

Black + Mental Health + Matters

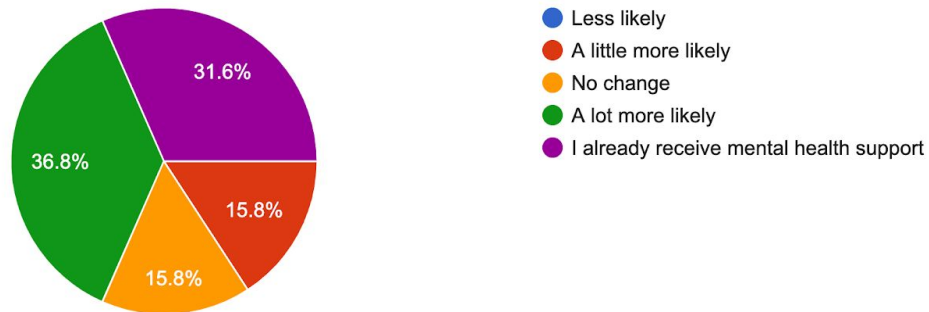
Post-Workshop Evaluations

Long Beach City College
March 5, 2021

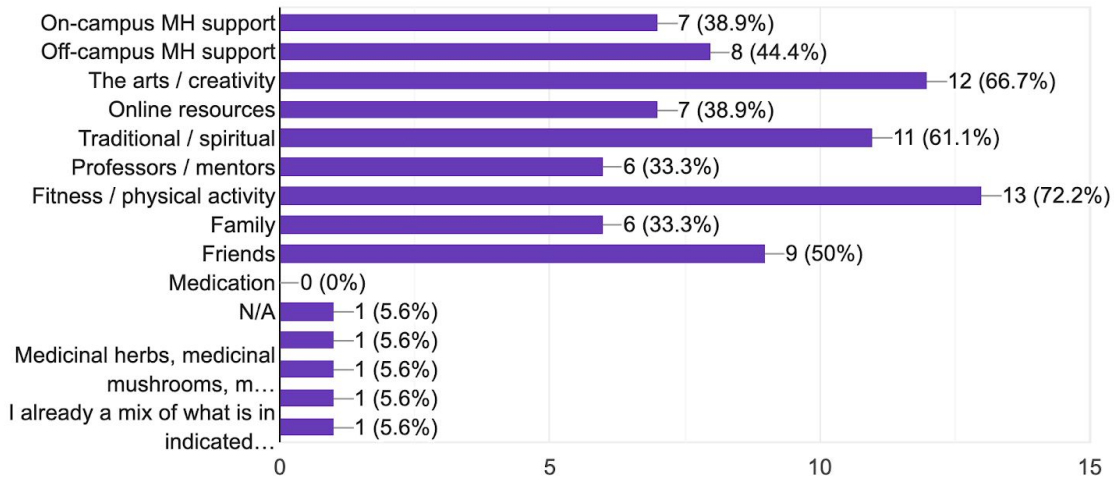
Number of attendees: 49
Number of evaluations: 19

Outcomes

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

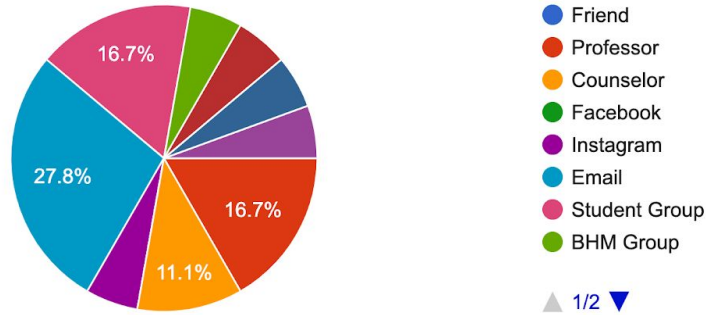


What type(s) of mental health support do you think would be most useful to you?
18 responses



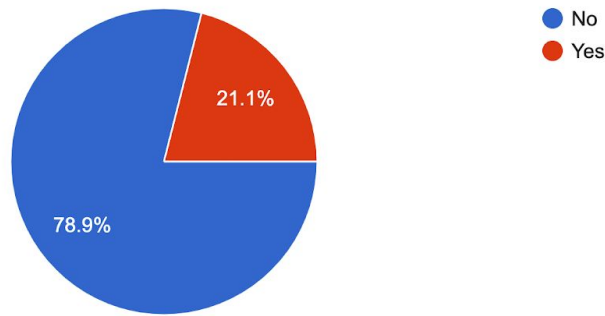
How did you hear about this event?

