

Black + Mental Health + Matters

Post-Workshop Evaluations

Long Beach City College
November 10, 2021

Number of attendees: 33
Number of evaluations: 11

What was your main takeaway from today's workshop?

The importance of Mental Health

There is a lot of work to do as a society to destigmatize mental health, but workshops like this help us get closer to reaching that goal!

The experiences shared about being Black and also the poetry activity.

The power and healing in expressing my truth and reclaiming my name.

To remind myself to take time for self care and creativity.

Self care is so important, especially as a staff member in academia who takes on so much and gives a huge part of myself away. It helps to pause and reflect, finding ways to stay in the stillness and reflect. These moments help us find the calm amongst the daily stressors and emotional trauma we as Black folk experience.

Having a safe space for ourselves, knowing our ancestors are watching over us, we are not what we been thru

How might you use what you learned today?

Being more gentle and supportive with myself and others. Realizing we're all on our own unique journey of healing

I will continue to learn more about Tsoku, Campbell, and Christa Bell. I hope to continue to learn more about the Black community.

I want to host an event like this one day. I love how this was structured.

I will use it by making space for others to share their truths, and create something that embodies it. I'll also create more as a means to express my truth and heal.

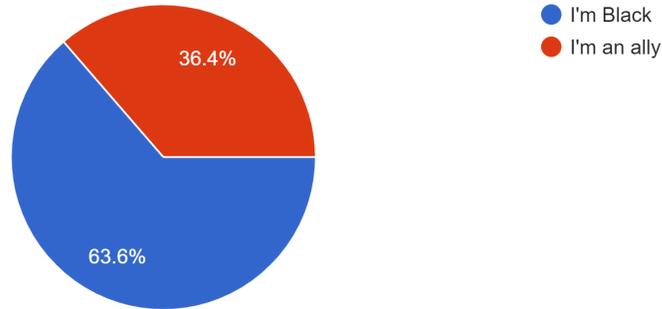
To be less stressful and empathize with others

I will remind others to take time for self care and make sure I do at least one self care thing per day.

I would like to implement more mindfulness into my daily life and practice self care daily. I think the poetry section awakened my creative side and helped me reflect on my inner self more. I would like to do activities like this coupled with meditation practices if possible.

