

# Black + Mental Health + Matters

## Post-Workshop Evaluations

Glendale Community College  
2/23/23

Number of attendees:10  
Number of evaluations:7

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

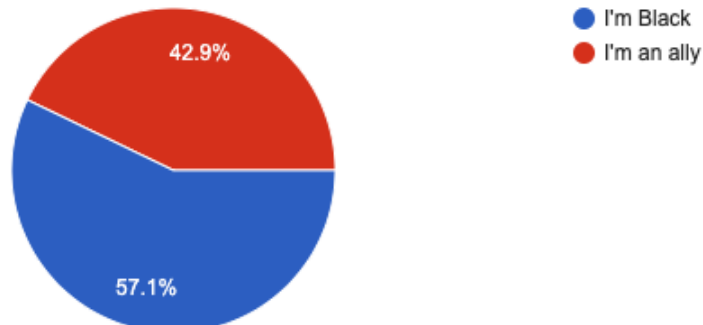
The importance of mental health on our lives  
Great atmosphere  
That I have a community here at GCC. I am heard, understood, wanted, and accepted.  
We are together a community we are creative we have feelings we are beautiful !  
Resources for black mental health, holding space for black mental  
Safe space where tools were available to help mental health.  
8 dimensions of self care

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

Finishing joy and peace around stressors including the resources for support and exercises for discussion  
Share the warmth  
I will definitely carry everything we talked about with me as I go through school, cause I often feel a bit out of place.  
I will try to remember all the takeaways from today when I'm experiencing self doubt  
Working with students, my colleagues, bringing an environment of empathy  
Use to help better understand and add positive ways to understand my concerns.  
I will use the information to reflect and develop better self care habits.

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

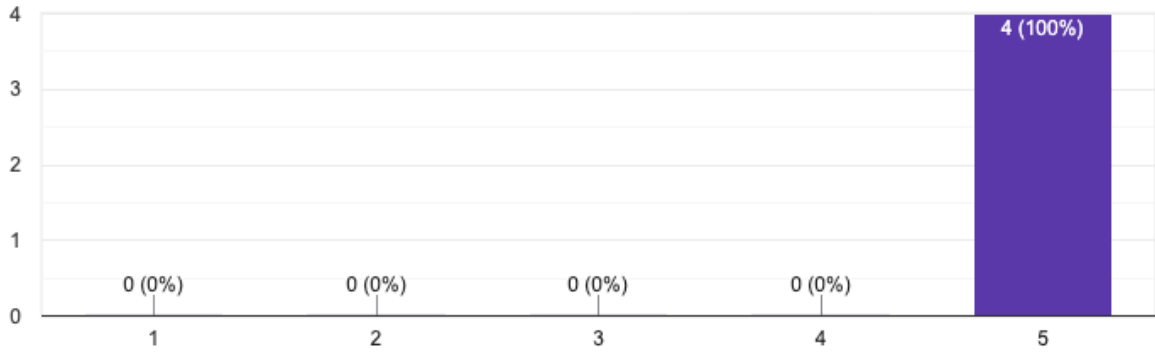
7 responses



## For Black students

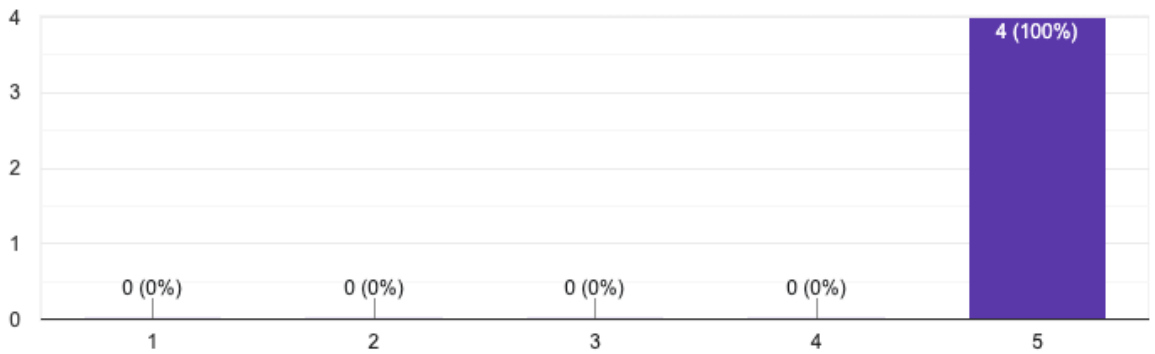
DID THIS WORKSHOP FEEL LIKE A PLACE OF REFUGE?

