

Black + Mental Health + Matters

Post-Workshop Evaluations

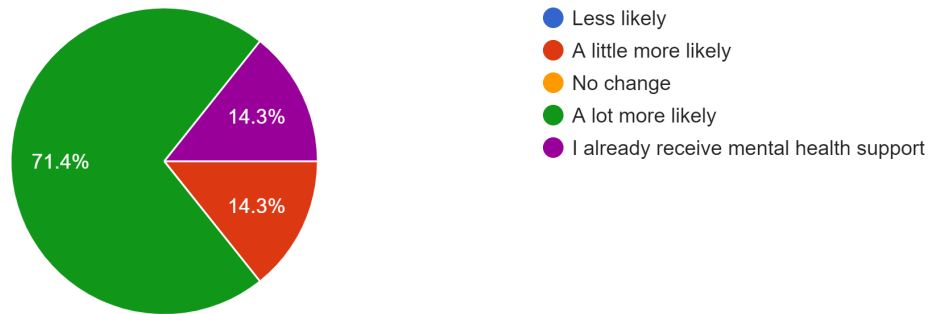
Glendale Community College
May 27, 2021

Number of attendees: 18
Number of evaluations: 7

Outcomes

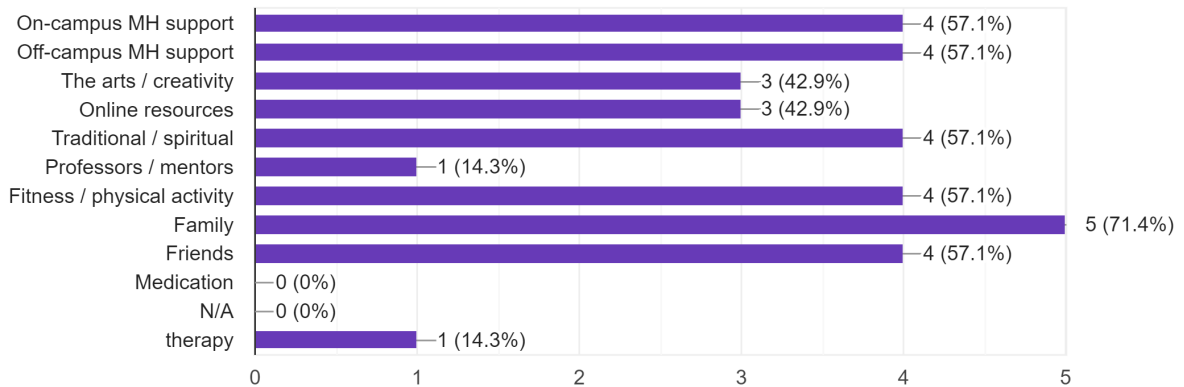
After this event, are you more or less likely to seek support for your own mental health?

7 responses



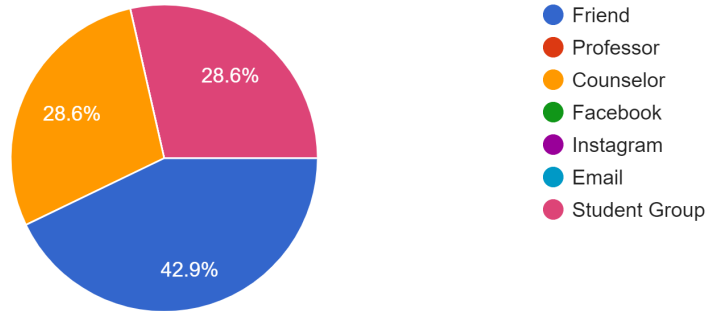
What type(s) of mental health support do you think would be most useful to you?

