

Black + Mental Health + Matters

Post-Workshop Evaluations

Los Medanos College
October 12, 2021

Number of attendees: 11
Number of evaluations: 6

What was your main takeaway from today's workshop?

Feelings are valid even if the ideas behind them are incorrect- this will be very helpful for me going forward

More knowledge and awareness

The importance of validating feelings despite reasoning

Communication and Wellness

Thank you for the Shared Notes! What a wonderful presentation! It really incorporated using thoughts and art as a therapeutic approach. Well done!

Learned new terms, exposed to others experiences

How might you use what you learned today?

I feel as though I can hold less judgement for those whose beliefs seem incomprehensible to me if I try to empathize a bit with their emotions

I will use it to be a stronger ally

I plan to use this framework to better interact with my community

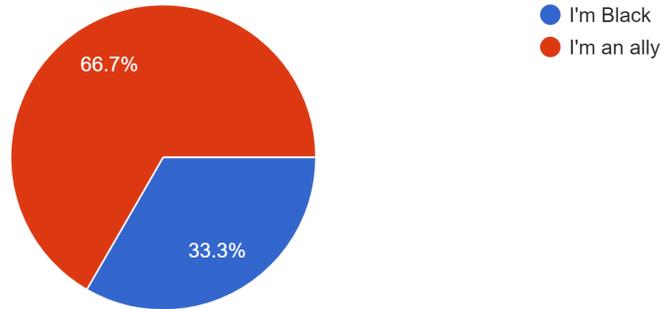
Creating a workshop on State of Mind and using The Feelings Wheel

It has increased my multicultural awareness. I gained great resources; for when working with individuals who are Black in the future. Thank you for the knowledge.

Be mindful on my interactions with others.

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

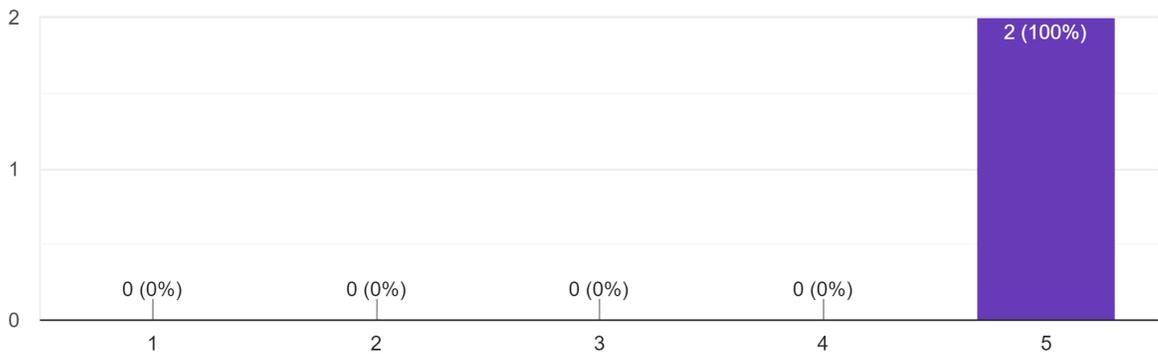
6 responses



For Black students

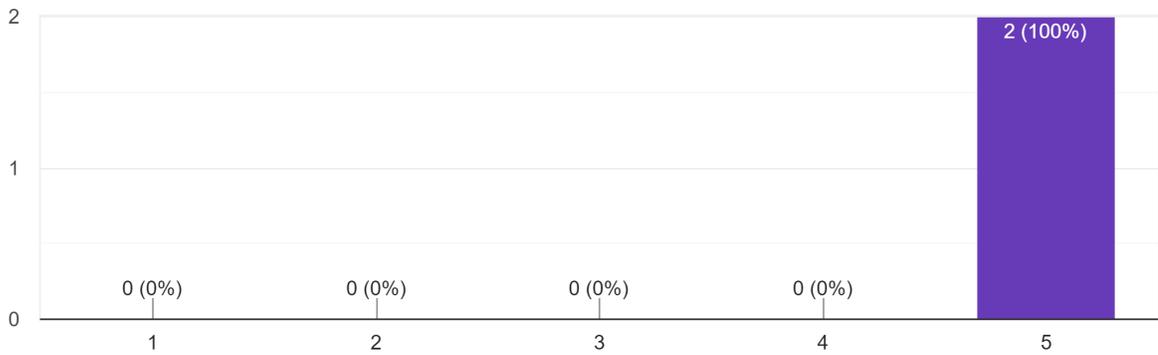
Did this workshop feel like a place of refuge for you?