4 responses



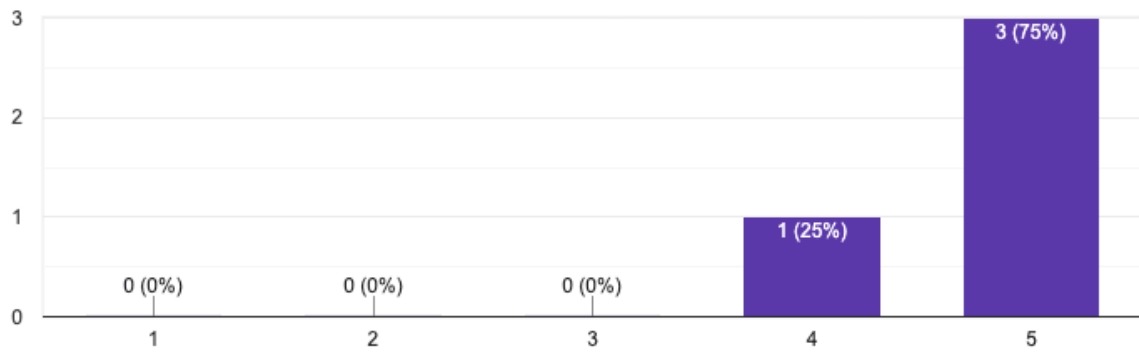
DID THIS WORKSHOP MAKE YOU FEEL SEEN AND HEARD?

4 responses



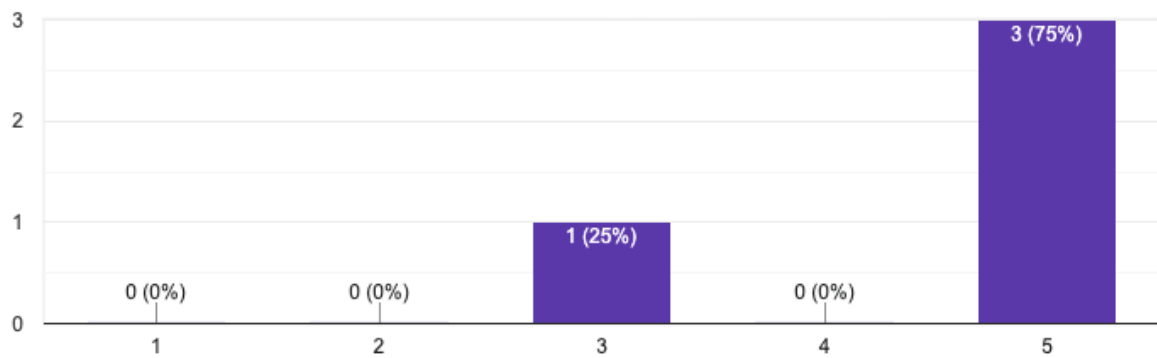
### DID THIS WORKSHOP EQUIP YOU WITH TOOLS TO HELP YOU HEAL AND THRIVE?

4 responses



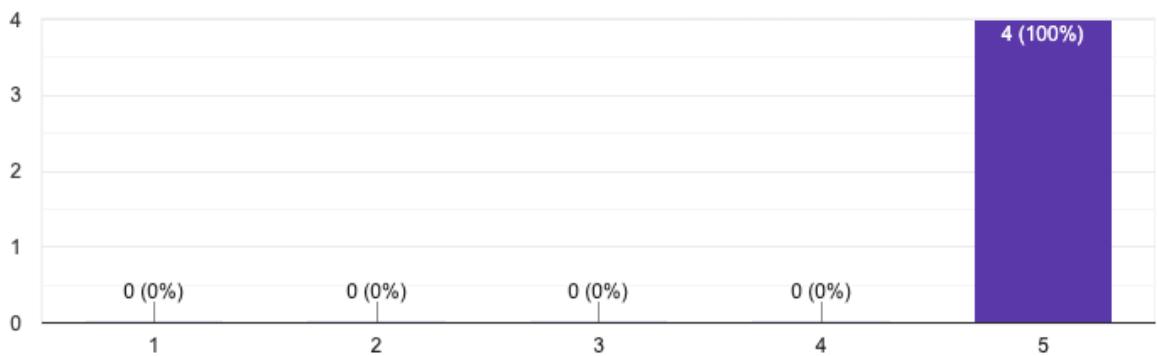
### DID THIS WORKSHOP ACKNOWLEDGE YOUR LIVED EXPERIENCE?