18 responses



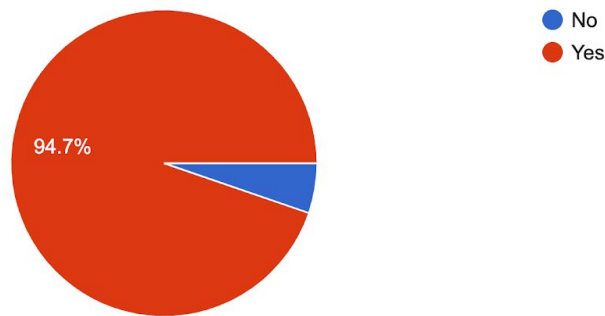
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

19 responses



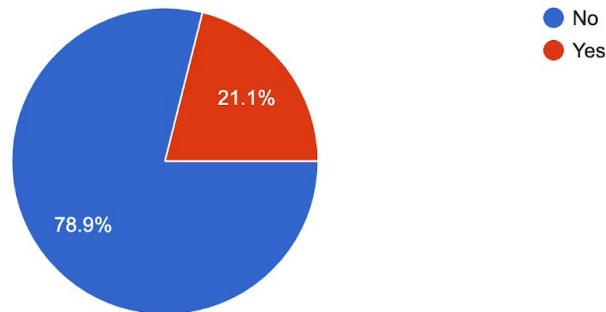
Before this event, did you know about your school's counseling services?

19 responses



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

19 responses



What was your main takeaway from today's workshop?

Black Mental Health is important. When we chat together about it, we see our similarities as a people. the reflections of how to manifest our names.

I will take away that I want to be called Human. I will take away Natalie's professionalism and bubbly spirit that kept us engaged. She is a Queen!

Black Pride!

Goodness, I learned a lot. I mostly loved being centered as a black person. I loved celebrating the diversity within being black. I loved being accepted by Queen Natalie.

I went into this workshop thinking that it would not relate to me because I am not African American but I learned so much about that Culture and not only that I learned more about myself and that I am worthy.

Writing that poem really helped me out I see how I should view myself definitely grateful for this workshop

That my mental health should not be ignored

Wonderful resources and checking in with yourself to assess your feelings and emotion!

How important our mental health is.

Being mindful of my mental health

The importance of taking time to pause for a moment and breathe

It is important to find a balance between the 8 dimensions of self care

The support and resources that are building in our community

That we as humans don't take enough time for ourselves, and that some of us have the time but waste it, while others have to fight for the time.

How important it is to sit with other women of your color and simply exist

Self-awareness

Be supportive of black students

Since I am an Ally, my main takeaway from this workshop was listening to the student experiences of Nevon, Jameels, Aisha, and Brian

Black Mental Health is important to discuss and learn about.

How might you use what you learned today?

This workshop was timely. It has been a hard week and I needed some community and validation. I will use the Feeling Wheel to better articulate how I am feeling and remember that my feeling about something is valid. This will help me not second guess myself.

I will use what I learned today EVERYDAY, I struggle with being confident and everything in the workshop was so uplifting and personal I will always remember that I am more than what people call me.

Reconsider how we allow others to call us by name.

That I'm not going to any names that aren't empowering.

I will tune in to myself more often through meditation and call on my ancestors.

To continue to strive for greatness!

Share with others in need of mental health resources.

In my everyday walk know that we all have Mental Health taking care of myself during these times and those around me that i care about

I will incorporate mental health moments into my day

The poem about what names I would like to be referred to and who are my black guides in life. I would use as a mental exercise between me and my spirituality

I'll help other people in my community achieve the best version of themselves, whatever that looks like for them.

Use the Feelings Wheel, definitely and ALL 8 of the Dimensions of Self-Care.

Giving myself permission to feel validated in simply existing

Increase self-pride and self-care

Help black students

To always listen from your heart.

