

# Black + Mental Health + Matters

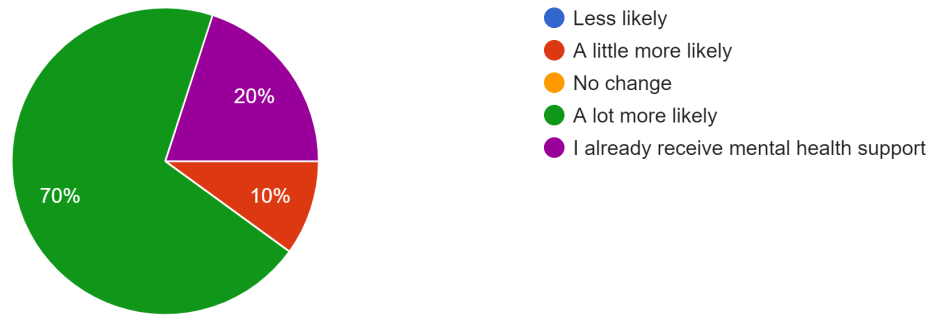
## Post-Workshop Evaluations

El Camino College  
May 11, 2021

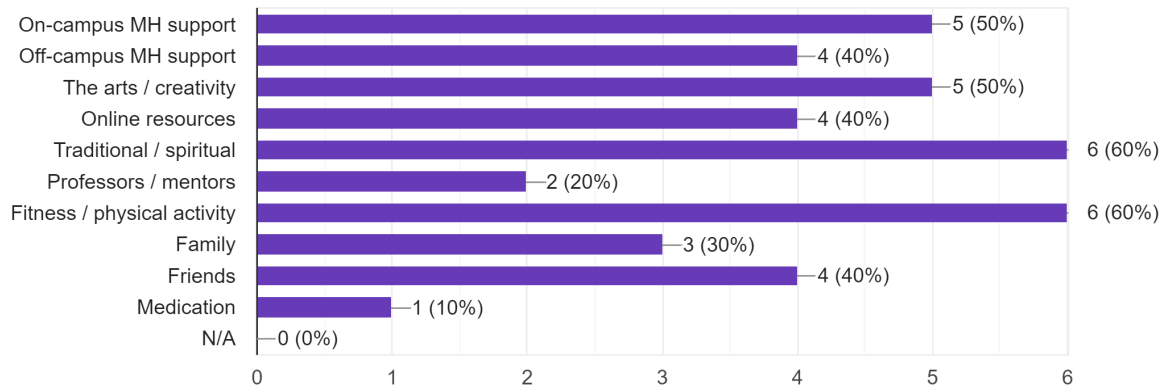
Number of attendees: 47  
Number of evaluations: 10

### Outcomes

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

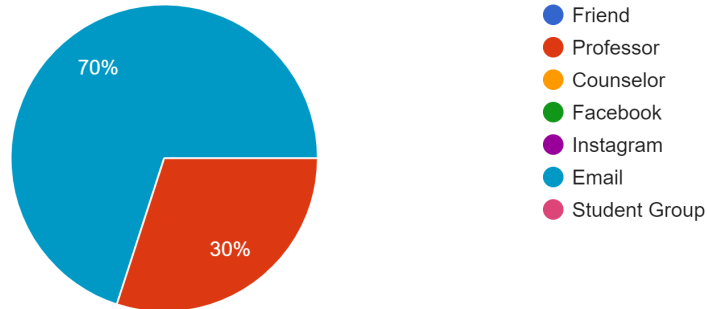


What type(s) of mental health support do you think would be most useful to you?  
10 responses



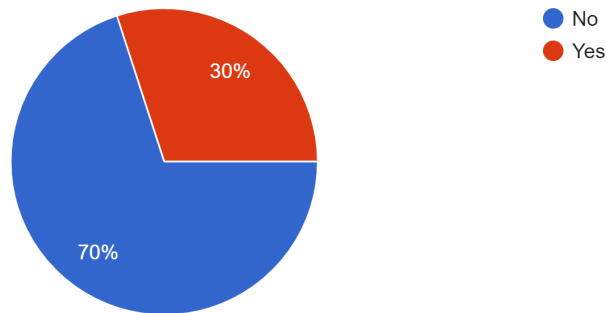
How did you hear about this event?

