

Black + Mental Health + Matters

Post-Workshop Evaluations

Montgomery College
October 10, 2022

Number of attendees: 20
Number of evaluations: 8

What was your main takeaway from today's workshop?

There are space for Black people and Poc on campus

Really glad this platform / resources available

Councils - I am thinking about ways to implement.

Feeling wheel

I need to prioritize self care

Emotion wheel to help determine what you truly feeling.

The social impact of the stigma in the black community and it's mental health.

I walked away from this today's workshop with a better understanding of mental health wellness rooted in Blackness, rooted in myself. I've also walked away with some great resources, specifically the Heart's In Mind Counseling website. It's the mental health resource I've been searching for.

How might you use what you learned today?

meditation

Have already forwarded the video / some of the info

In my Sister Circles

Taking deep breaths

Setting aside time to plan out what this looks like for me

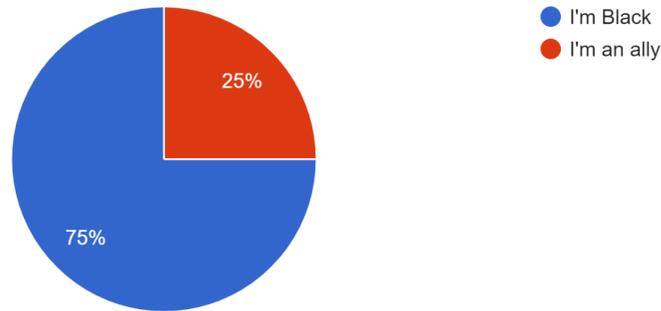
Continue to use mindfulness and breath.

In my space of expertise, psychology, and promoting safe spaces space for the community to access to mental health services.

I'm going to start using these tools for mental health more often in my daily life. I'm also inspired to center these practices in my creative work.

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

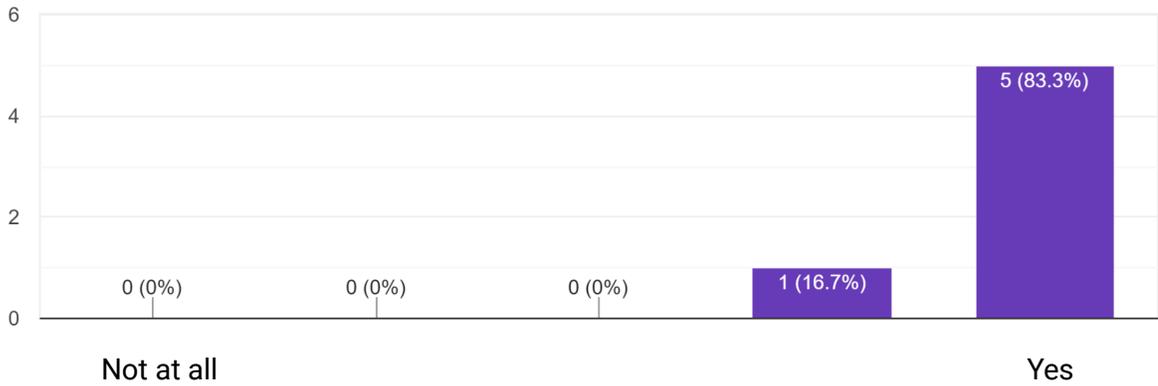
8 responses



For Black students

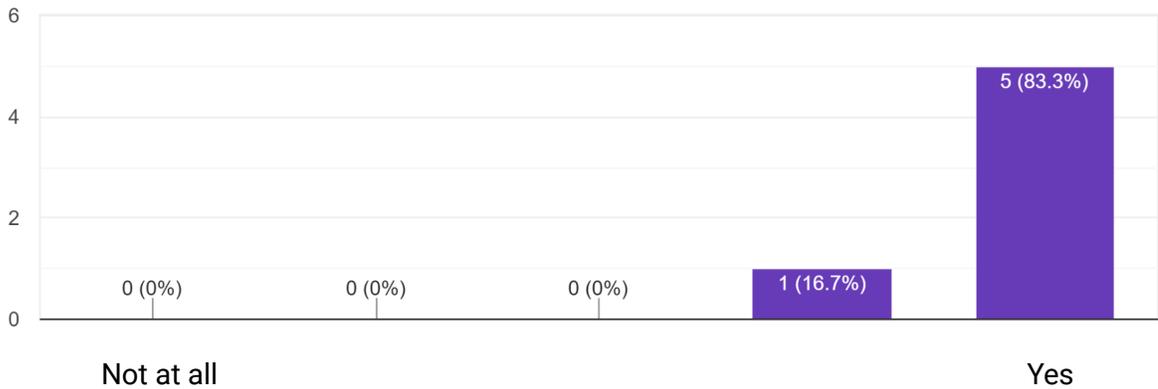
Did this workshop feel like a place of refuge for you?