Share, support self, & others professionally and personally

How can we improve this event in the future?

Zoom meeting.

Make the event longer by a hour or so

I wish this was at least 3 hours.

This would be a great weekly/monthly format to connect with one another and encouragement.

I liked the way it was presented.

Maybe have like a game of some sort or a quiz.

Excellent workshop. Unable to think of needed improvements

Have more time to share other people's experience. Or allow people to type their reply in the chat box.

This was perfect.

I actually liked the audio format as opposed to zoom

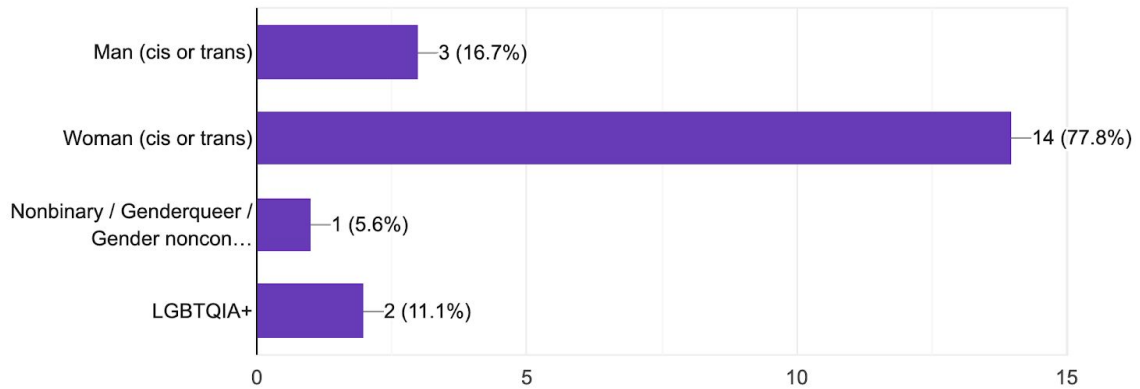
it was great

Allow for all the cameras of the attendees to be on (for those that would want to be on), to create a better sense of community.

Demographics

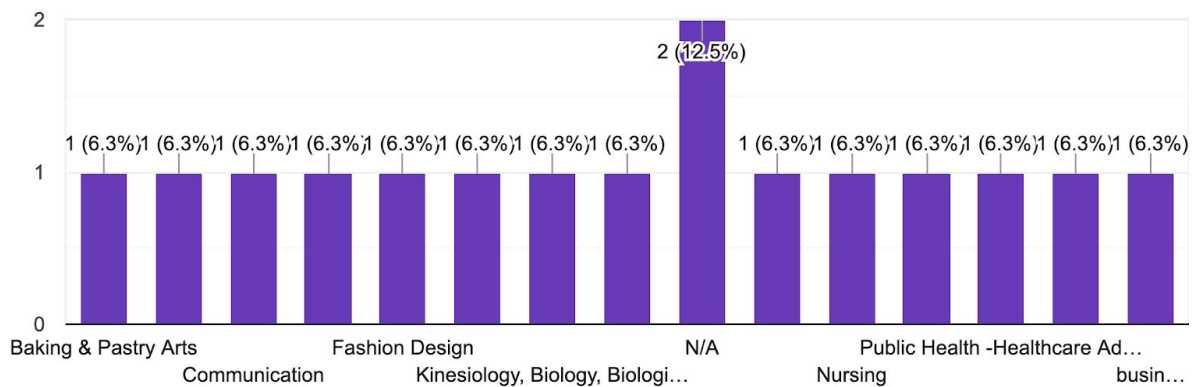
How do you identify? (Check all that apply)