2 responses



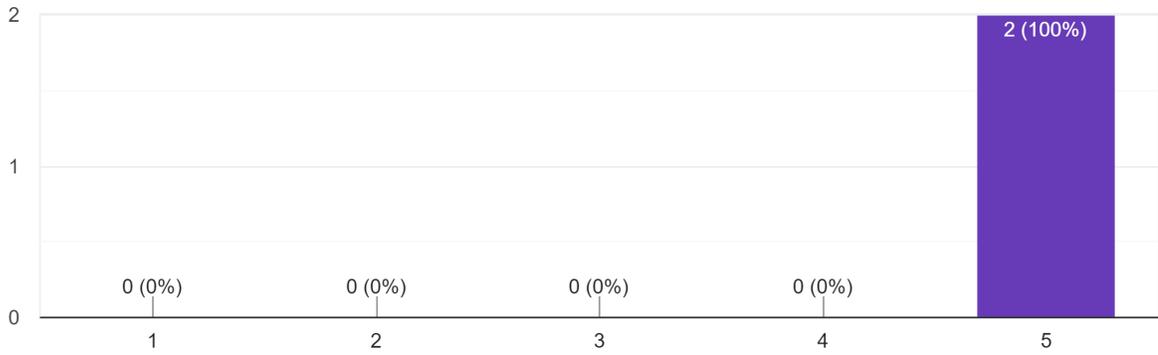
Did this workshop make you feel seen and heard?

2 responses



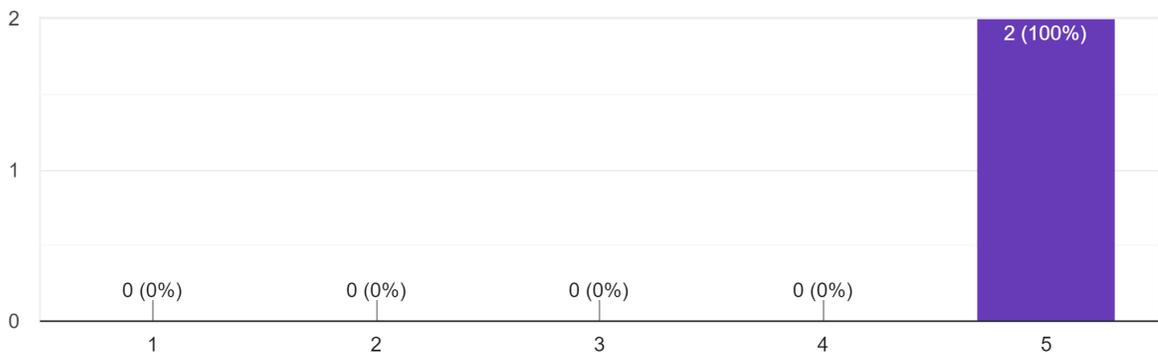
Did this workshop equip you with tools to help you heal and thrive?

2 responses



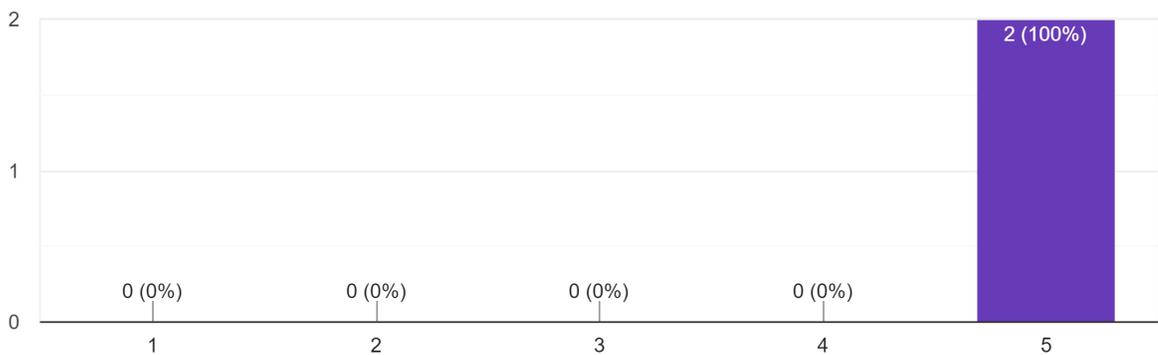
Did this workshop acknowledge your lived experience?