6 responses



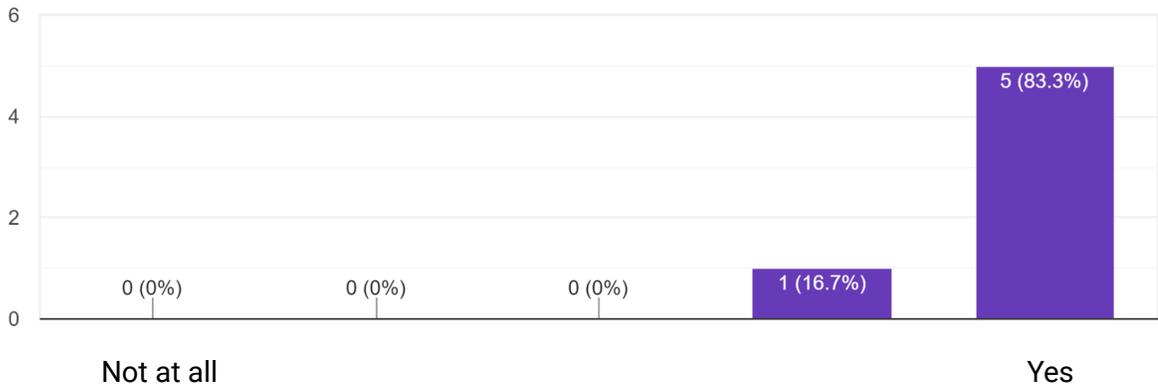
Did this workshop make you feel seen and heard?

6 responses



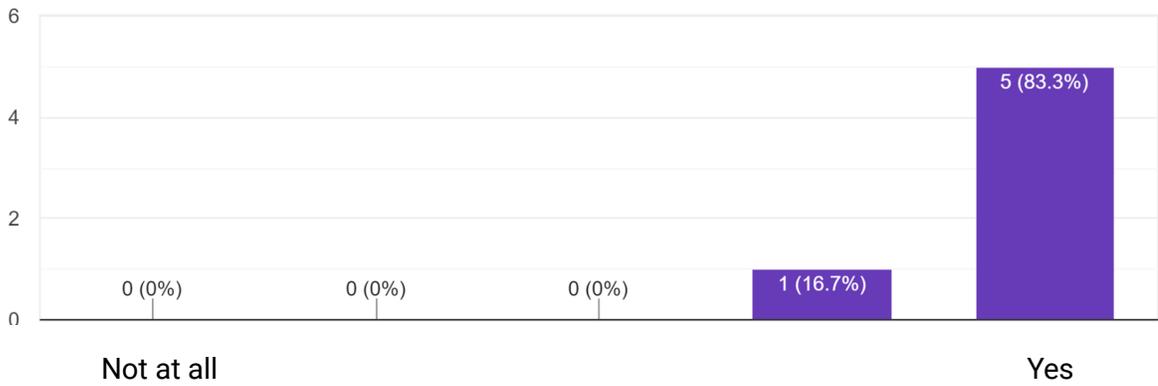
Did this workshop equip you with tools to help you heal and thrive?

6 responses



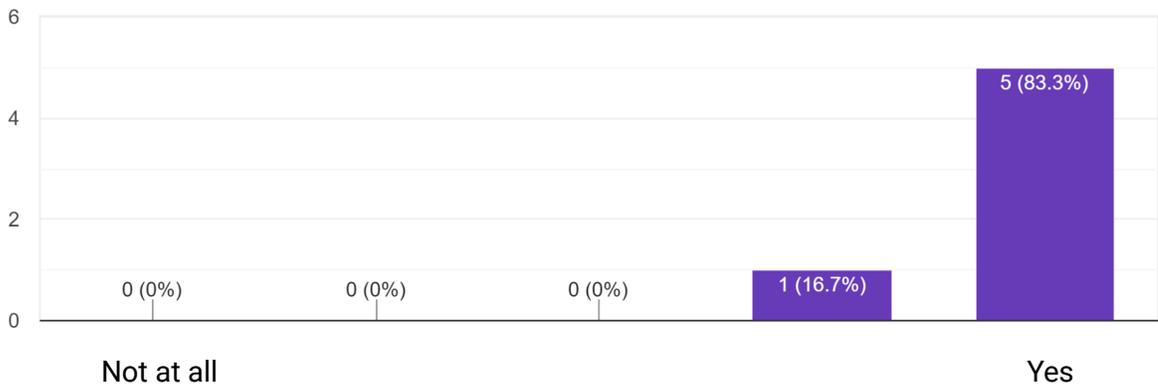
Did this workshop acknowledge your lived experience?

