

Wellness in Words (Online)

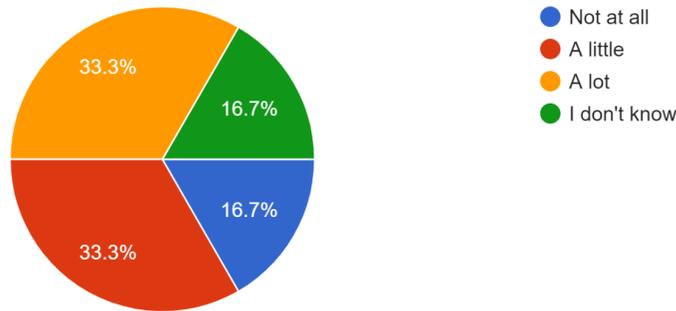
Post-Workshop Evaluations

Kennebec Valley Community College
March 23, 2022

Number of attendees: 18
Number of evaluations: 6

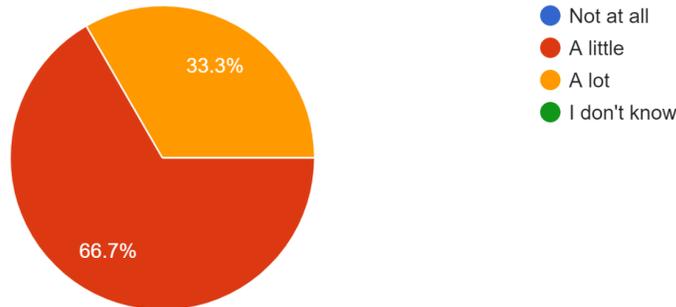
Did this workshop increase your awareness of mental health issues related to hope and resilience?

6 responses



Did this workshop help you name and see examples of stigma related to mental health issues related to hope and resilience?

6 responses



What was your main takeaway?

- Connections art to thoughts are good let it unravel
- Someone there to help and different examples
- A continued sense of gratitude for the healing capability of poetry
- How therapeutic writing can be
- Getting in touch with my feelings and putting them into a poetry
- That school can help others, but knew this. It was reinforced.

How might you use what you learned today?

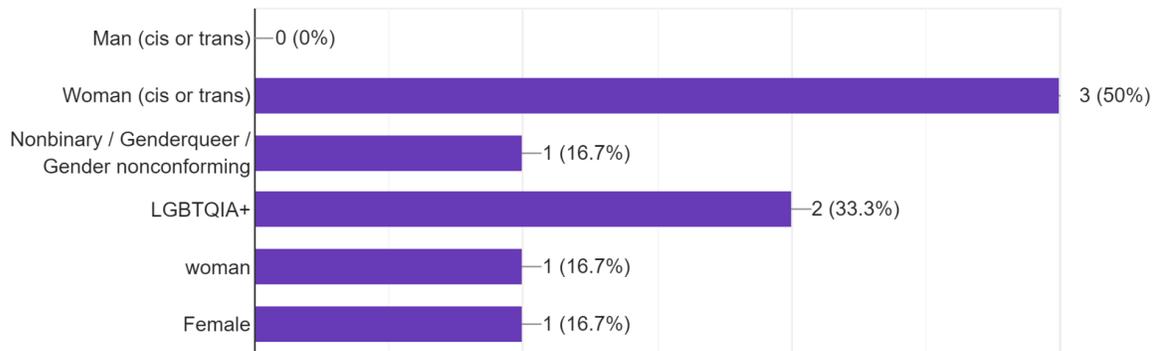
- Practicing more self-compassion, notably explored in the video shared and the following writing prompt, 'love letter to your younger self'. I'm going to try continuing that letter.
- Spend more self care time on writing and journaling
- I want to get more involved and volunteer.
- Write more poems

If you were telling a friend about this workshop, you would describe it as: (Highlights: see raw data for full list)

- Interesting, try it out, you might get more out of it than you think.
- A valuable resource for healing
- Excellent use of your time :)
- Mental illness poetry prompt workshop
- Never know what you might learn.

