

Black + Mental Health + Matters

Post-Workshop Evaluations

Glendale Community College
February 24, 2022

Number of attendees: 13
Number of evaluations: 7

What was your main takeaway from today's workshop?

My mental health matters and is manageable.

That I have an abundance of resources and that I am worthy of all of them

There are TONS of useful resources near and far that support Black folx. I also really appreciated the interactiveness the facilitator had and also the accessibility of this event.

Loved the incredible video that was played. "and still, we thrive." Very empowering. Also love the reminder that we are the descendants of healers.

Art is a powerful tool for expression. Love the beautiful art, video, music, and the mini poem activity.

That it is okay to talk about mental health.

Rest, thriving, checking in with myself

How might you use what you learned today?

Coping skills and using resources

take more time out of my day to care for myself and be forgiving when I don't. Biggest takeaway was to reach out when I need help.

I'm definitely going to check in with my feelings and get me right, so I have enough in my cup to work in tandem with the Black community and address the stressors that impact my Black siblings.

I am encouraged to use the feelings wheel that was shared

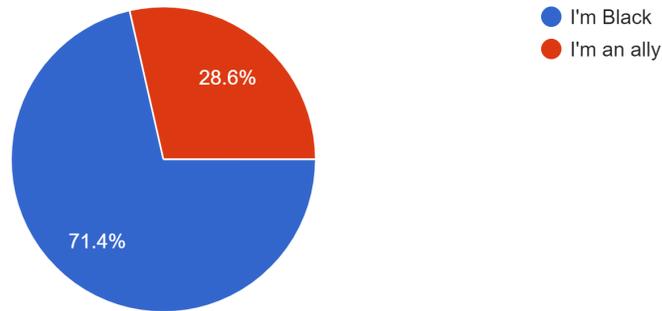
Awareness of resources

I will use what I learned today, to step into my purpose and own my Blackness and to not be afraid to be big in spaces where people don't look like me.

The ability to write a short manifestation poem

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

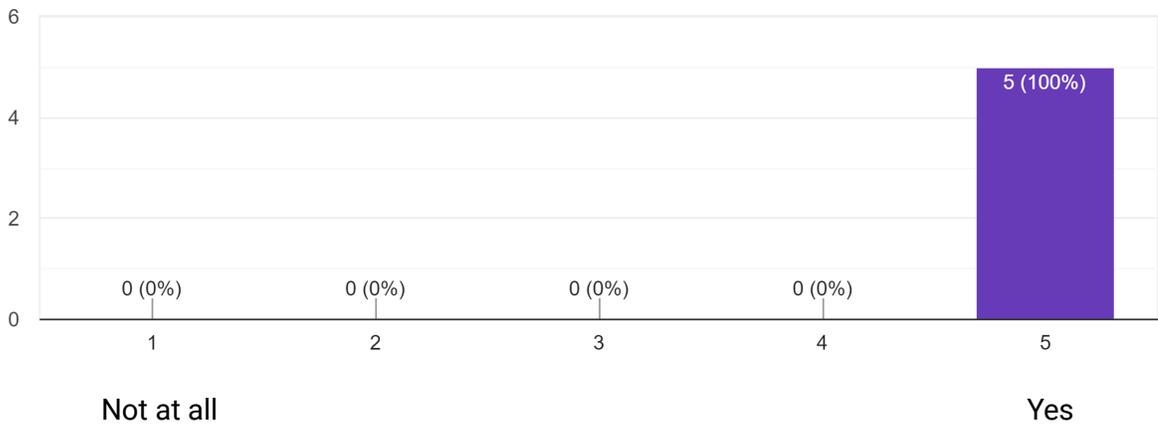
7 responses



For Black students

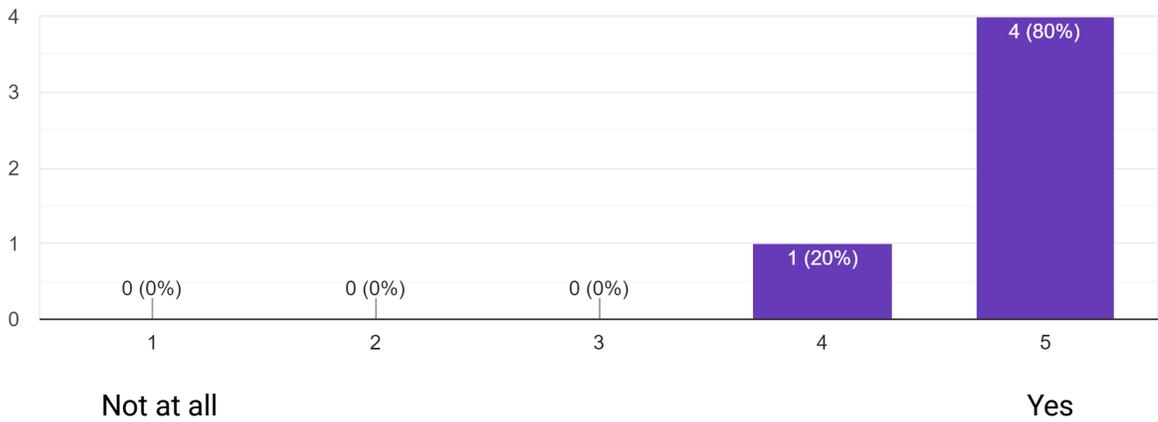
Did this workshop feel like a place of refuge for you?