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

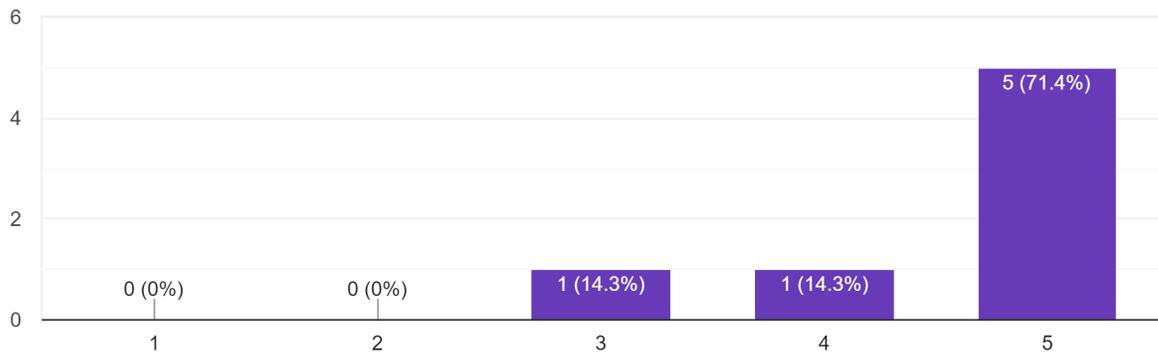
11 responses



FOR BLACK STUDENTS

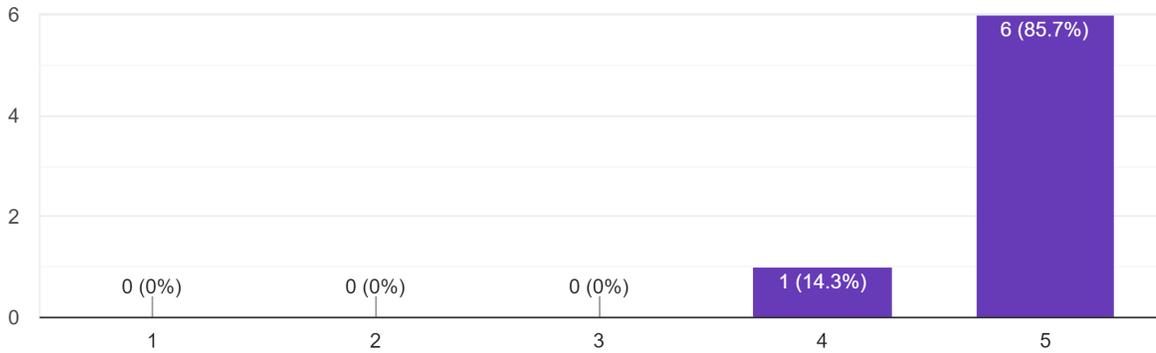
Did this workshop feel like a place of refuge for you?

7 responses



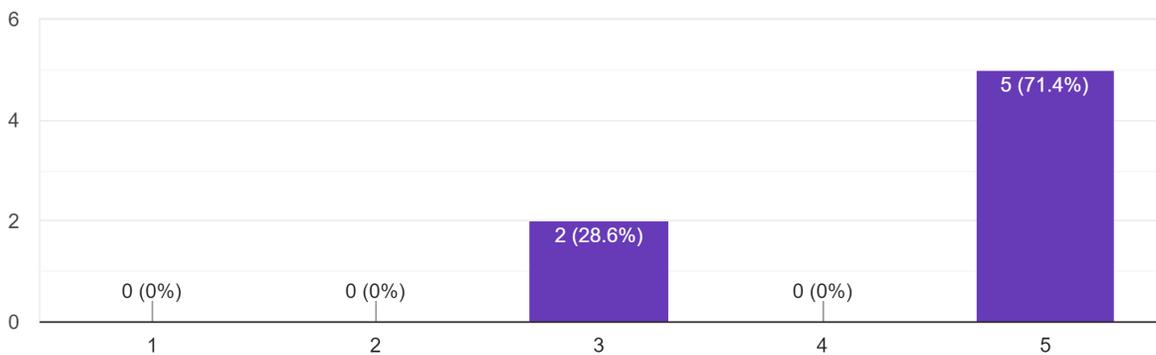
Did this workshop make you feel seen and heard?

7 responses



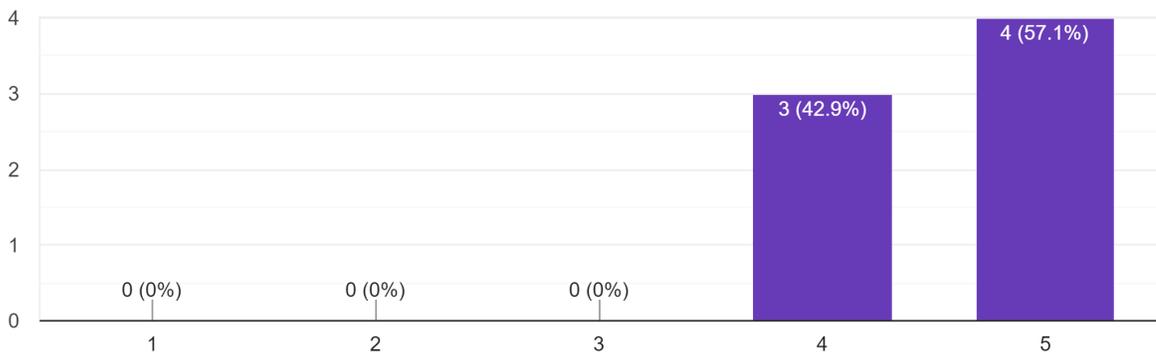
Did this workshop equip you with tools to help you heal and thrive?

