

Sanctuary Space

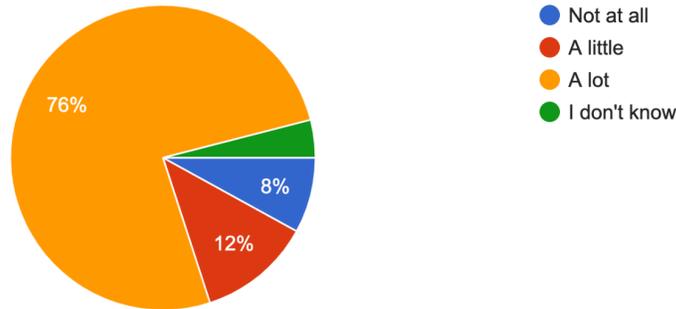
Post-Event Evaluations

My Mental Health Story:
Borderline Personality Disorder
May 26, 2022

Approximate maximum attendance: 50
Number of evaluations: 25

In your opinion, did this event increase your awareness of mental health issues?

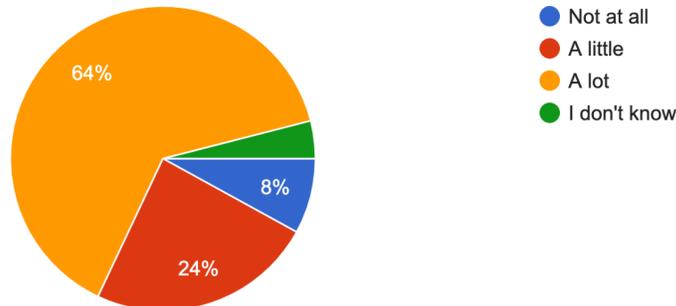
25 responses



REDUCE STIGMA

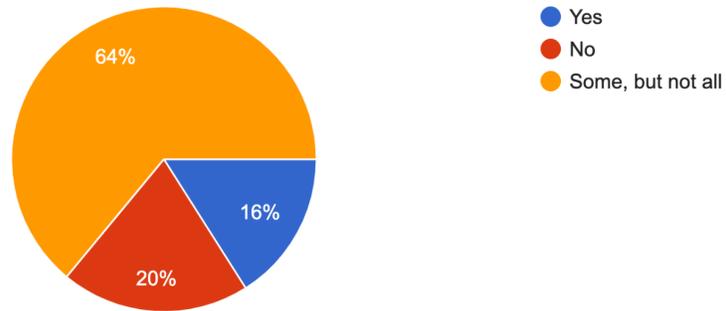
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

25 responses



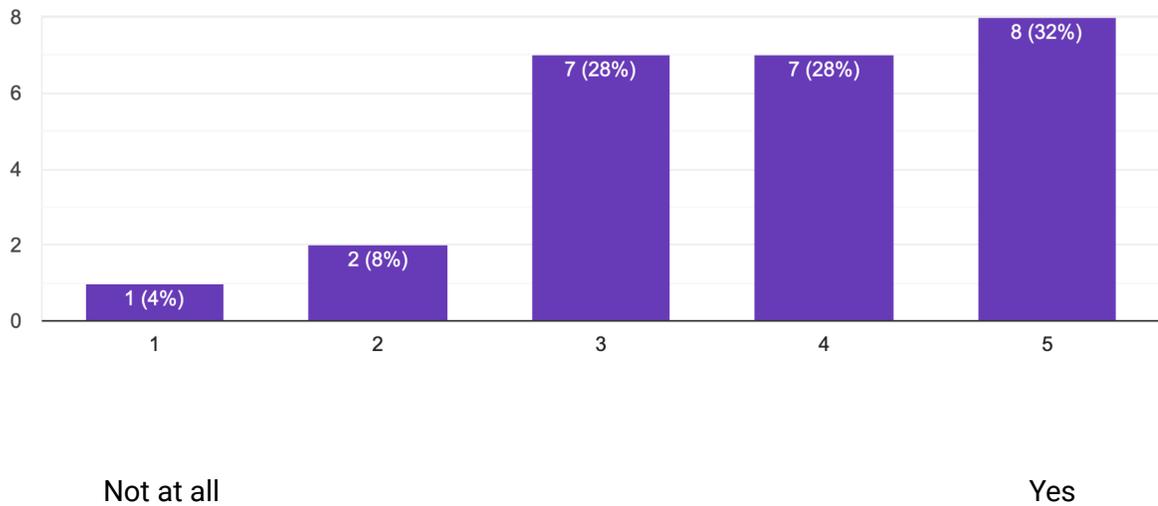
Did you know about the resources listed in the Shared Notes prior to the workshop?