4 responses



### DID YOU FEEL CENTERED AND LIFTED UP A BLACK PERSON?

4 responses



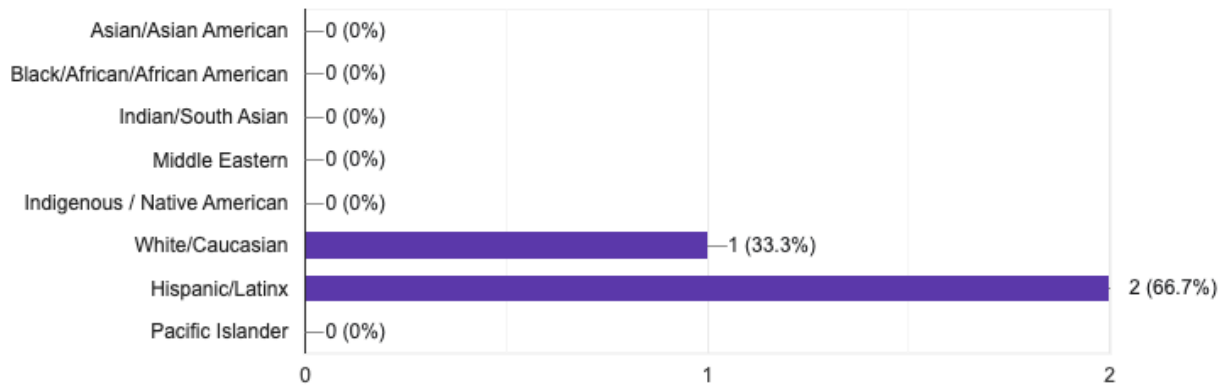
**Is there anything else you'd like to share about your experience?**

Thank you!  
 Paige is incredible thank you Paige for the amazing experience you rock  
 Paige is a wonderful facilitator. She created a calm and safe environment that allowed us to feel comfortable be vulnerable and share experiences. She's great!!!

**For Allies**

**HOW DO YOU IDENTIFY?**

3 responses



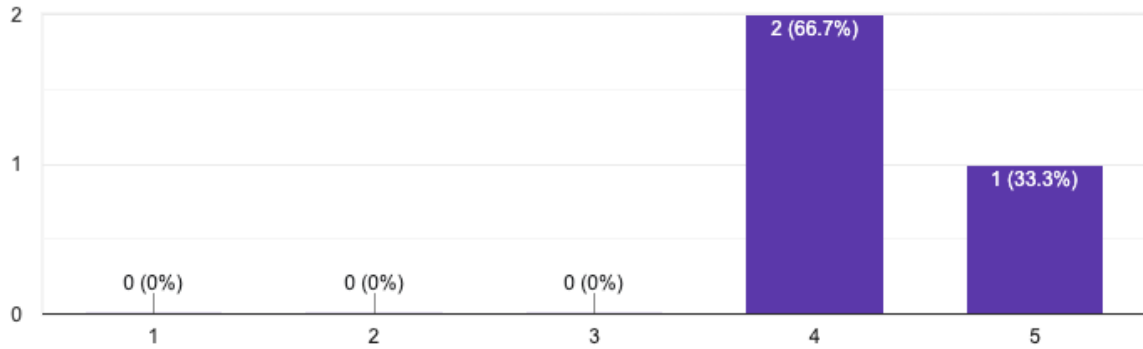
**How did it feel to be an ally in a space that centered Black people?  
 and/or receiving mental health support?**

(Highlights: see raw data for full list)

Normal  
 Important and necessary  
 Comfortable and accepted.

AFTER THIS WORKSHOP, DO YOU FEEL BETTER EQUIPPED TO SUPPORT THE MENTAL HEALTH OF BLACK PEOPLE IN YOUR LIFE?