7 responses



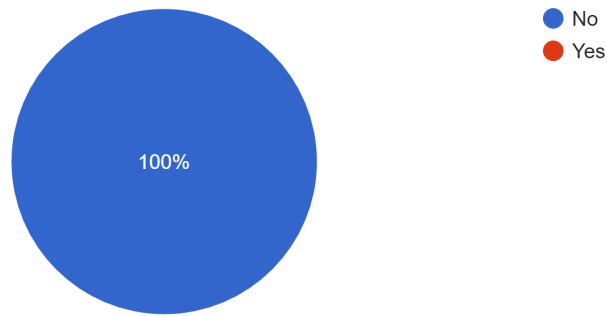
How did you hear about this event?

7 responses



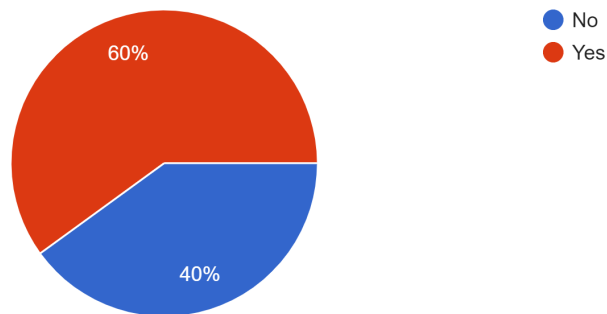
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

7 responses



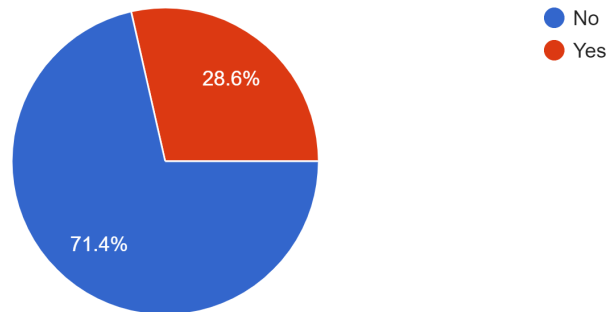
Before this event, did you know about your school's counseling services?

5 responses



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

7 responses



What was your main takeaway from today's workshop?

To listen to yourself, and body and prioritize healing.
 My name is powerful and I am not alone
 There are so many factors that can play into Black mental health. Often times, although "diversity" is mentioned in spaces created to encourage and promote mental health, Black folks are left out of conversations and their needs are not centered. This space was not that. This space definitely centered the mental health of Black folks and I think that was so important.
 my name has power and I am worth taking care of myself
 Centering Blackness is okay, everyone has mental health,
 Resources & time to reflect on myself and thoughts.
 That I am worthy just for living and breathing

How might you use what you learned today?

Meditation, prayer, and contacting the mental health resources.
 better self reflection
 I hope to keep what I learned today in mind when I'm advocating for the rights and well being of people in all of my communities, but in particular those of my Black sisters and Brothers because I learned today that they are affected by so much.
 by taking time to replenish my soul and healing myself a little bit each day
 I am definitely going to slow down and check in with myself regarding my mental health as well as do more research around the different tenets of self care.
 I will meditate and "call on my ancestors."
 I will definitely share the toolkit with my friends and I will continue focusing on all aspects of self care

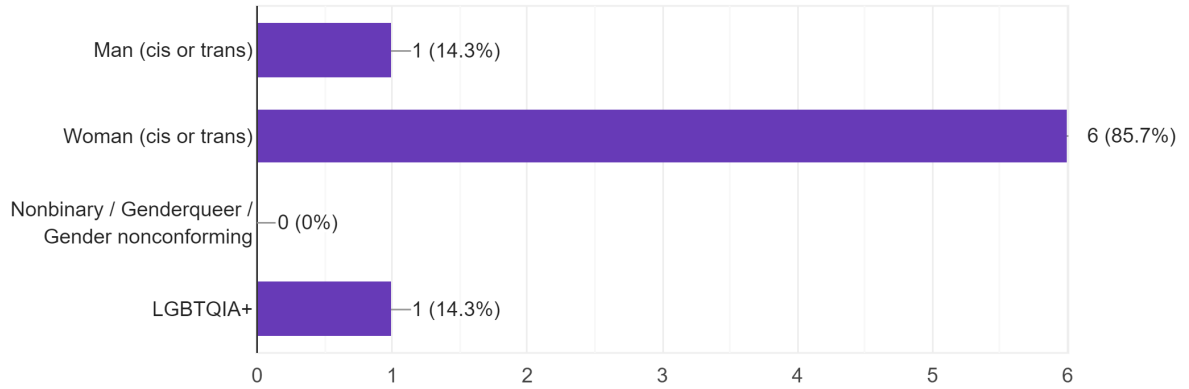
How can we improve this event in the future?

