses



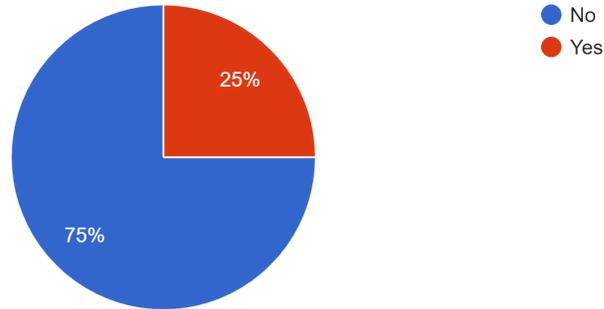
Before this event, did you know about your school's counseling services?

16 responses



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

16 responses



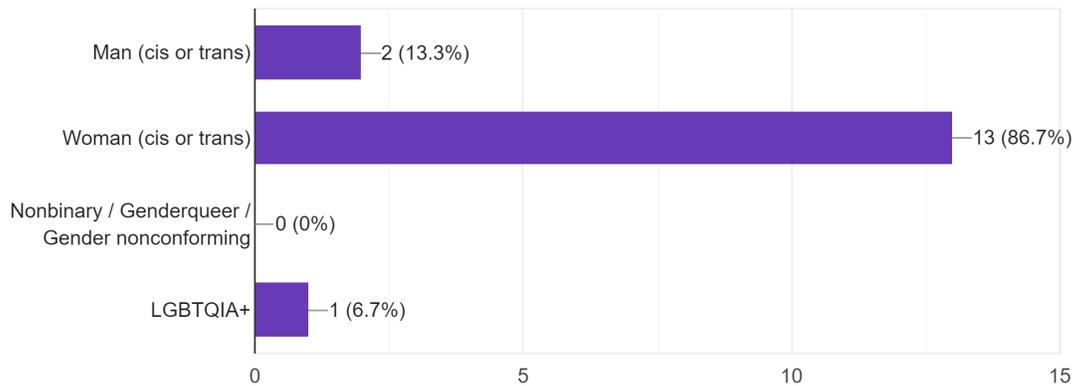
How can we improve this event in the future?

- More interaction with students
- I would love to see a combination of black and hispanic focus groups like the one witnessed today,. I feel that there is a huge correlation between these two ethnic groups and roots.
- Get more Black students with various backgrounds to attend

Demographics

How do you identify? (Check all that apply)

15 responses



Major	
Business	2
Nursing	3
Psychology	2
ECE	1
Graphic Design	1
Accounting	1
Kinesiology	1

Year

16 responses

