

Black + Mental Health + Matters

Post-Workshop Evaluations

Los Angeles Valley College
February 28, 2022

Number of attendees: 28
Number of evaluations: 7

What was your main takeaway from today's workshop?

Mental health is wealth.

There is support for Black mental health

I have immanent value

I learned that it is good to give yourself self care. I learned it is important to ask for help when needed. It is important to take time for yourself and understand Black Mental Health is important.

We are a beautiful people and we come from greatness!

The toolkit items, especially the feelings wheel

How might you use what you learned today?

To self regulate and know that I have resources to better support students.

The Wellness Circle is a great resource

Self-validate what I know to be positive contributions to the learning environment

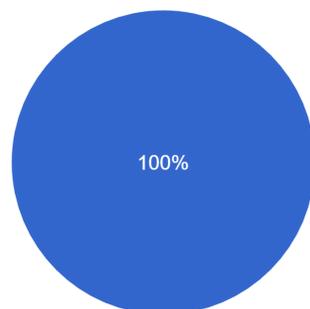
I would use what I learned today by doing more self-care for myself. I will be able take more time for myself and be in the moment.

I am going to share the tools with my daughter who is also coping with anxiety.

To be more intentional with taking time for self-care.

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

7 responses

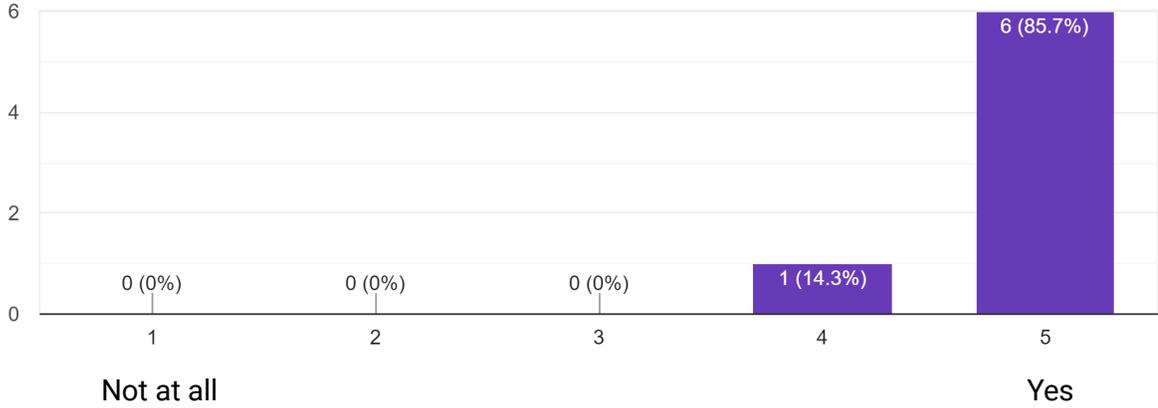


● I'm Black
● I'm an ally

For Black students

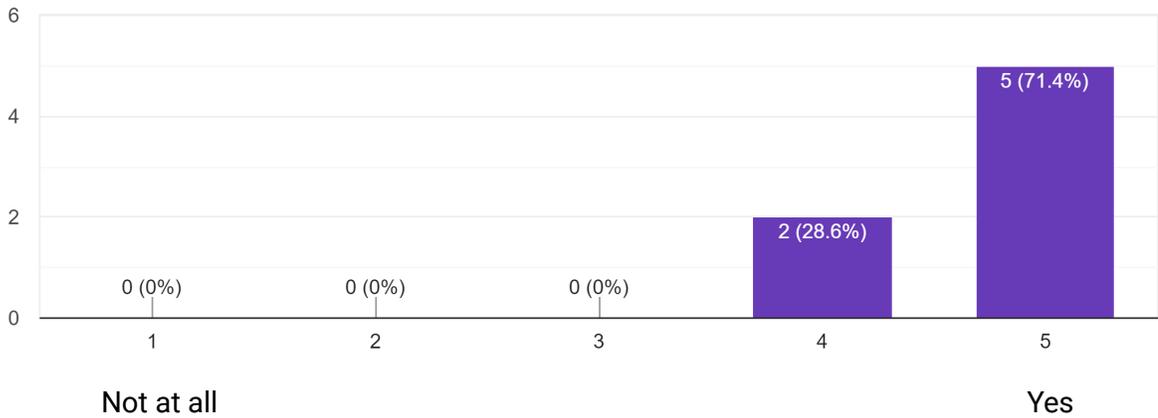
Did this workshop feel like a place of refuge for you?