25 responses



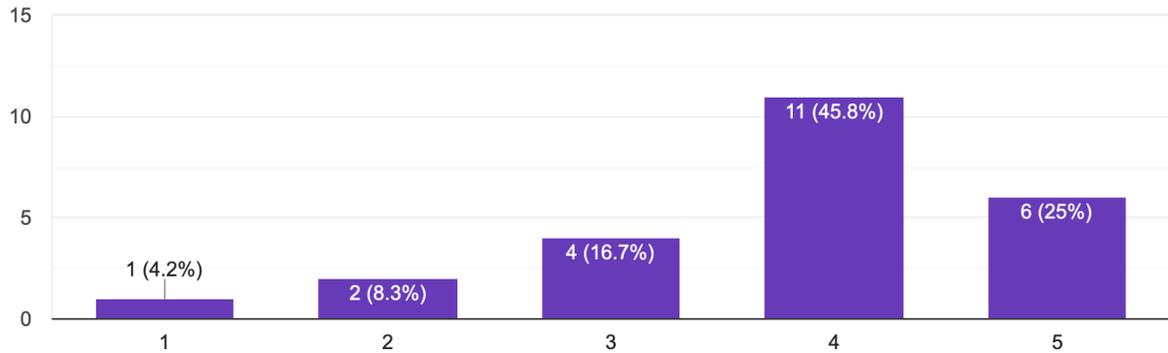
After this workshop, do you have new tools to support your own wellness?

25 responses



Was the topic of today's event something you think about often, or was it new for you?

24 responses



Not at all

Yes

What are your initial thoughts about your experience at today's event?

- Wonderful to be in a space with people who know about BPD on a personal level and were willing to openly share their experiences.
- Good program, but very triggering given the subject.
- Found it very informative. Found the chats helpful & supportive. I experience ADHD, so had a problem keeping up and figuring out some things as it was my first time joining. I'm so grateful for programs such as this, and that are offered at no required cost.
- Very glad that BPD is being talked about
- I found it very moving and very powerful.
- Refreshing take away of shared experiences
- Worthwhile and good self-care
- Warm and accepting forum. Inspiring. It's been very informative, and also emotionally engaging.
- Well worth the time. Great to listen to and learn WITH people living with BPD and not learn ABOUT them.
- So informative and powerful!
- I feel so grateful for having the opportunity to have spaces like these where we can connect and learn!
- Excellent

- I learned even more about BPD and I appreciate learning the experiences.
- It was very informative
- Excellent source of information coming from people who self-identify and also are interested in helping others
- So validating, it gave me a sense of great relief.
- I wish we'd had more time! i loved the resources, the facilitation, the speakers, the art shares, and all the contributions from folks in the chat. it would have been nice to take things at a more easeful pace
- I thought it was great, it was good to know i'm not alone in how i feel
- On a scale of one to ten this was an eleven. Individuals with BPD definitely need a community to share. I enjoyed hearing from all the presenters. The medical professionals still have a long way to go to understand BPD in real time. What support system that are our their & what is currently. Borderline Personality Disorder doesn't vanish over night. I'm 68 and still trying to regulate mood. Now people might think I am a cracky senior citizens. I'm learning about technology slowly, sorry wasn't sure how to share in the chat. No computer or laptop. Physician get annoyed with that on health meetings. I had a MD telling me "I don't have lots of time" I had an issue with zoom during our meeting, wasn't very therapeutic to say.
- This was very well done from start to finish. I am an art therapist and have been thinking about supports for therapists who live with a mental health diagnoses.
- very welcoming and relaxed
- Very safe space that breaks stigma
- It was most informative and interesting.
- Very touching seeing so many people sharing their experiences

What was your key takeaway?

There is hope and it is manageable!

BPD is livable and is not your identity. There is hope.

The spectrum of the disorder is so broad. I had my own stigma attached to BPD which is sad.

There is hope!

Having a mental illness does not make me a bad person.

Hopeful

As a clinician, it was a good reminder of how multifaceted BPD can be/look

BPD looks different for every person. The person is not the diagnosis

Have Compassion and seek understanding from the person living with BPD as everyone has individual needs and individual symptoms and struggles.

The reminder of how much BPD can shift with time and how different care looks for different folks with BPD.

I feel slightly more hopeful that there is people out there that want to help and understand.

I knew that men could be diagnosed but I did not realize that men go being misdiagnosed a lot or even not diagnosed at all.