2 responses



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

2 responses



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

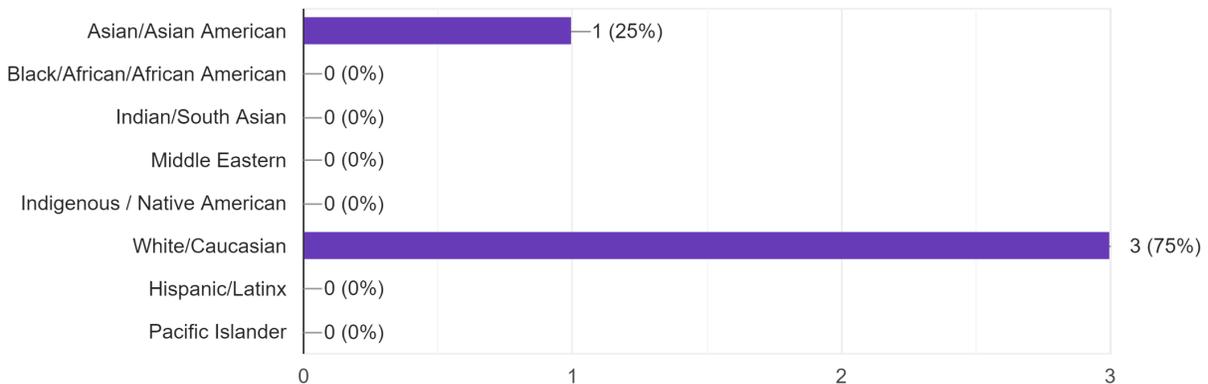
I thoroughly enjoyed the mediator Chaun. She is a natural and made me feel welcome in the space.

We need more workshops that are directed towards Healing and Navigating Life.

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)

Empowering and comforting

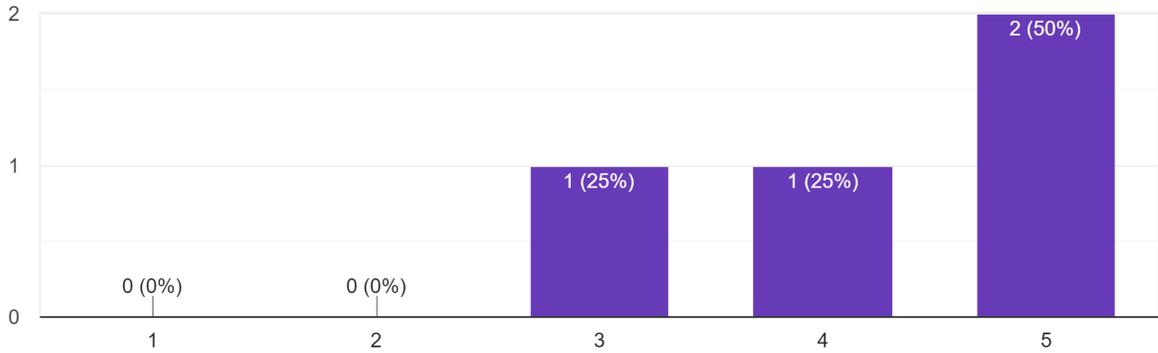
I felt ready to learn

I felt curious and more aware. When I was in my early 20s I went to a poetry session in LA and it was a great experience. I hope to go to another in the future.

Good!