It was engaging all the way through, only way it could've been better would be to maybe make it earlier in the day?

Demographics

How do you identify? (Check all that apply)

7 responses



Major

7 responses

Psychology

sociology

Sociology

psychology

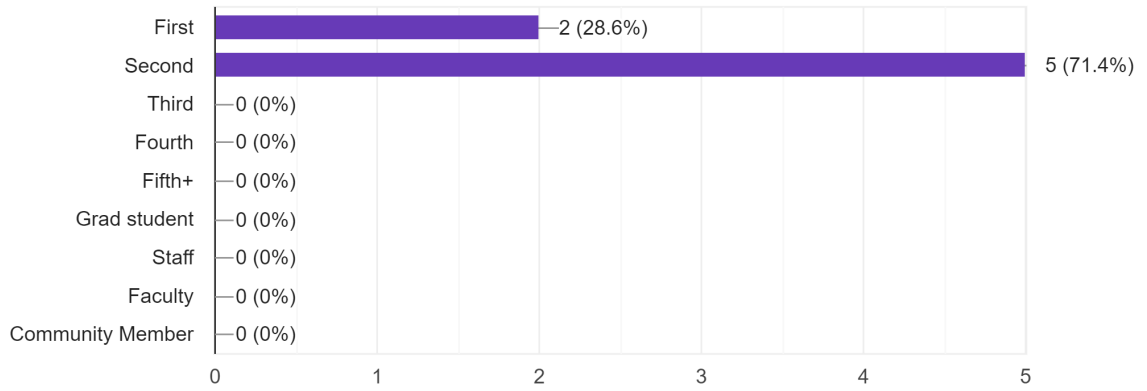
Studio Art

Film

Psychology and social sciences

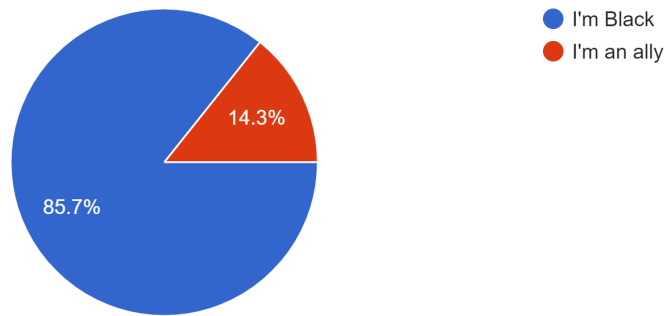
Year

7 responses