5 responses



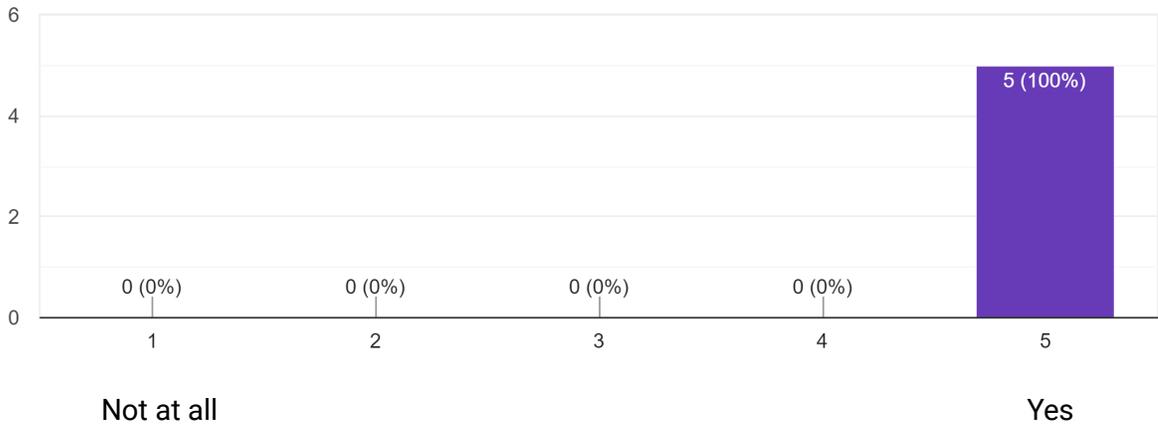
Did this workshop make you feel seen and heard?

5 responses



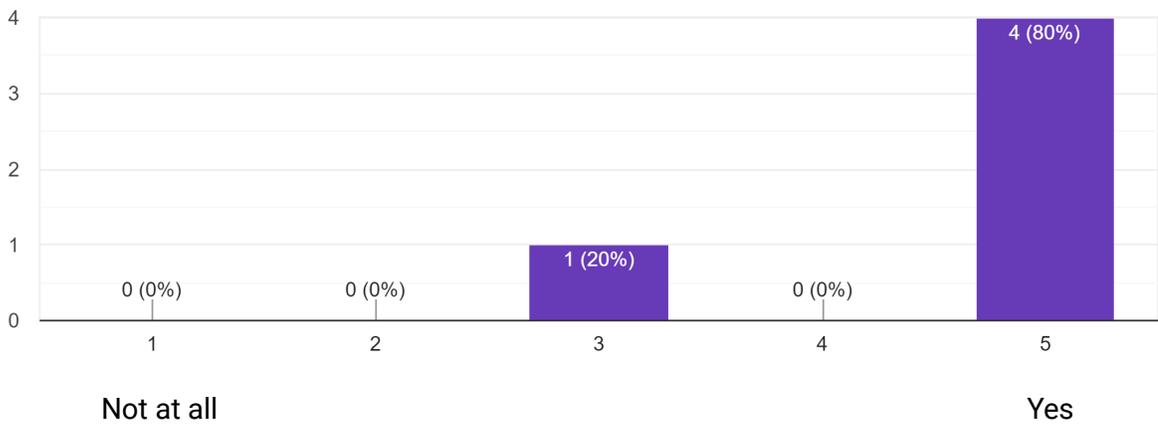
Did this workshop equip you with tools to help you heal and thrive?