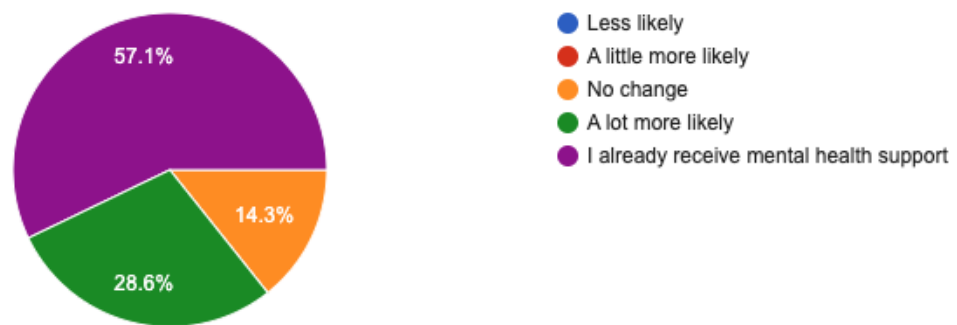
3 responses



### Outcomes

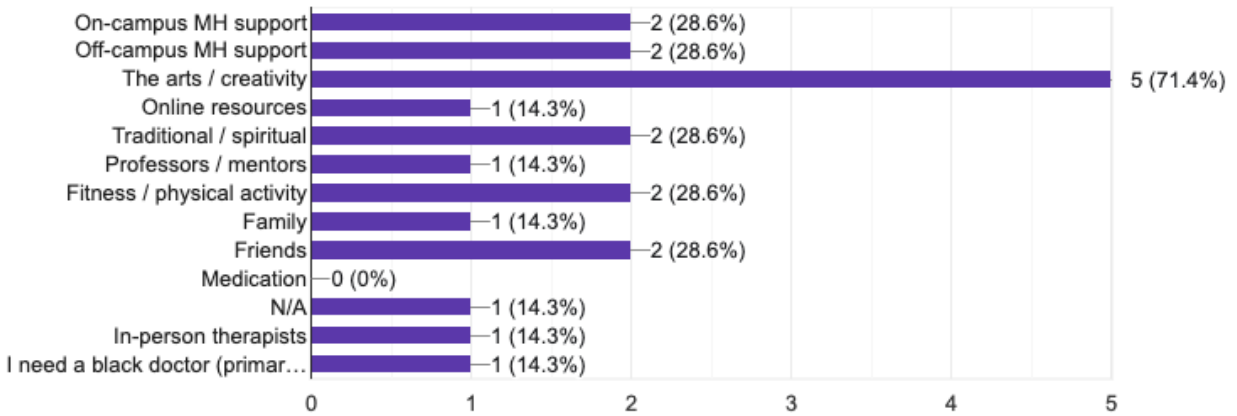
AFTER THIS EVENT, ARE YOU MORE OR LESS LIKELY TO SEEK SUPPORT FOR YOUR MENTAL HEALTH?

7 responses



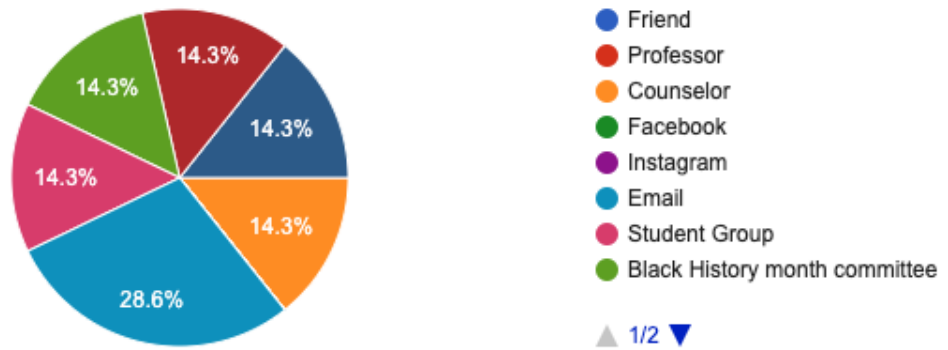
### WHAT TYPES OF MENTAL HEALTH SUPPORT DO YOU THINK WOULD BE MOST USEFUL TO YOU?

7 responses



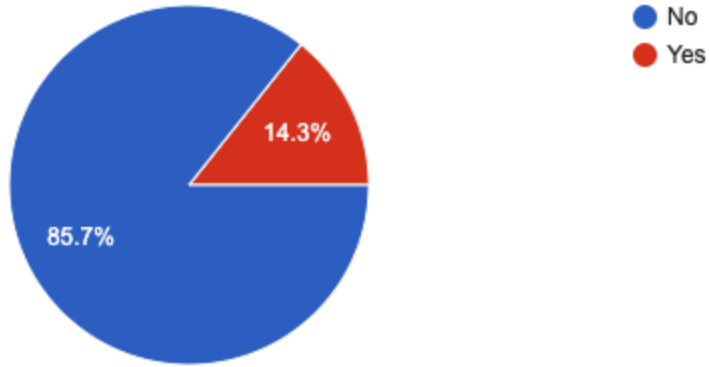
### HOW DID YOU HEAR ABOUT THIS EVENT?