7 responses



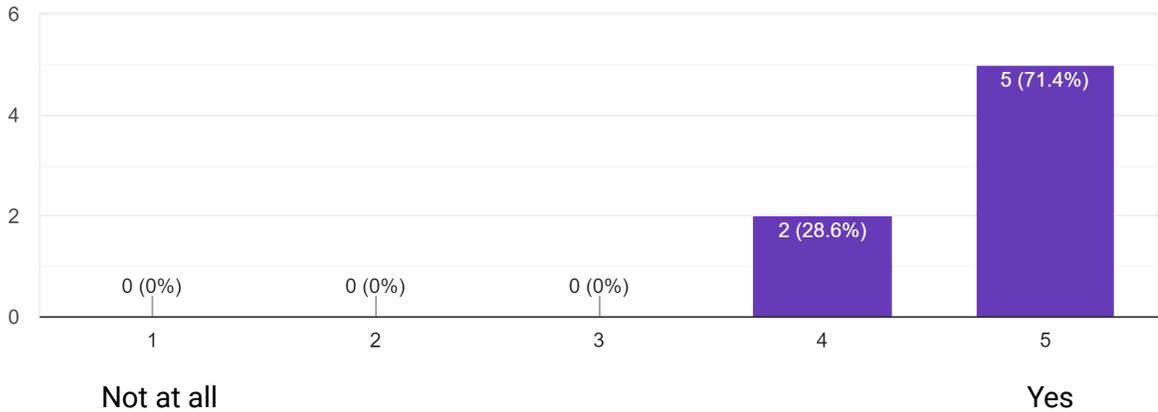
Did this workshop make you feel seen and heard?

7 responses



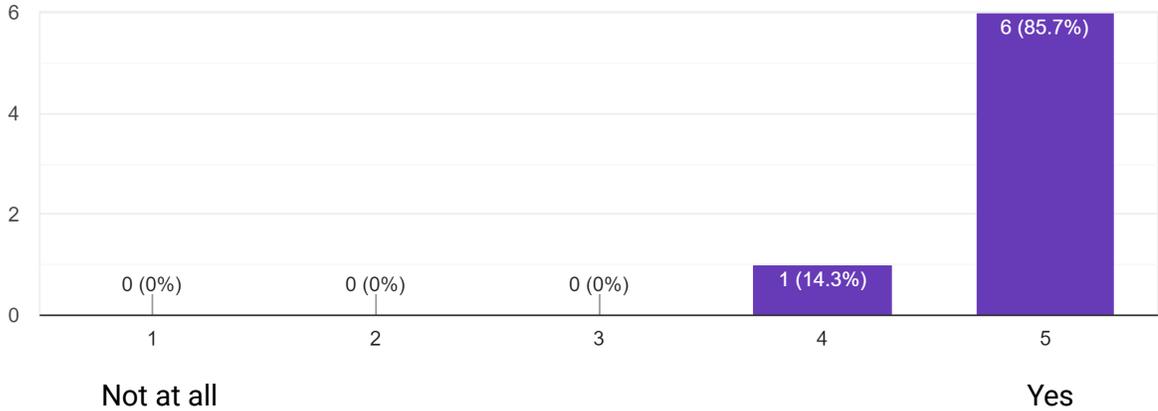
Did this workshop equip you with tools to help you heal and thrive?

7 responses



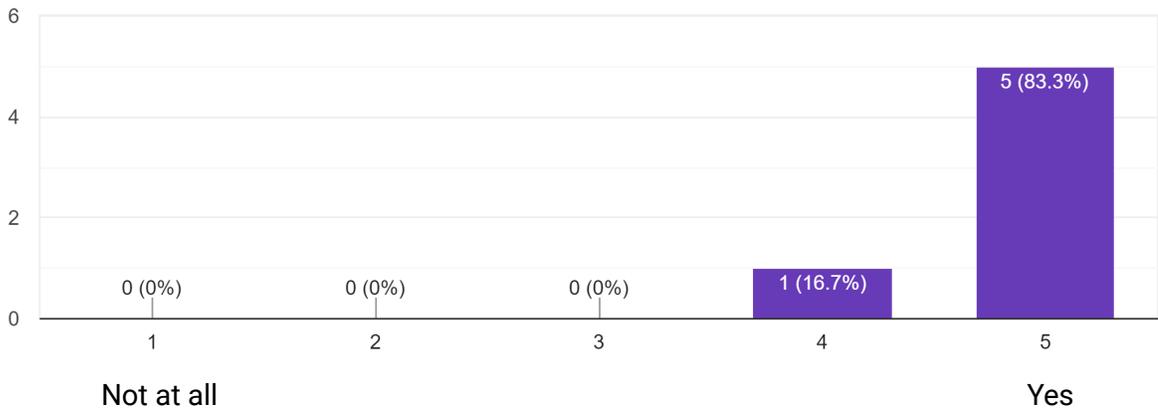
Did this workshop acknowledge your lived experience?