18 responses



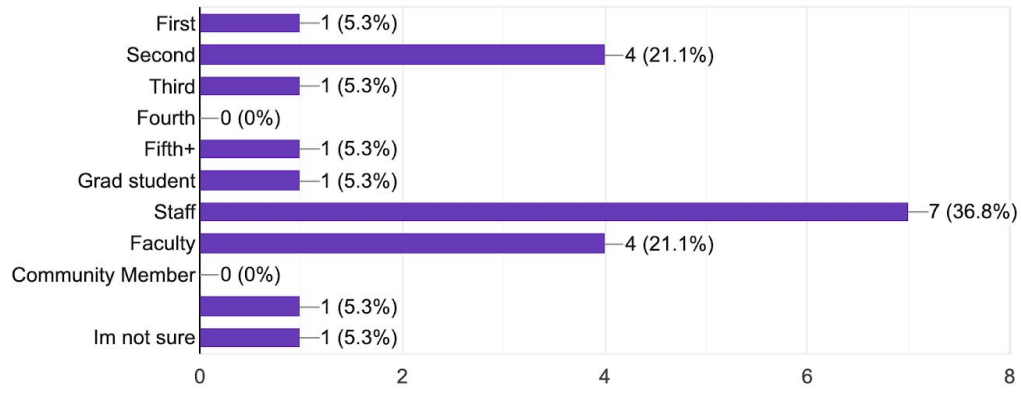
Major

16 responses



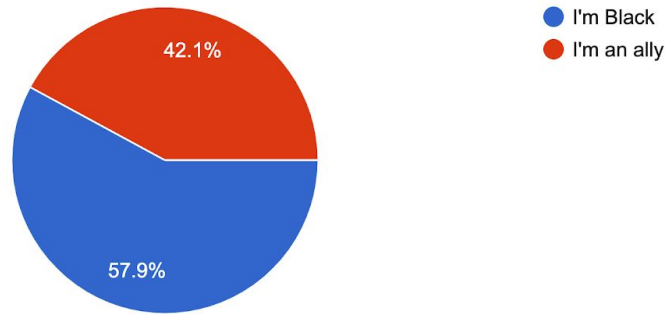
Year

19 responses



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

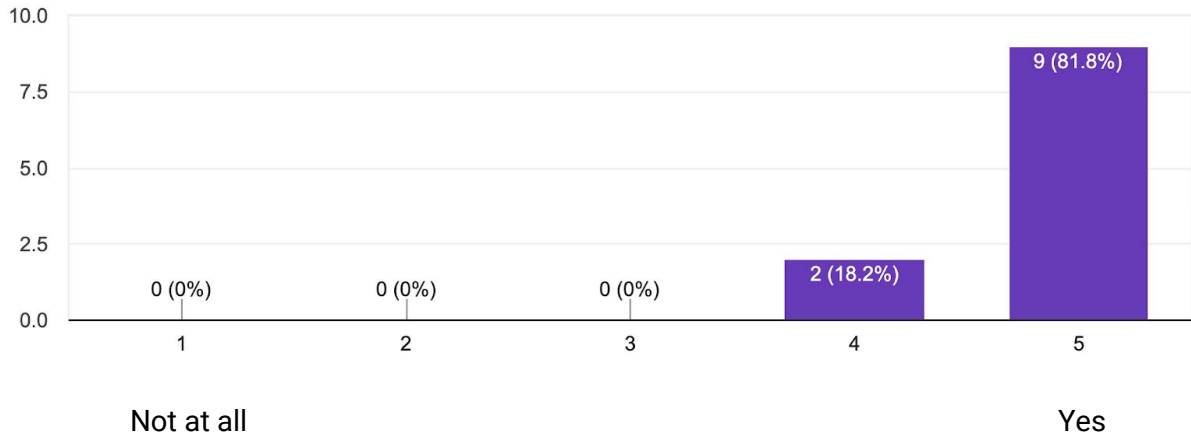
19 responses



For Black students

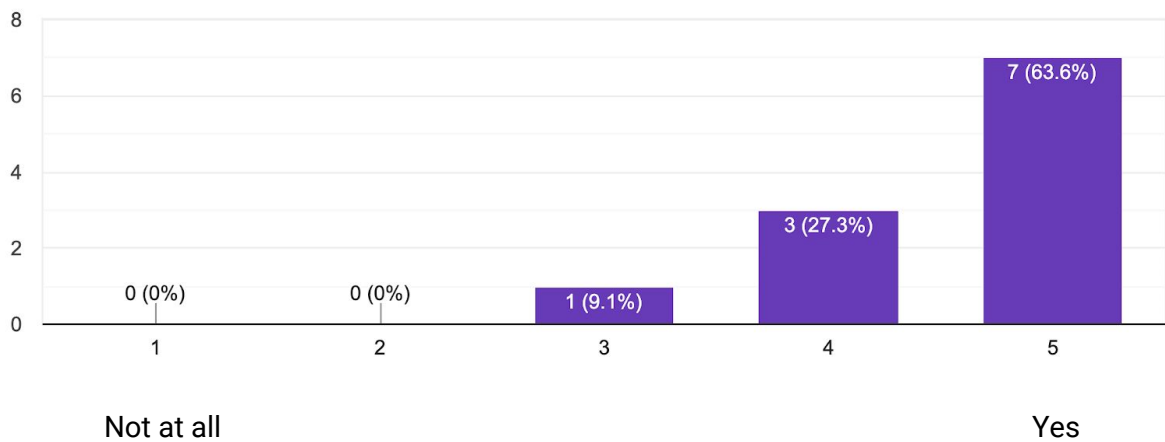
Did this workshop feel like a place of refuge for you?