5 responses



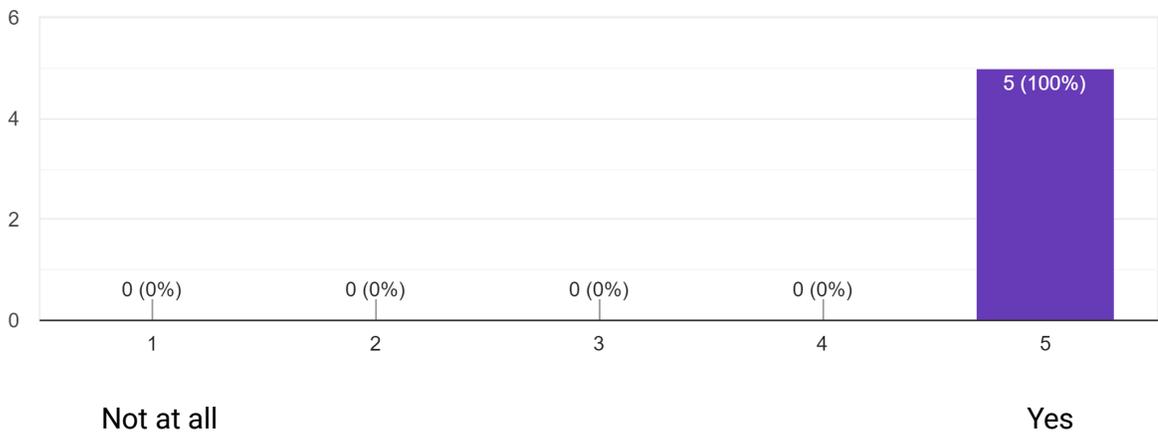
Did this workshop acknowledge your lived experience?

5 responses



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

5 responses



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

The music was great and it was such a calm and welcoming environment! I will absolutely be going to more events like this!

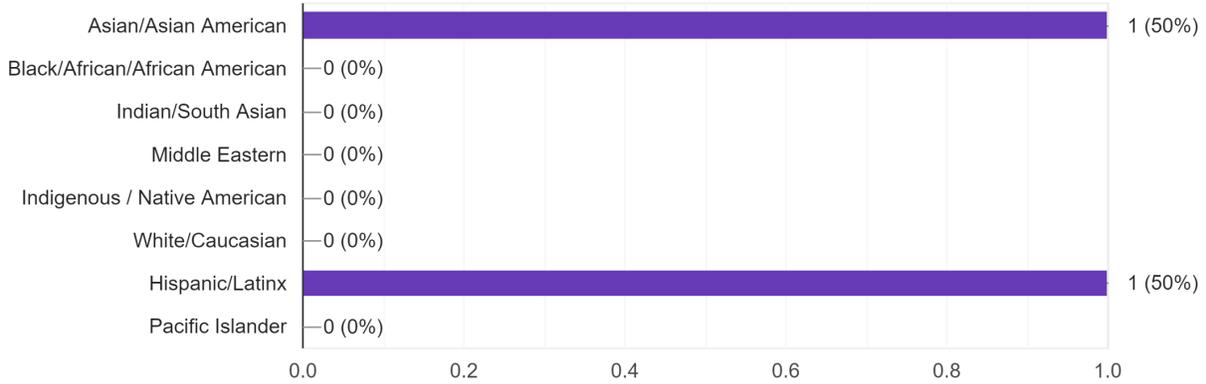
I enjoyed it a lot. Thank you to those who put in great effort behind the scenes!

Great event

For Allies

How do you identify? (check all that apply)

2 responses



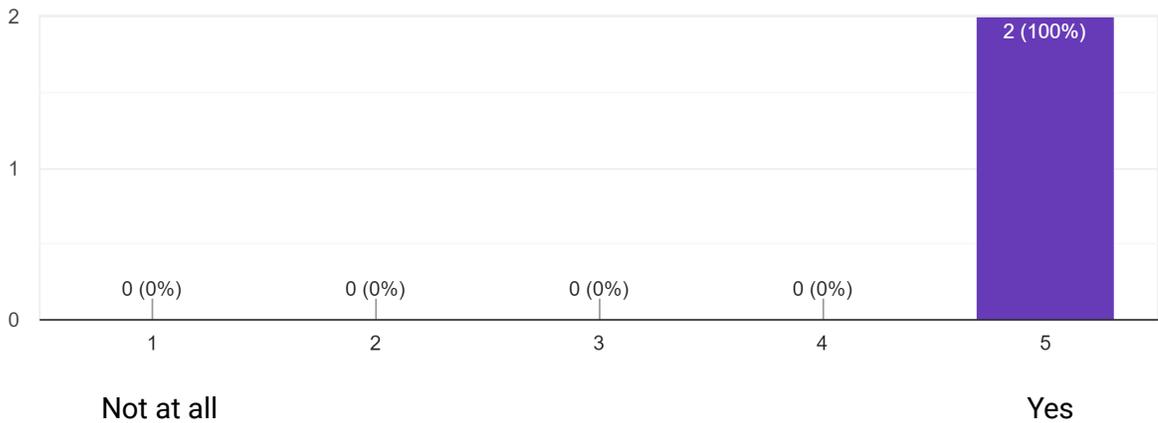
How did it feel to be an ally in a space that centered Black people? and/or receiving mental health support? (Highlights: see raw data for full list)