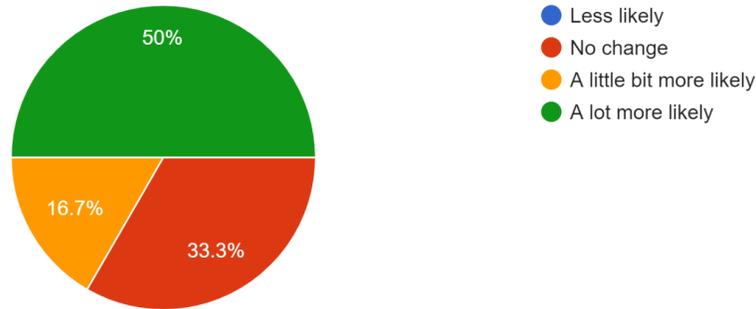
How do you identify? (Check all that apply)

6 responses



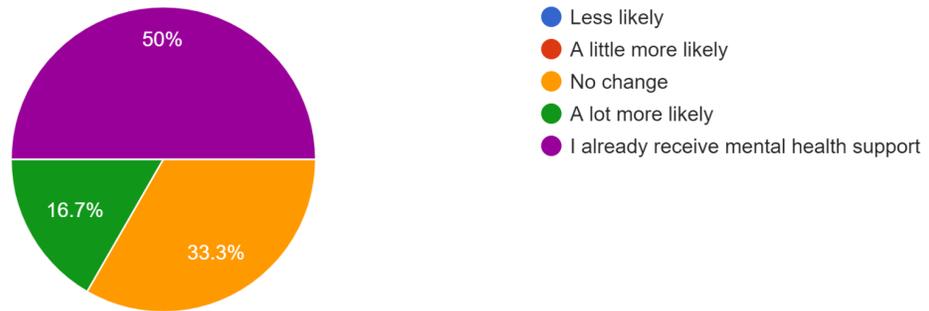
After this workshop, are you more or less likely to take action to support the mental health of people in your life?

6 responses



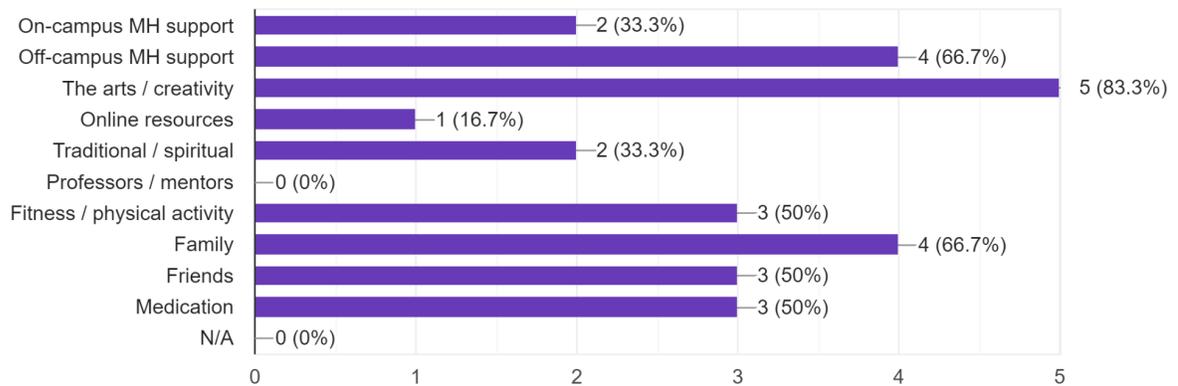
After this event, are you more or less likely to seek support for your own mental health?