7 responses



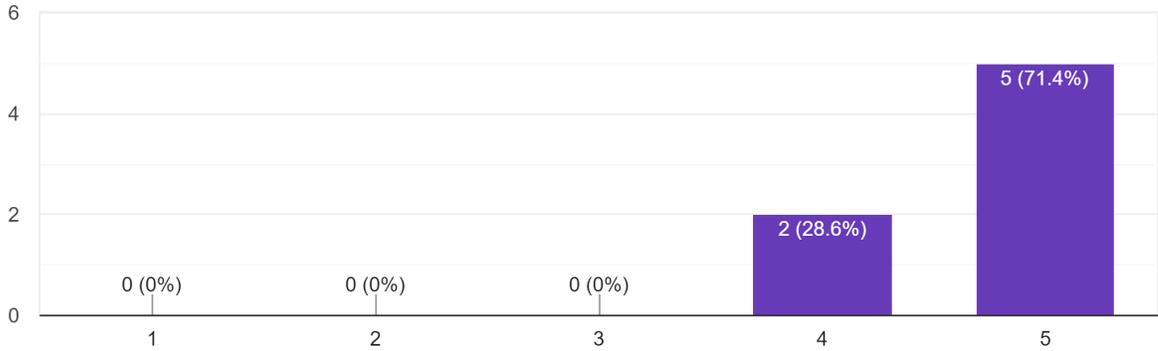
Did this workshop acknowledge your lived experience?

7 responses



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

7 responses



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

Better mobile functions. I was using my mobile device from work and the feed was a little choppy at times.

More of these are needed all over the world. Thank you for the work you do, and for centering Black lives. I'd love to do something like this with my film on Black women and mental health, titled Black Girl, Bleu (<https://blackgirlbleu.com/>). It helps me see how it can be a tool to encourage healing.

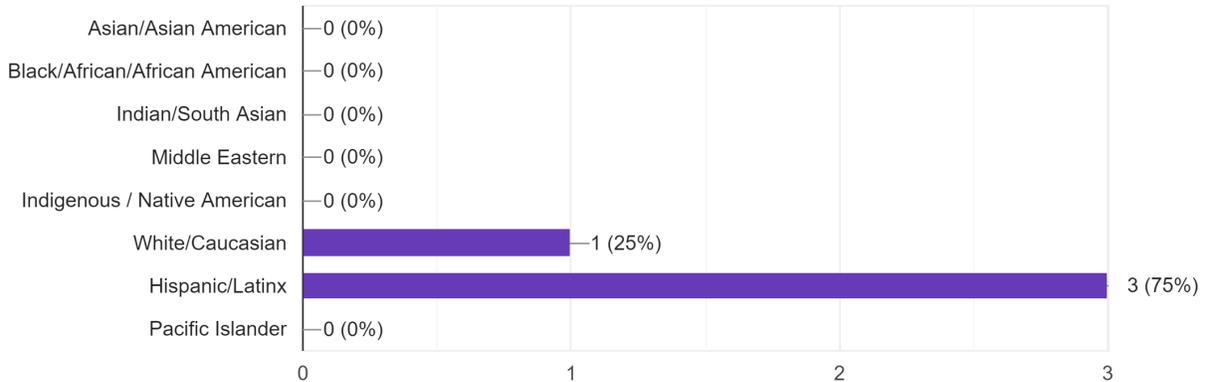
Just wanted to thank you for taking time for our students and staff. i will do more outreach so next time to ensure we have more students present.

The host was really personable and engaging. Definitely would enjoy another workshop they may lead in the future. I am also more interested in Arts with Impact as a whole and potentially getting involved in some way.

For Allies

How do you identify? (check all that apply)

4 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)

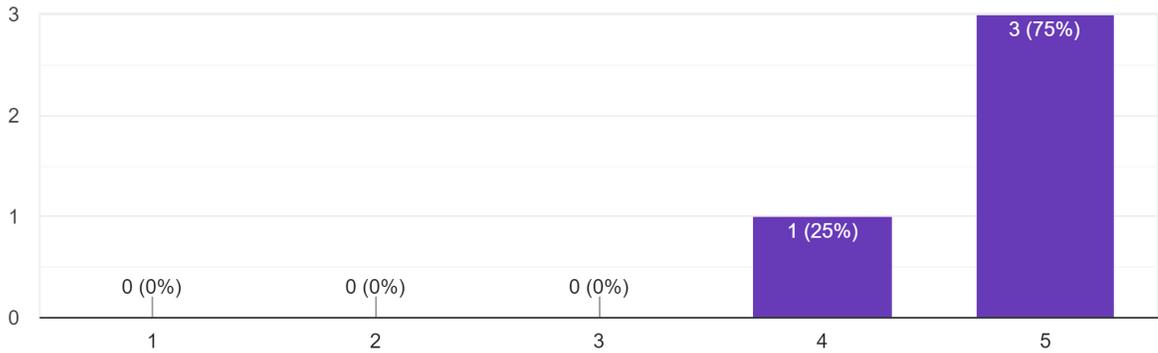
It was amazing. I learned history and more about the Black experience that I wouldn't normally be privy to.