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

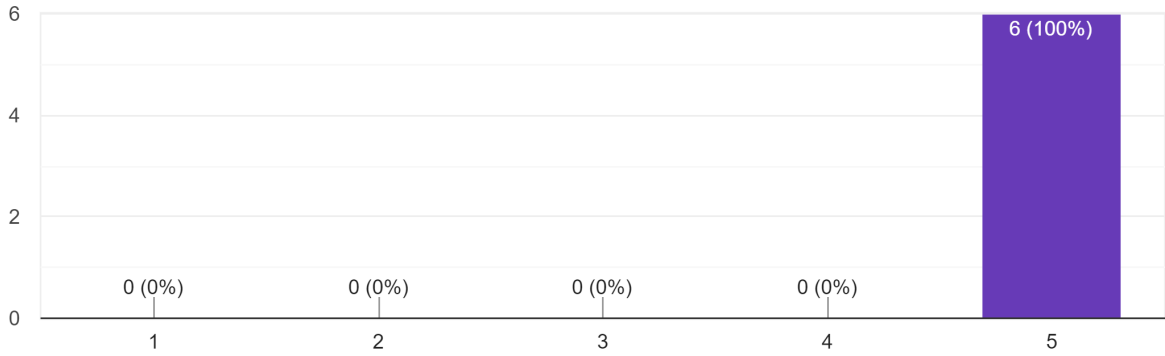
7 responses



For Black students

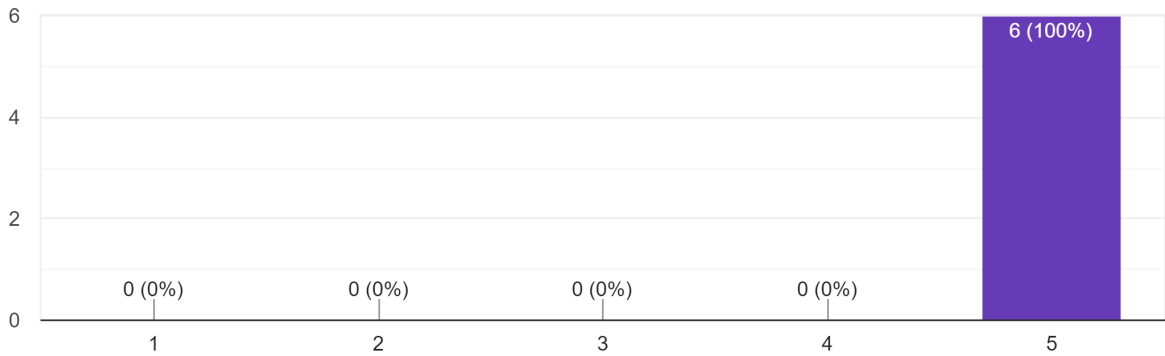
Did this workshop feel like a place of refuge for you?

6 responses



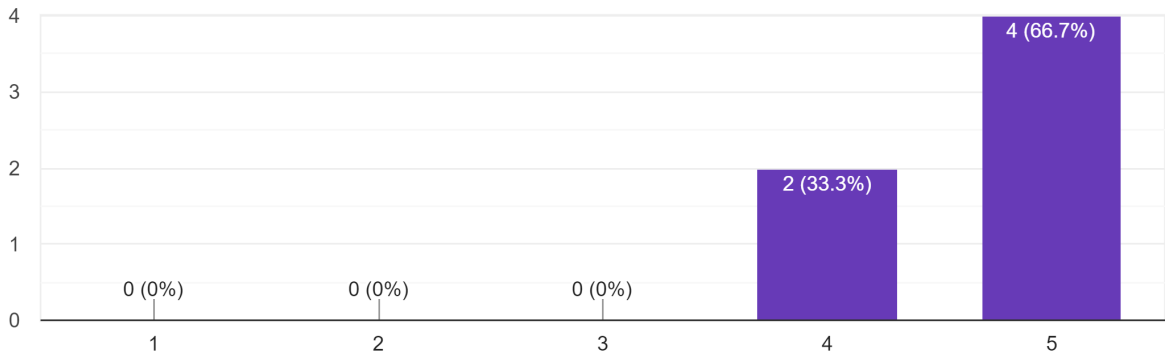
Did this workshop make you feel seen and heard?

6 responses



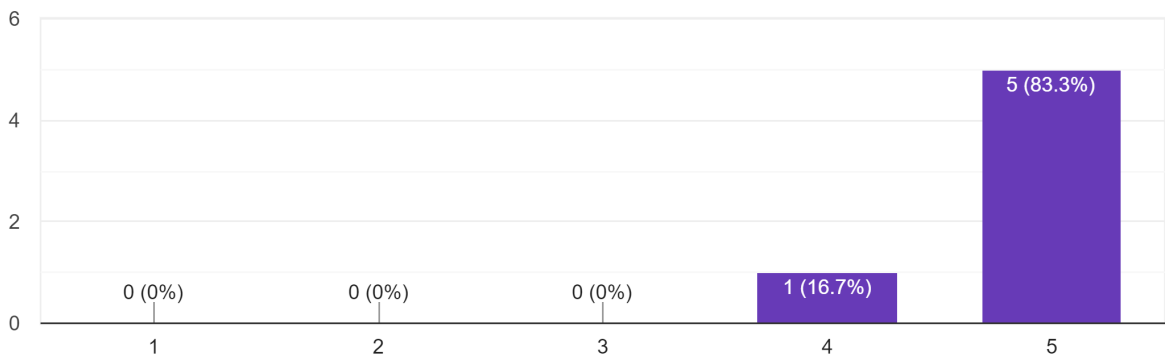
Did this workshop equip you with tools to help you heal and thrive?