6 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?

Chuan made me feel comfortable and she was very welcoming. Great vibe!
 really insightful
 This workshop was exactly what I needed today. I appreciated the workshop's focus on the lived experiences as Black person, creativity, and community. Thank you for providing this space. I will be using these tools for myself and sharing them with the folks around me.

For Allies

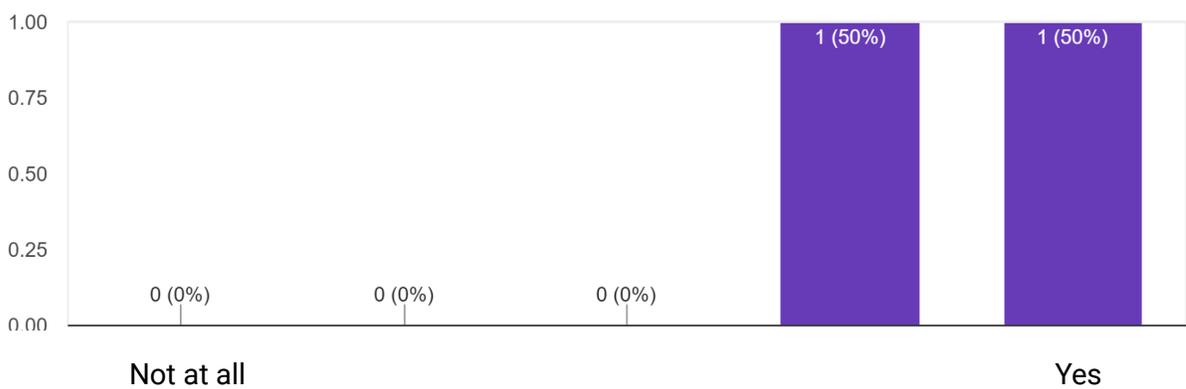
How do you identify? (check all that apply)
 2 responses



**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)**

I've never really felt excluded. Get some strange looks every now and then but that's not my issue
 It was incredible, I enjoy and love being in this educational space it is important to learn and grow in these social contexts to work for a better tomorrow.

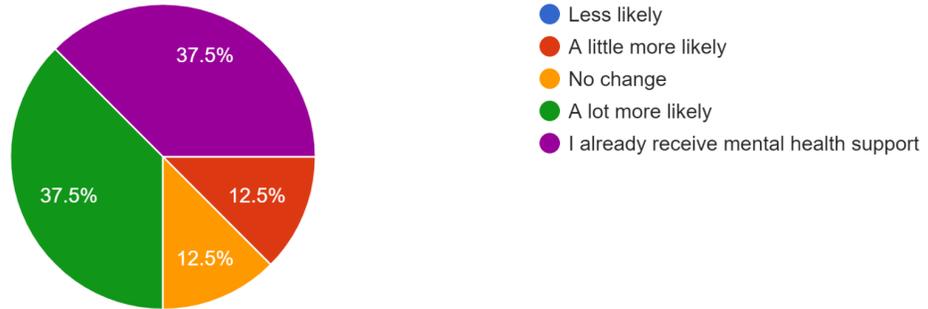
After this workshop, do you feel better equipped to support the mental health of Black people in your life?
 2 responses



Outcomes

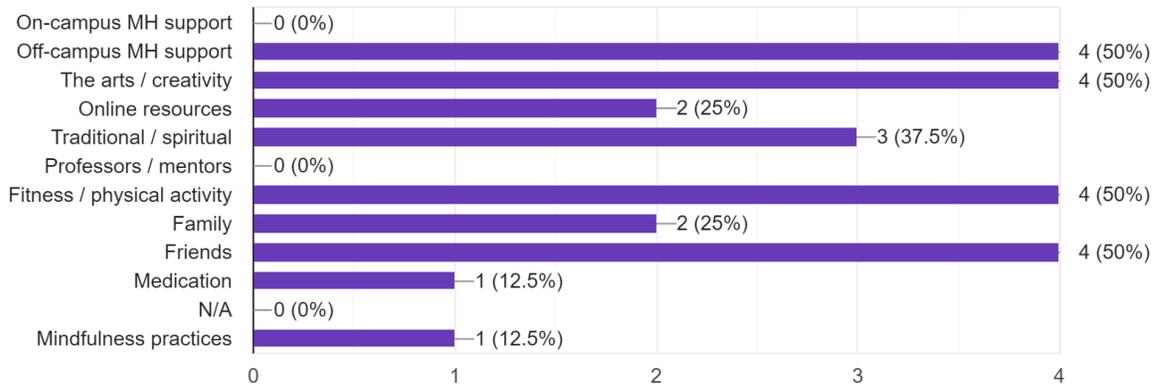
After this event, are you more or less likely to seek support for your own mental health?