11 responses



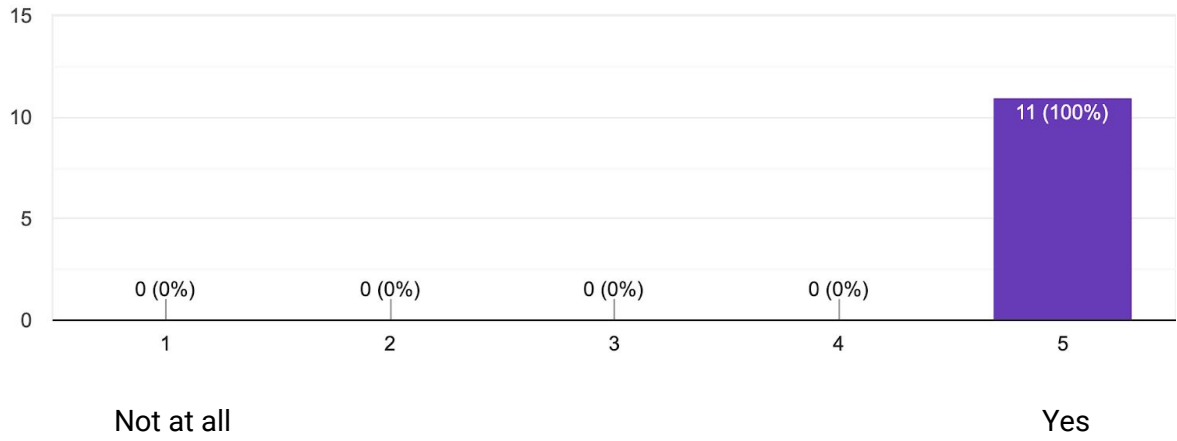
Did this workshop make you feel seen and heard?

11 responses



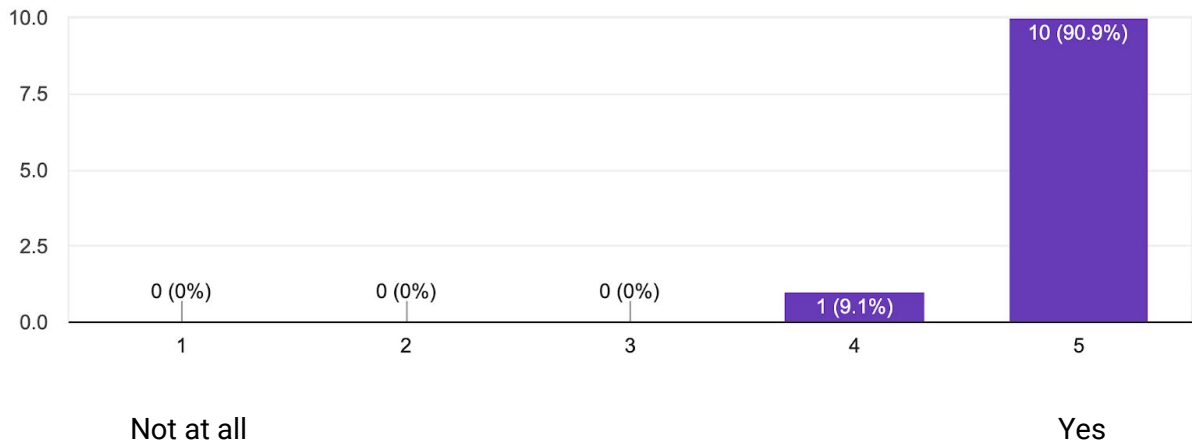
Did this workshop equip you with tools to help you heal and thrive?