7 responses



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

6 responses



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

It is so refreshing to be in a room where you are SEEN and HEARD!!!

I would love for us to find more opportunities to continually share these tools and resources across programs, departments, and service areas

I enjoyed the workshop very much. I enjoyed all the great resources.

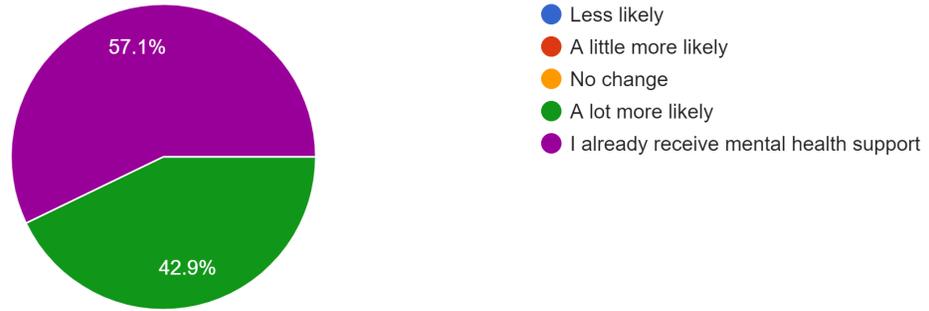
Everything was amazing!

Very grateful for the opportunity to participate. Plan to incorporate some elements of this session into my own programming, especially these feedback questions.

Outcomes

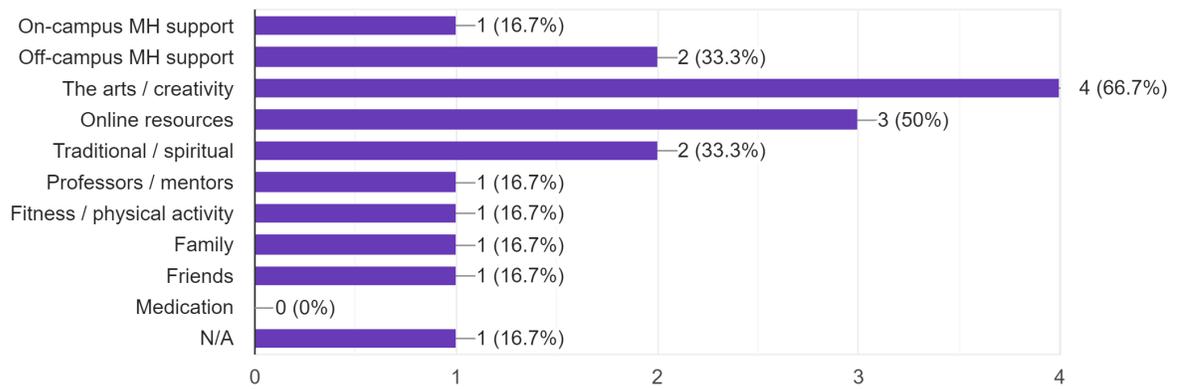
After this event, are you more or less likely to seek support for your own mental health?

7 responses



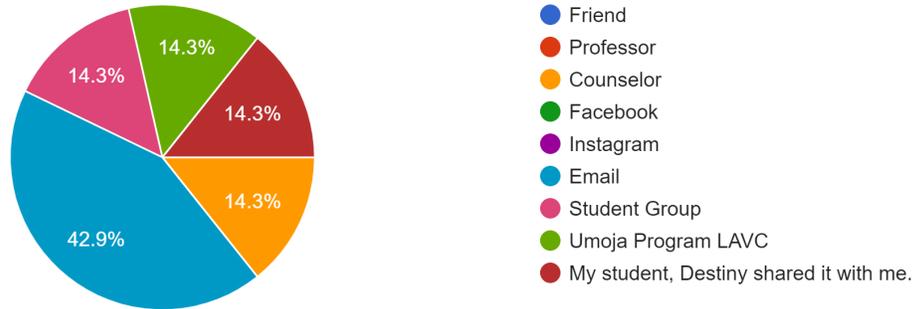
What type(s) of mental health support do you think would be most useful to you?