I felt personally inspired, empowered, and grateful to participate in this space. Thank you <3

Unity

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

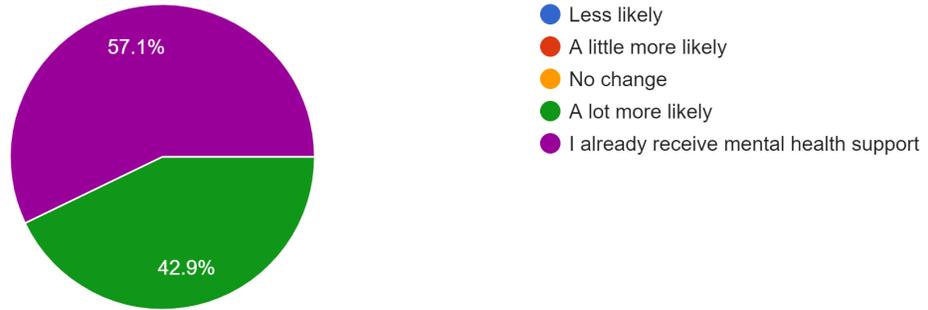
2 responses



Outcomes

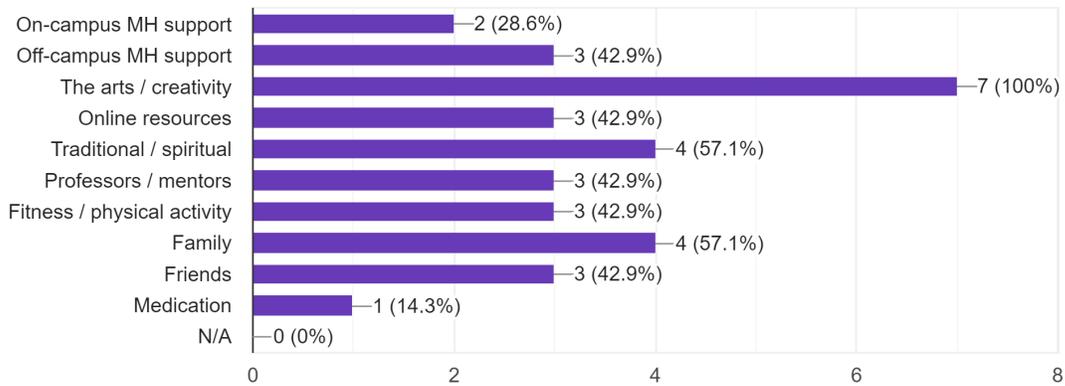
After this event, are you more or less likely to seek support for your own mental health?

7 responses



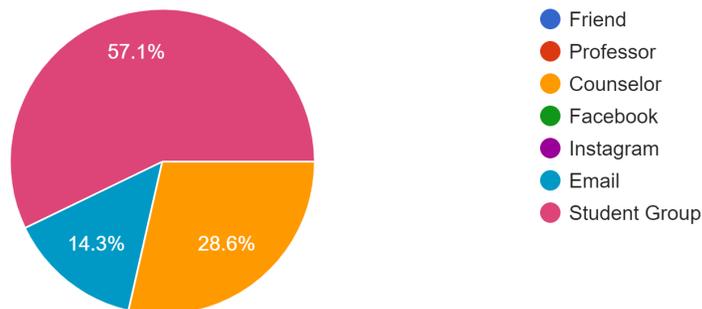
What type(s) of mental health support do you think would be most useful to you?

7 responses



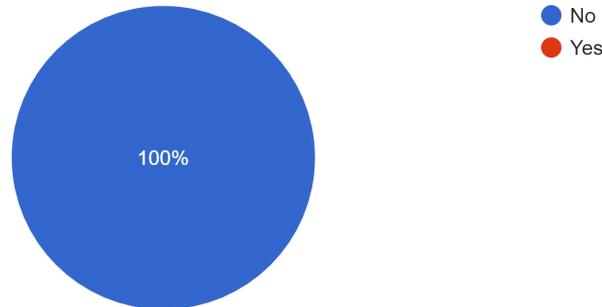
How did you hear about this event?