7 responses



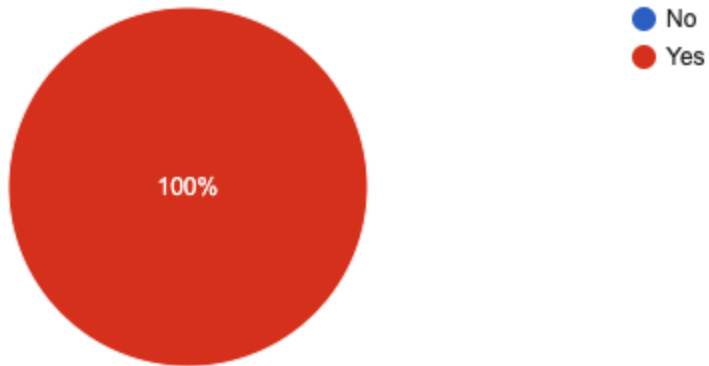
BEFORE THIS EVENT, DID YOU KNOW ABOUT MHSOAC?

7 responses



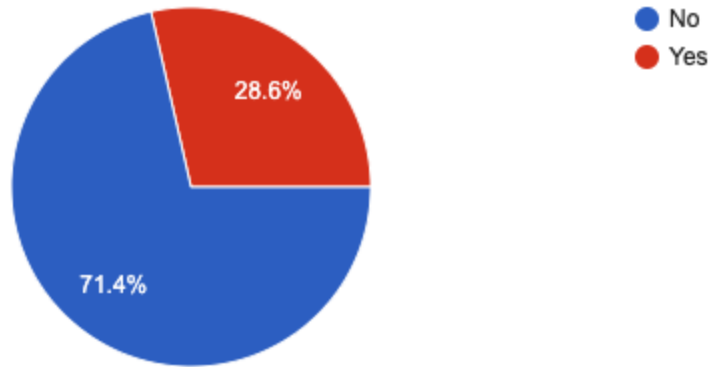
BEFORE THIS EVENT, DID YOU KNOW ABOUT YOUR SCHOOL'S COUNSELING SERVICES?

7 responses



BEFORE THIS EVENT, DID YOU KNOW ABOUT THE COMMUNITY RESOURCES?

7 responses



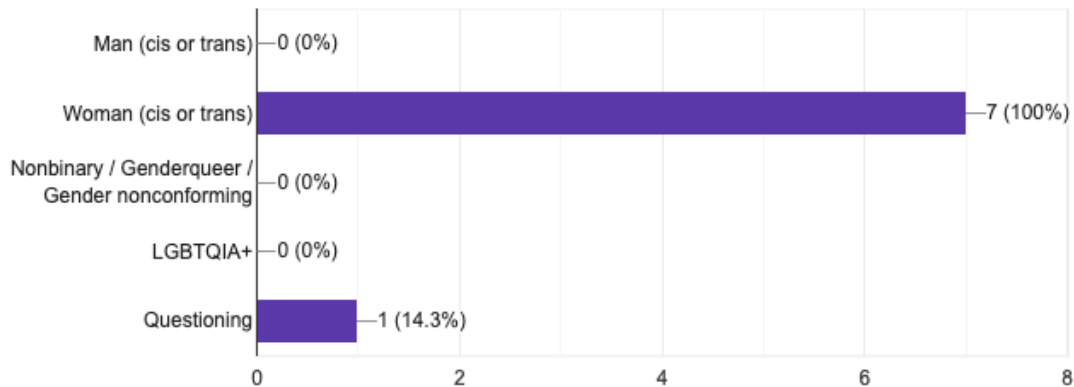
**How can we improve this event in the future?**

More time! This would be a great day or half day retreat  
 Everything was really great overall. The only thing I guess I'd critique is the art portion. I would've liked to have more time to do more art-centered activities.  
 More please  
 Nothing at this time.  
 Nothing

**Demographics**

GENDER IDENTITY

7 responses





Major	
Graphic Design	1
BA in Psych & MS in Counseling	1
N/A	2

YEAR

6 responses