10 responses



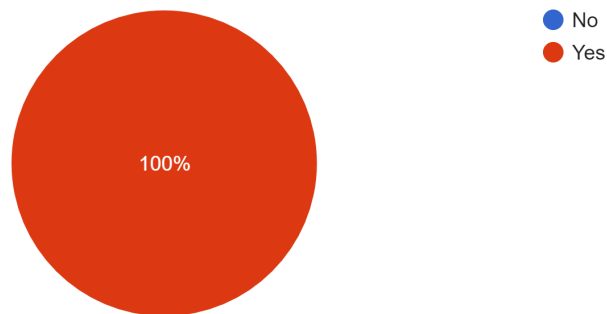
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

10 responses

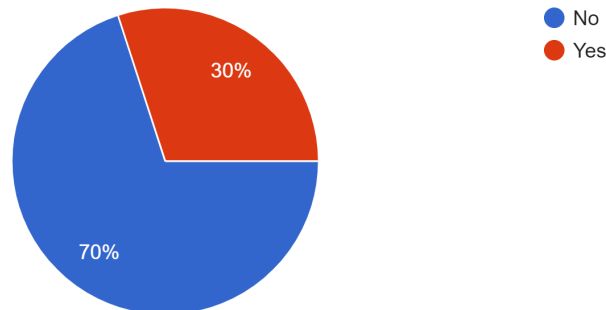


Before this event, did you know about your school's counseling services?

10 responses



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



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

That is OK to have your feeling heard  
 It's okay to acknowledge your feelings. It is actually important  
 Validating Black Folks in that just because we breathe we have value  
 The energy that was given  
 That I am not alone. Bring my ancestors with me wherever I go.  
 Refresher on the fact that POC, specifically black poc are discriminated against by the system  
 I witnessed likeness. I'm taking a way enlightenment,  
 That self care is key and imperative to good mental and emotional health  
 That I am Normal & Beautiful!!! :-)

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

To be more aware of my feelings and to validate my feelings  
 in my daily life with my family  
 Motivational  
 Take lessons back to my community; a counselor for Black folks at another institution  
 I already use these things in my daily life  
 Sometimes it's hard for me to identify how I feel. The feelings wheel will help me start doing some much  
 needed reflection.  
 To listen actively to any black person and their experiences to better my understanding  
 I learned that I learned how important it is to feel valued. You must have that to have good mental health.  
 The feelings wheel was eye-opening.  
 I will implement the resources shared to help me navigate on my personal journey to whole wellness.  
 To be more proactive in encouraging myself.

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

More chances for all to participate. Break out groups

Flawless

N/A

This was a great event. Not sure how it can be improved. I actually like that it wasn't on Zoom and there wasn't pressure for people to talk.

Include more personal anecdotes

The event can be improved by self care.

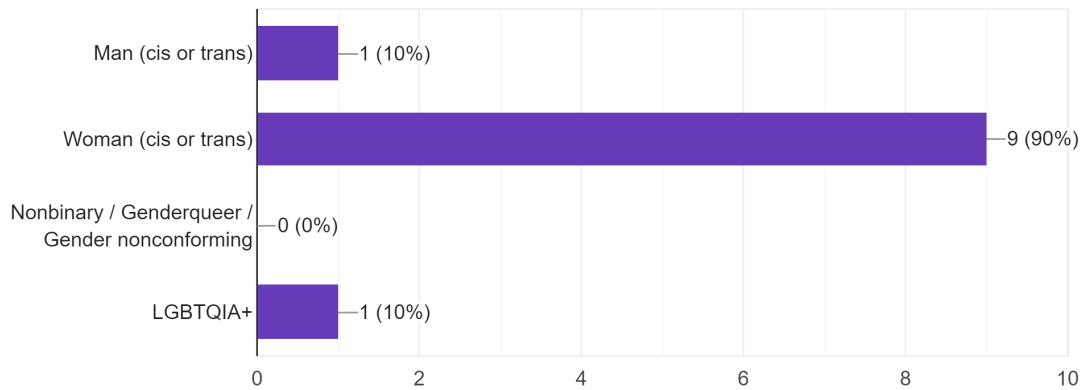
Longer, a little more group participation. But it was actually very well done overall.