6 responses



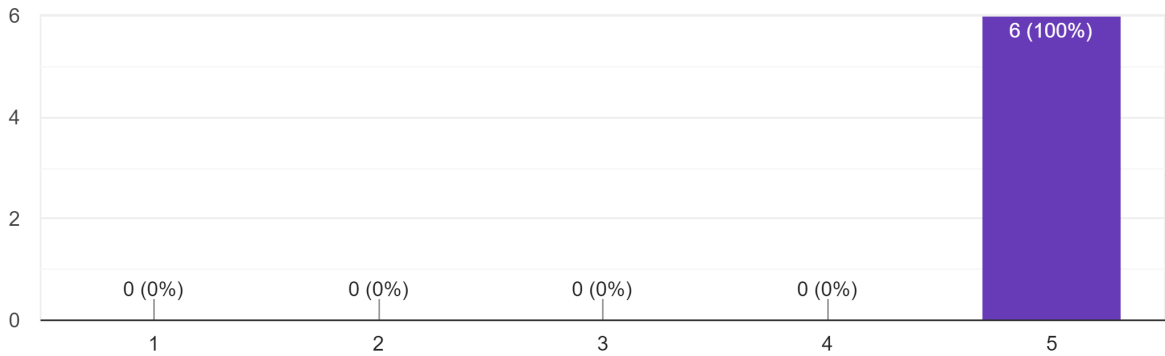
Did this workshop acknowledge your lived experience?

6 responses



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

6 responses



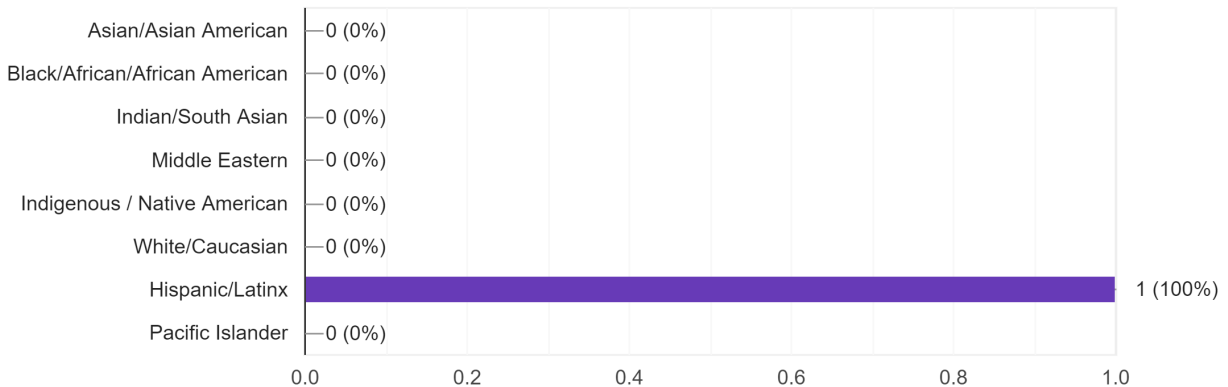
Is there anything else you'd like to share about your experience?

Great work.
 this workshop was amazing!
 This was a wonderful experience!
 I loved the energy during this call.
 Absolutely wonderful

For Allies

How do you identify? (check all that apply)

1 response



**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 and I feel that more spaces like this are absolutely necessary.

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

1 response