11 responses



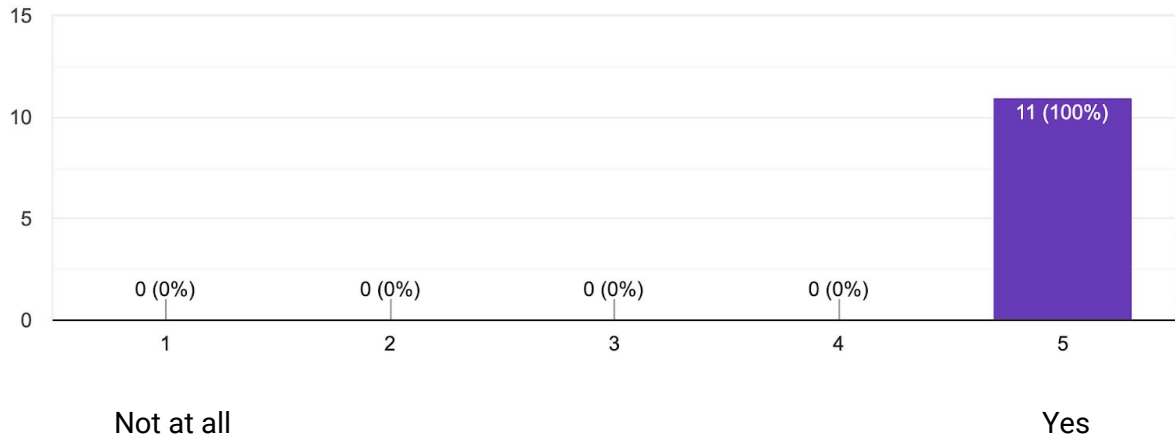
Did this workshop acknowledge your lived experience?

11 responses



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

11 responses



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

There should be a second part

Thank you Natalie and Art with Impact! This was awesome

Thank you to Queen Natalie and the moderators for running a great workshop!

I enjoyed being a part of this experience with others who experienced the same experience.

This workshop is awesome. So many gems to take away. Grateful LBCC brought Natalie back a second time

Thank you. I was a little nervous sharing about myself, but I'm glad that I did. I want more of us to come together in spaces like this to help heal.

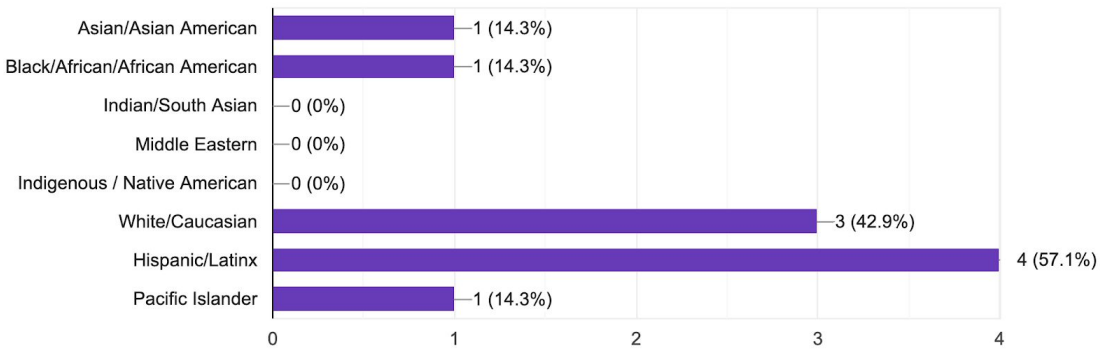
This was great, and needed amongst all women of color

I attended the 1st session and this was my 2nd session with AWI on this topic.

For Allies

How do you identify? (check all that apply)

7 responses



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

It felt amazing, I have so many black friends and it was inspiring and educational so hear everything they had to say.

A bit out of place but informative.

Beautiful, Empowered, Encouraged, & Supported!

It felt awesome hearing the different perspectives and the candidness you normally don't see in classroom, work, or social settings.

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

8 responses