Keep Doing It / Sharing This With More / Others

## Demographics

How do you identify? (Check all that apply)

10 responses



Major

7 responses

Psychology

Faculty, Math

Buisness/music

Astrophysics

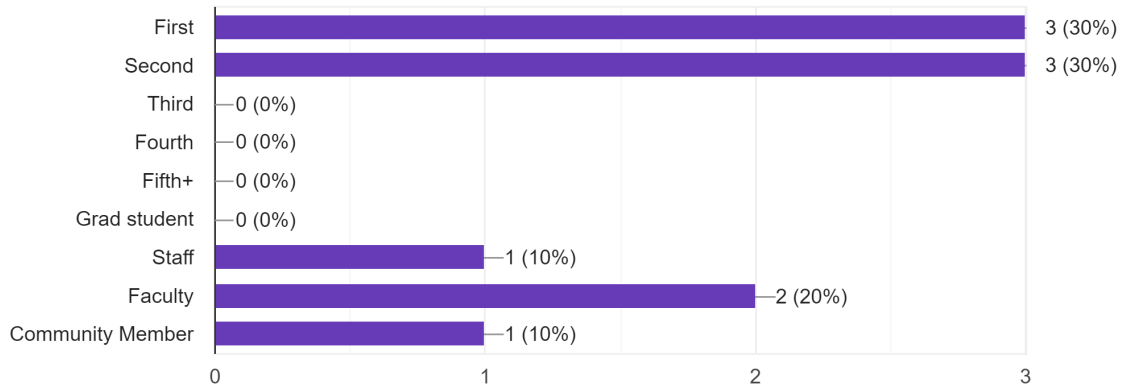
Ethnic Studies

Undecided

Applied Music - Jazz Piano

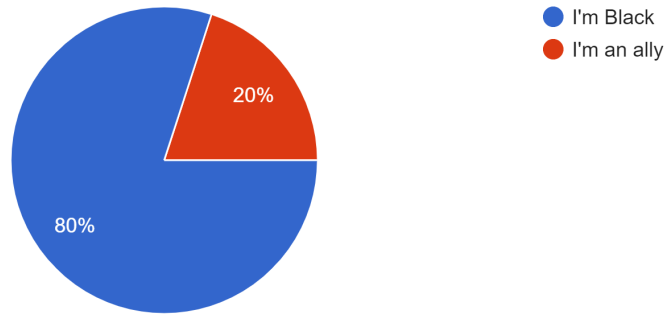
Year

10 responses



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