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

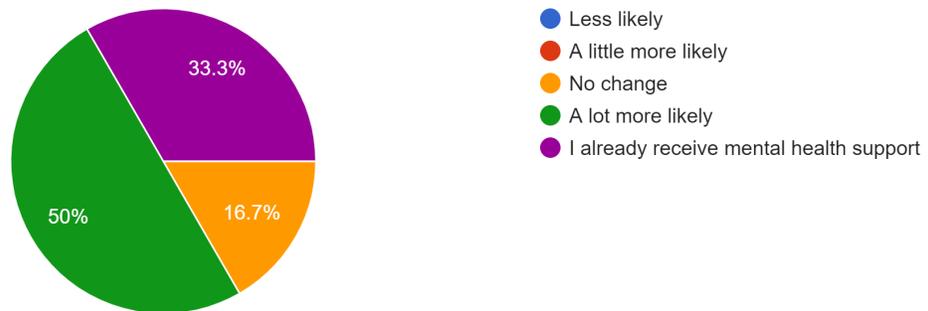
4 responses



Outcomes

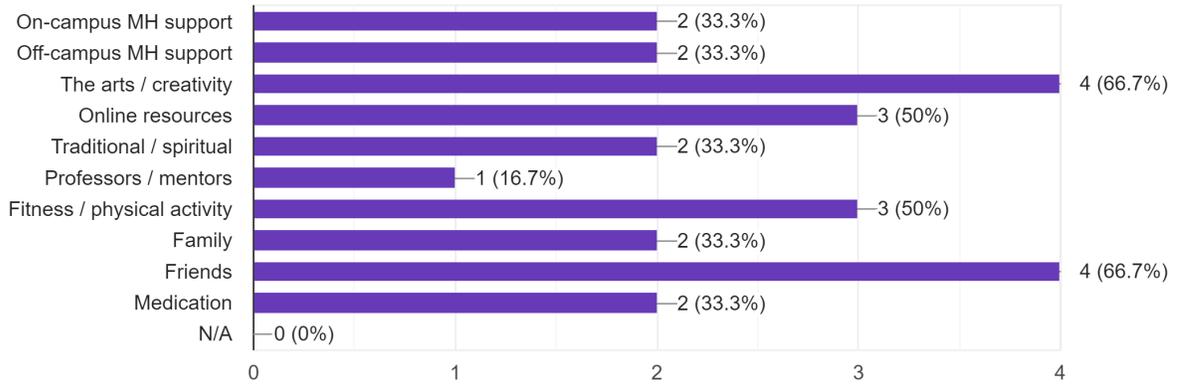
After this event, are you more or less likely to seek support for your own mental health?

6 responses



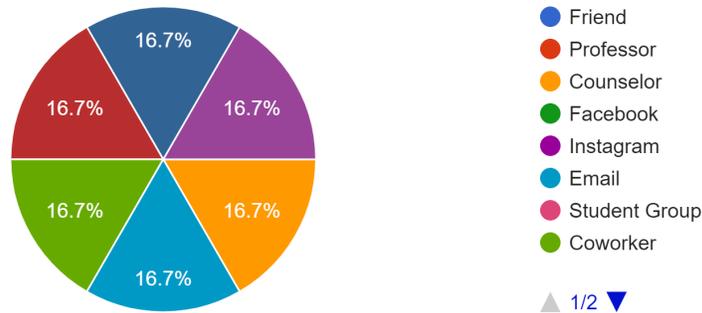
What type(s) of mental health support do you think would be most useful to you?

6 responses



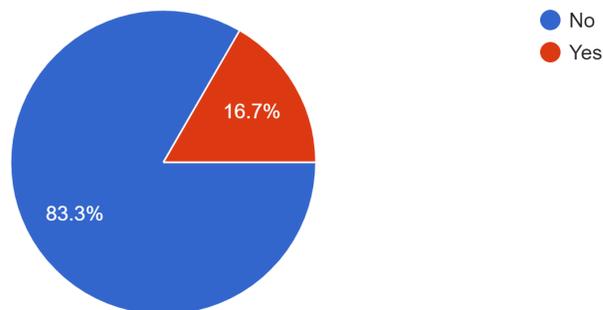
How did you hear about this event?