7 responses



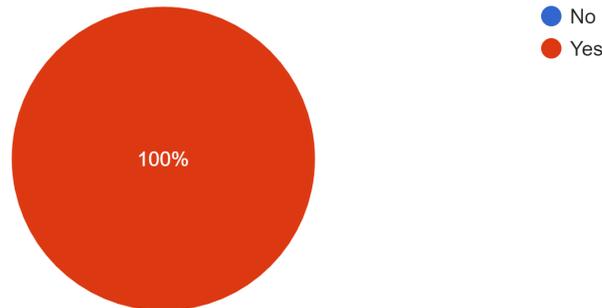
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

7 responses



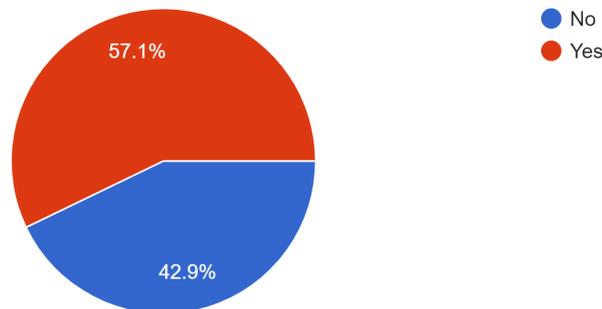
Before this event, did you know about your school's counseling services?

7 responses



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

7 responses



How can we improve this event in the future?

not sure, just more people attending

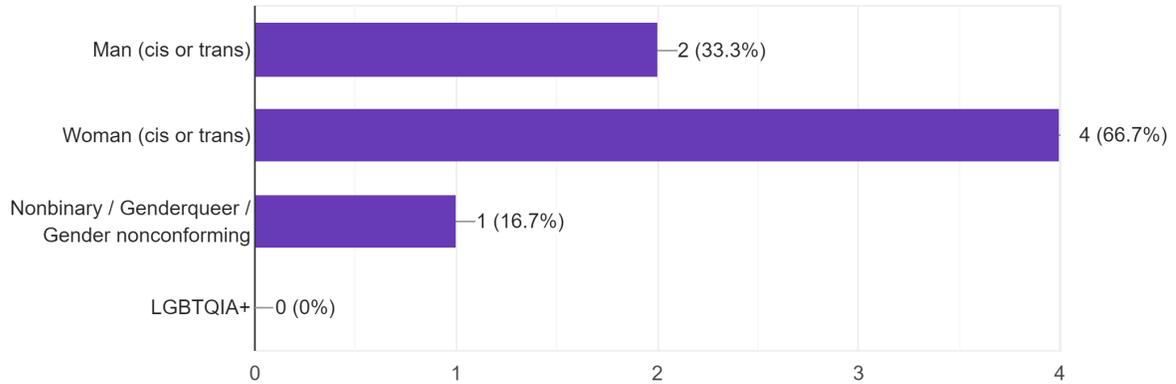
Possibly expand this event by collaborating with other community colleges.

it'd be nice to encourage others to share their experiences through mic/typing according to whatever questions they feel comfortable sharing rather than choosing students to share beforehand, not really knowing what to expect. In that way, I think more people would participate

Demographics

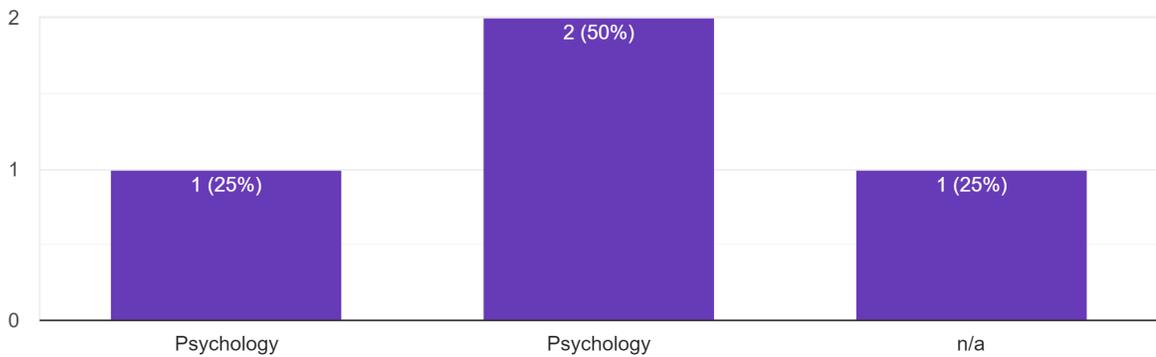
How do you identify? (Check all that apply)

6 responses



Major

4 responses



Year

7 responses