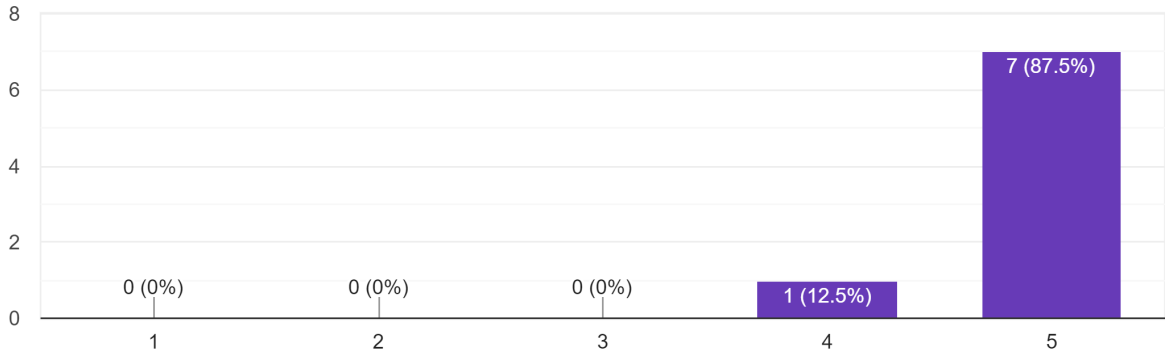
10 responses



## For Black students

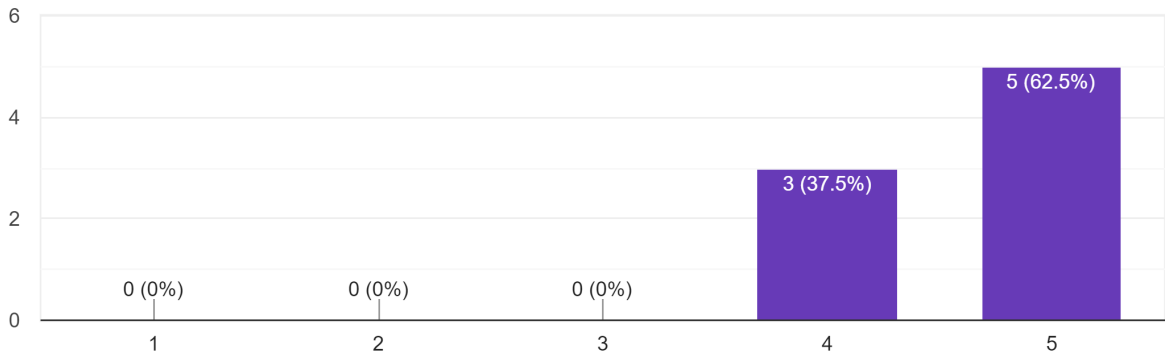
Did this workshop feel like a place of refuge for you?

8 responses



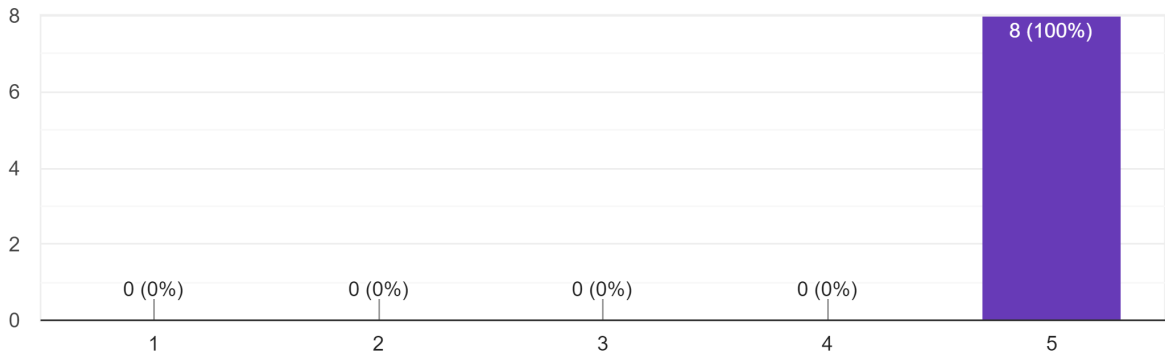
Did this workshop make you feel seen and heard?

8 responses



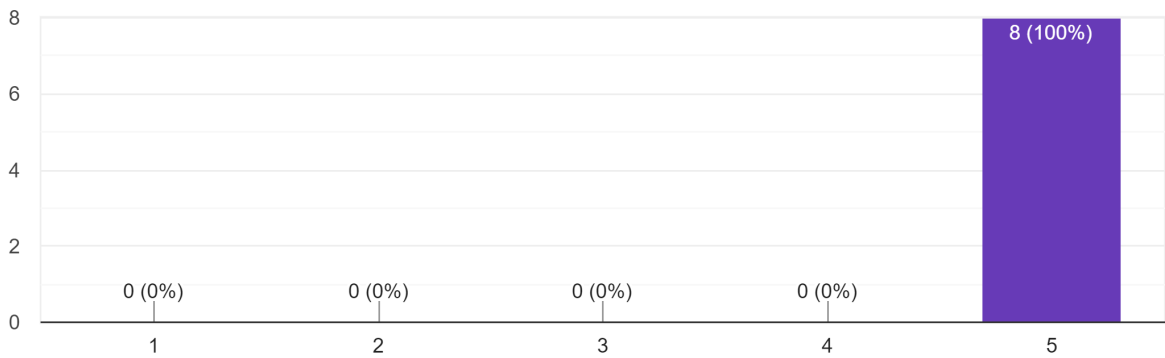
Did this workshop equip you with tools to help you heal and thrive?