I am not alone in dealing with Borderline Personality Disorder

understanding your BPD expedites your functionality

That I am not the only one who struggles in applying DBT skills and that there are several alternative therapies I can explore.

community, hope, pride, connection, and empowerment

just how we all have different coping strategies

Were human first diagnosis second. Everyone has a story to tell. Stop, Look & Listen.

Respect the diverse experiences of individuals living with a particular mental health diagnoses. Thinking about the challenges faced by individuals living with a mental diagnosis as similar life challenges even if diagnosed.

our individual journeys are to be cherished and respected

BPD is experienced by all sorts of folks - it presents in various forms

BPD is often misrepresented.

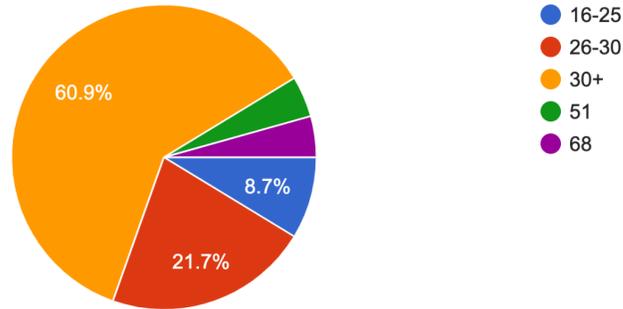
That there are lots of ways to live a fulfilling life and find community and treatment

How might you use what you learned today?

- I attended with my daughter who has been diagnosed and is in an IOP for BPD. This presentation gives us common language, information and experience to talk about. We struggle with communicating, especially about her "recovery/management".
- Explore more about somatic therapy for trauma - really be an activist for mental health
- This helped me accept/understand myself a little more
- Look into somatic therapy for trauma
- I might be able to help people with Borderline Personality Disorder better.
- Treat each person individually
- To deepen my understanding and broaden my therapy practice
- Be more validating and sensitive to people with BPD
- I use it with my clients in my work as addictions and mental health worker
- In my practice! Grad student in counselling right now and very much wanting to improve care for folks with BPD.
- I have more things to think about that could be helpful in terms of how to better support myself, how others could support me, and maybe how I think about having BPD.
- I think that a family member has BPD and from what I learned today, I feel that I can empathize with him a lot more.
- Spread awareness
- listen more to my daughter
- I plan on actively posting on forums and connecting with the women I met today. I am going to use this information with my patients and clients to offer them some validation as well.
- i want to make a more concerted effort to reach out and connect with other folks who have bpd
- i shall continue to read and learn about bpd so i can better understand myself
- Be kind to myself, learn from other who are trying to cope as well.
- I will definitely integrate what I learned today the resources provided into my own life and practice and also share with my colleagues.
- I'm actually very inspired to make videos at the moment
- As I work in SW and towards LCSW, I have a better understanding of folks living with BPD
- To support people living with BPD.
- I may use it to support myself or others throughout their experiences with mental health.

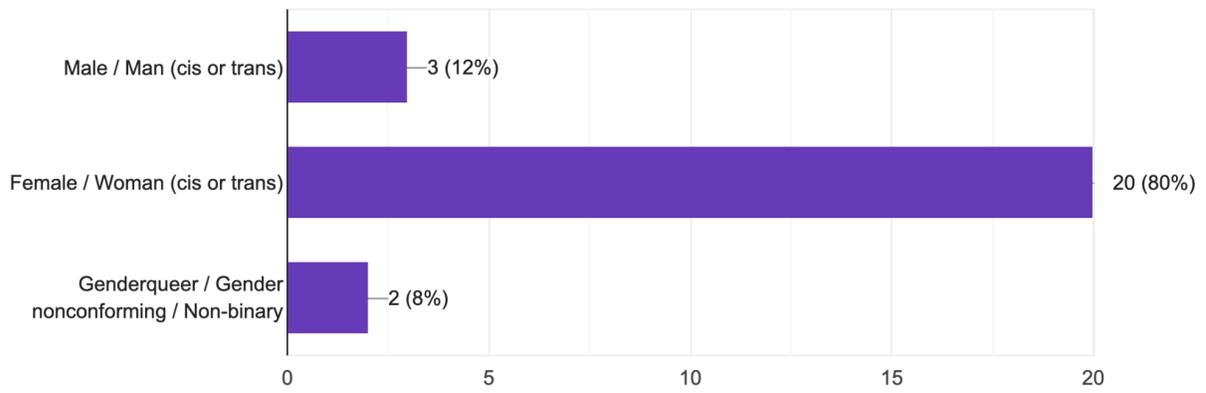
Age

23 responses



Gender Identity

25 responses



Ethnicity

24 responses