I felt good in this space and open to hearing from everyone.

Great, your mental health is my mental health too

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

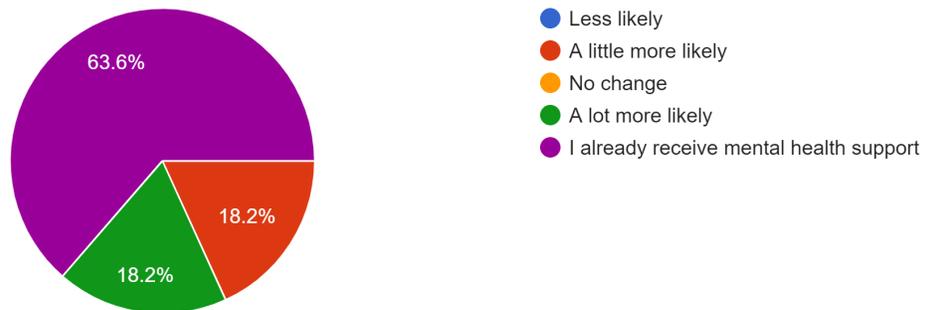
4 responses



Outcomes

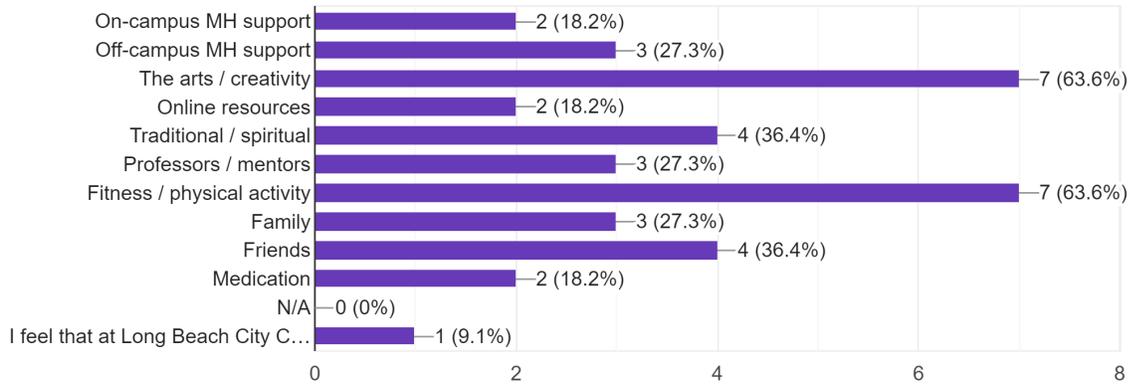
After this event, are you more or less likely to seek support for your own mental health?

11 responses



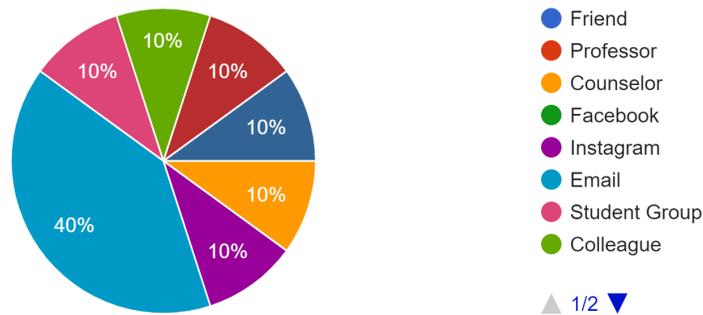
What type(s) of mental health support do you think would be most useful to you?