8 responses



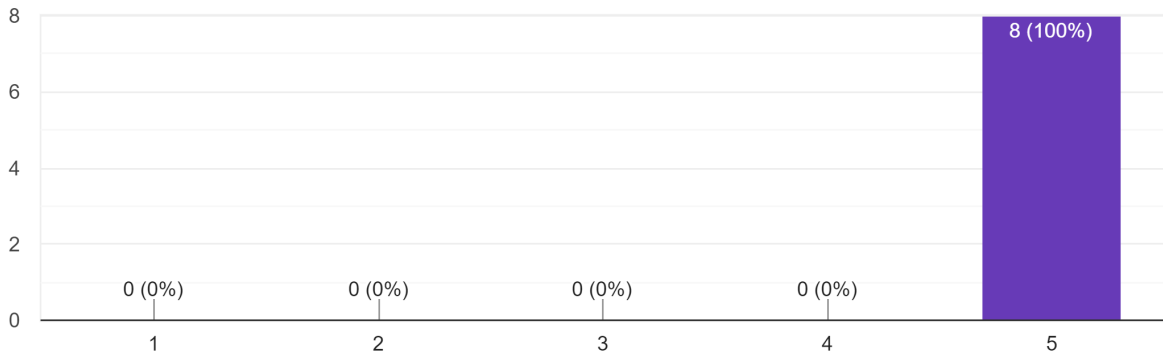
Did this workshop acknowledge your lived experience?

8 responses



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

8 responses



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

Please repeat this workshop as often as possible. Need more students to participate

It was amazing!

Natalie was a great presenter. Very hard to be engaging for 1.5hr. Would love to see her back again.

I enjoyed the workshop.

I so appreciate that this even exists. It is reassuring to know that I do not have to navigate the academic field alone and without support. I loved the presenters (Natalie) energy and graceful persona. It felt nurturing to be in that moment.

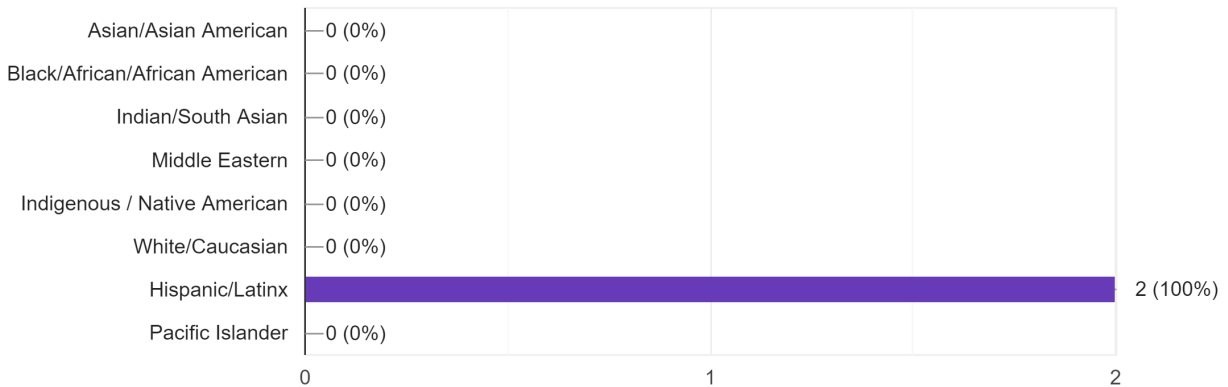
Thank You - Please, Let's Do It Again!!! :- ) :- ) :- )



## For Allies

How do you identify? (check all that apply)

2 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)

comfortable

I did not feel completely connected, and I cannot say my stance, but I can listen and learn

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

2 responses