6 responses



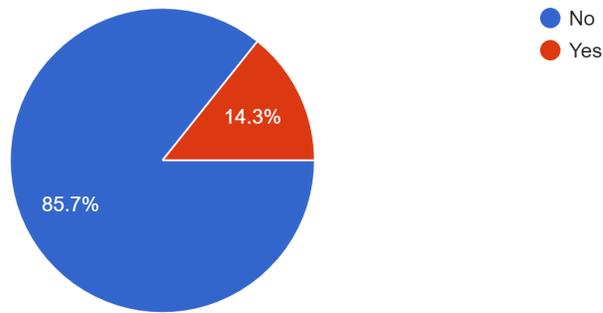
How did you hear about this event?

7 responses



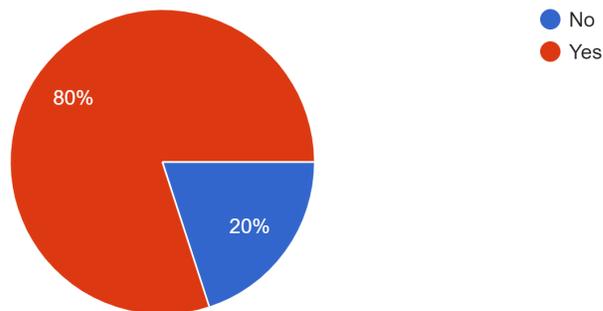
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

7 responses

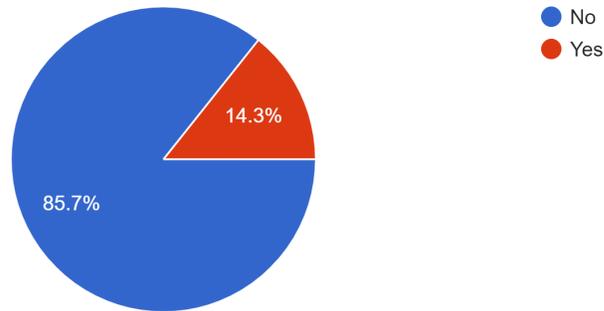


Before this event, did you know about your school's counseling services?

5 responses



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

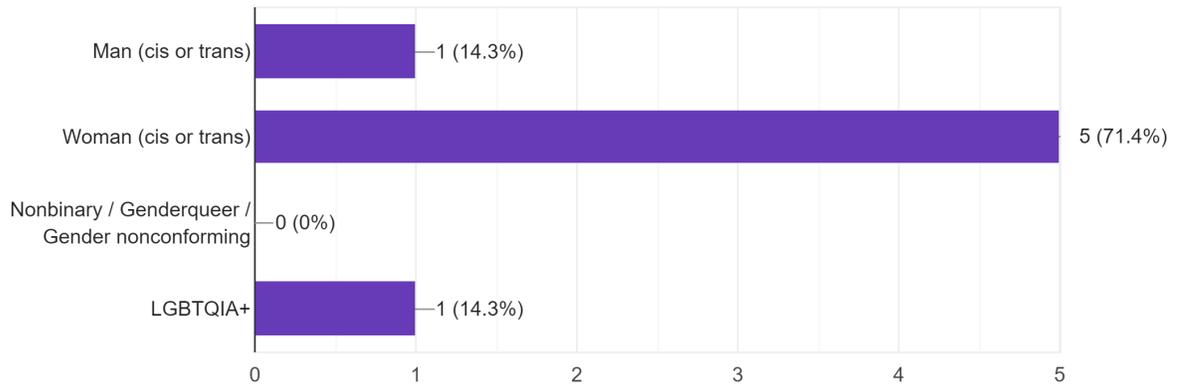


How can we improve this event in the future?

More video audience participation

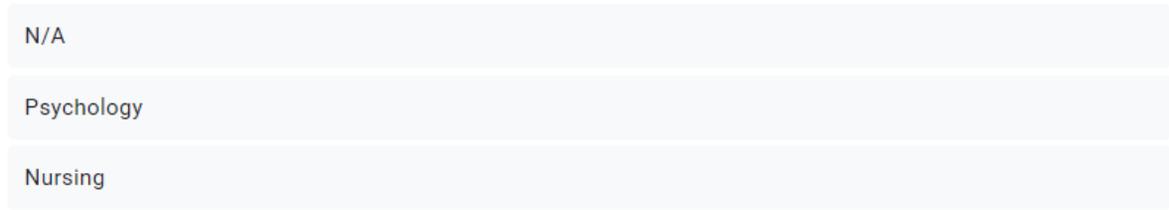
Demographics

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



Major

3 responses



Year

7 responses