11 responses



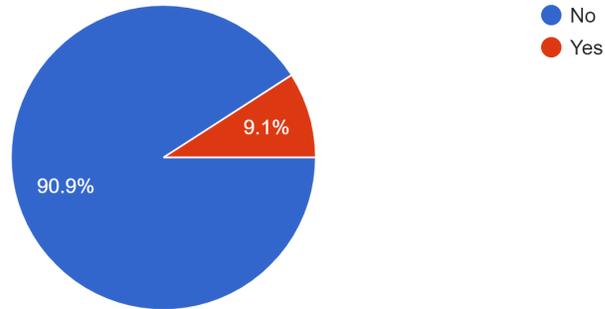
How did you hear about this event?

10 responses



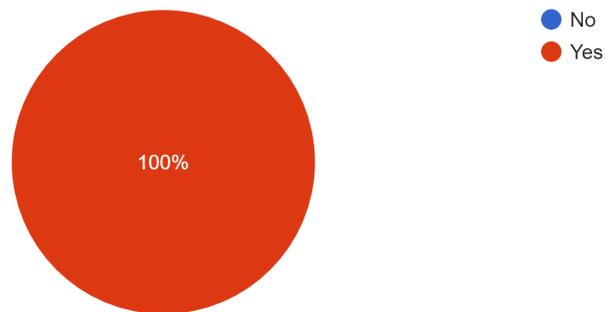
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

11 responses



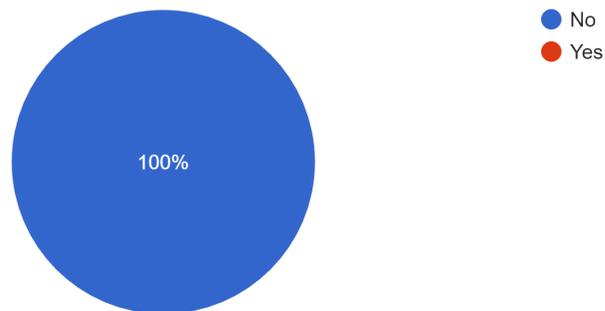
Before this event, did you know about your school's counseling services?

10 responses



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

10 responses

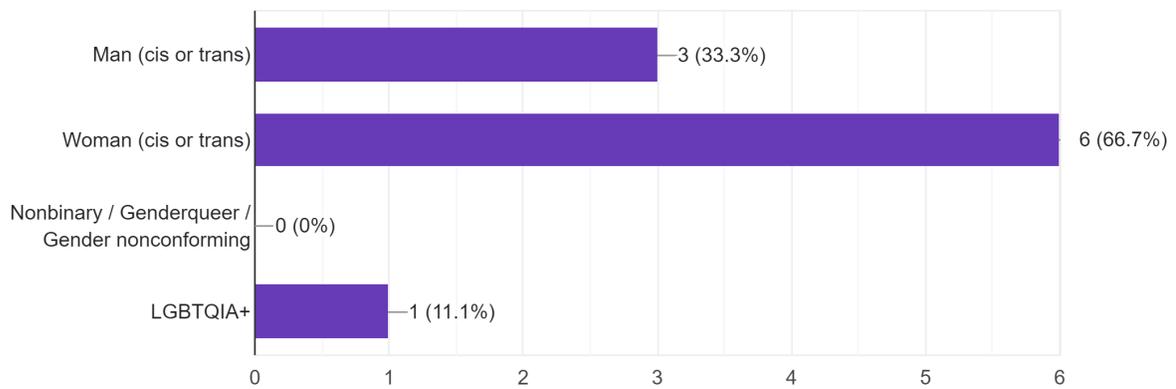


How can we improve this event in the future?

- Maybe fix a couple technical audio glitches, that's it
- Better mobile device features.
- A little more time to practice the tools included in the presentation (the poem, specifically).
- Some of the technical issues could be worked out a bit better. might also be that i was not as familiar with the platform being used

Demographics

How do you identify? (Check all that apply)
9 responses



Major

| | |
|---|---|
| Human Resources | 1 |
| Biology | 1 |
| Not applicable | 1 |
| Digital Media: interactive Design & Animation | 1 |

Year
10 responses