6 responses



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

6 responses



What are the biggest barriers to your mental wellness and/or receiving mental health support?
(Highlights: see raw data for full list)

Taking time to explore my own mental state and future
Executive dysfunction from ADHD/accessibility to professionals
Limited resources
Trauma
Time

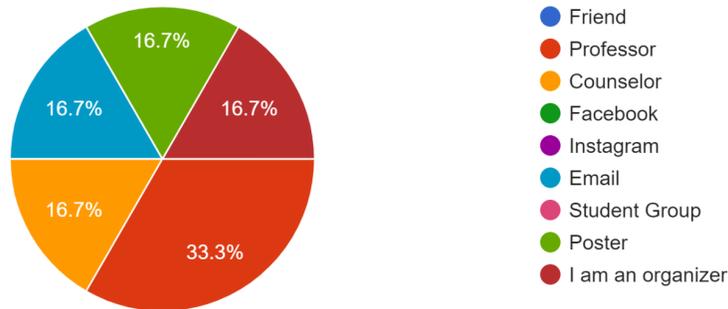
How can we improve this event in the future?

Maybe adding guidance in how to write the poetry? I wonder if some folks struggled to share because they wrote it by hand and had to type it, not affording them as much time to hear other poetry/get theirs out in time.

Only truly found out about this from my professor.

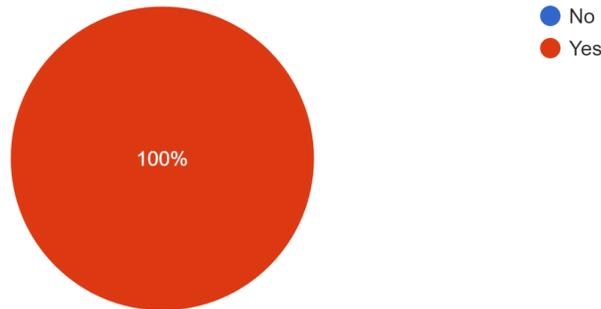
How did you hear about this event?

6 responses



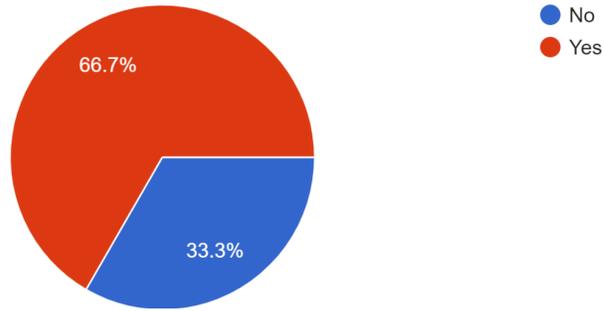
Before this event, did you know about your school's counseling services?

6 responses



Before this event, did you know about the community resource(s) who presented on the panel?

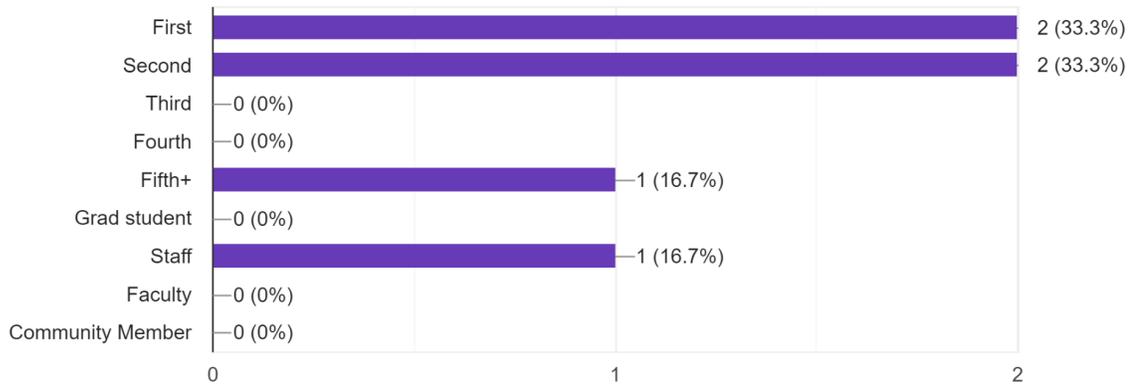
6 responses



Major	
PTA	1
General Studies	3
MHRT-C Certificate	1

Year

6 responses



Ethnicity

6 responses