8 responses



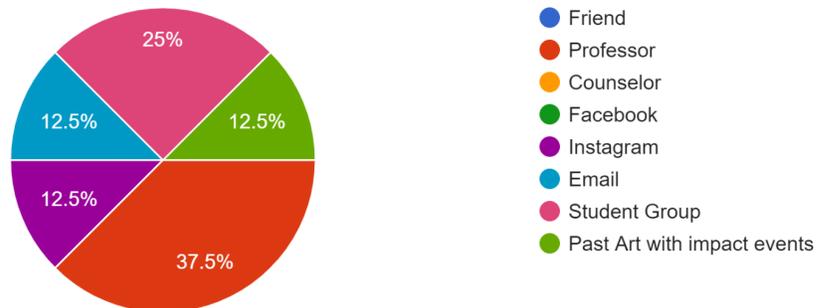
What type(s) of mental health support do you think would be most useful to you?

8 responses



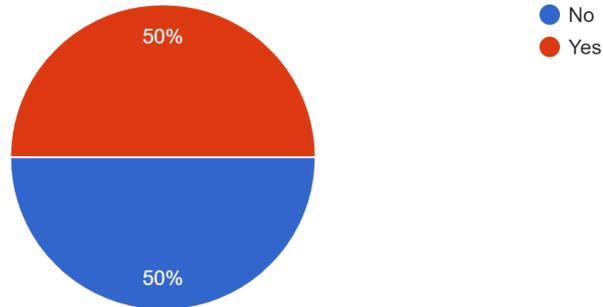
How did you hear about this event?

8 responses



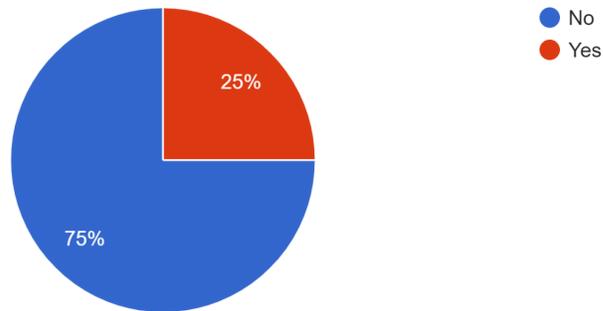
Before this event, did you know about your school's counseling services?

8 responses



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

8 responses



How can we improve this event in the future?

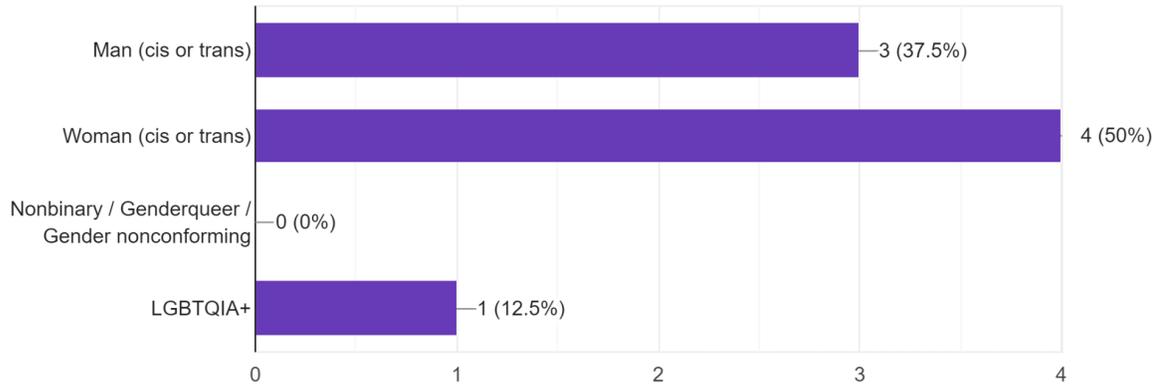
Maybe doing it in a physical space with an option for people abroad.

Keep doing what you're doing. This is great! I'd love to attend this workshop in person one day.

Demographics

How do you identify? (Check all that apply)

8 responses



Major	
Computer Science	2
General Studies	2
Architecture	1
Psychology	1
English	1

Year

8 responses