6 responses



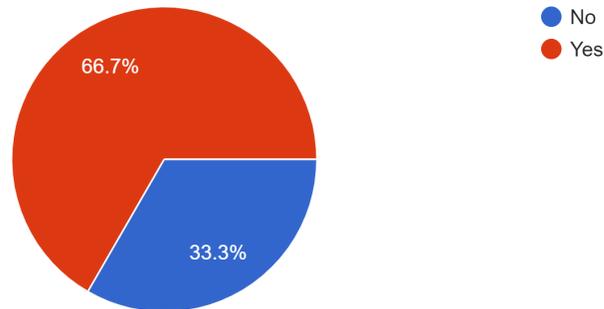
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

6 responses



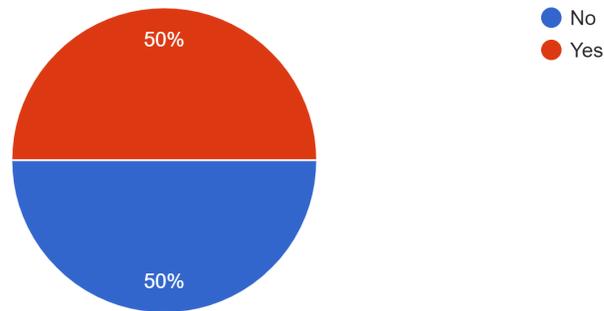
Before this event, did you know about your school's counseling services?

6 responses



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

6 responses



How can we improve this event in the future?

The all-caps messages in the chat were a little startling to me. The speaker did a phenomenal job

It was perfect

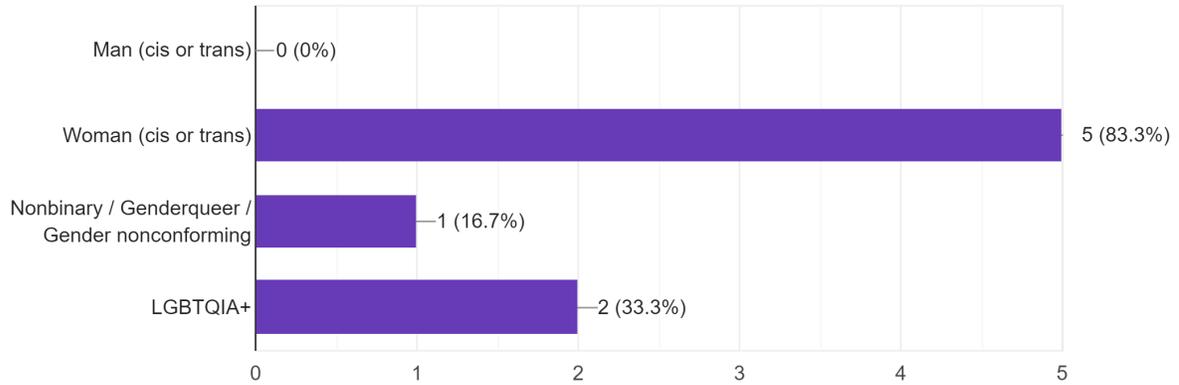
I feel like the length was a bit short.

Create a series of topics monthly

Demographics

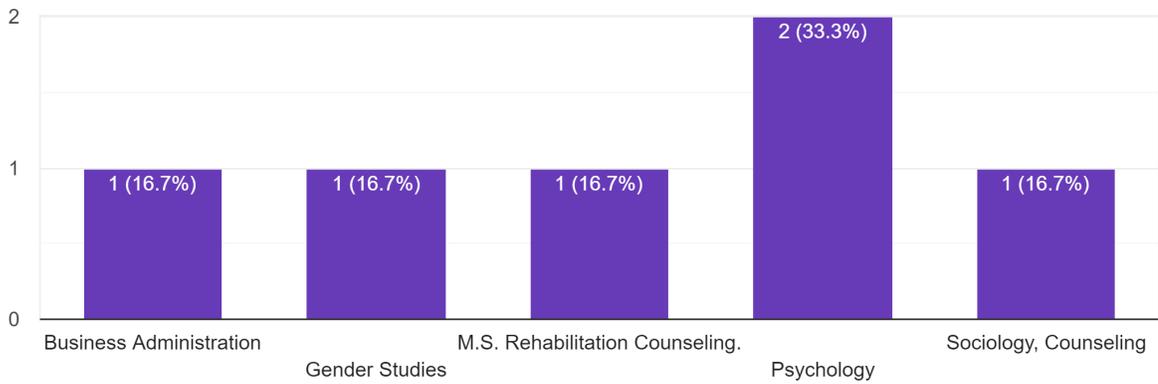
How do you identify? (Check all that apply)

6 responses



Major

6 responses



Year

6 responses

