

# Black + Mental Health + Matters

## Post-Workshop Evaluations

Mt San Jacinto College  
February 17, 2022

Number of attendees: 37  
Number of evaluations: 12

### What was your main takeaway from today's workshop?

Community and connection heals

That there is a community that cares about me

I'm taking away inspiration, empowerment, and gratitude

I'm taking away a big appreciation for the Black community and the things that bring them and allies together along with the differences. Every single person has eminent value simply because they exist and everyone's feelings are valid! Such a beautiful space!

Everyone is unique and worthy of love and happiness, and mental health issues do not define who we are.

One thing that really resonated with me was that feelings are valid. Sometimes we form these feelings based on the wrong idea but the feelings are okay.

I feel happy to witness this kind of event. I'm Asian, still a person of color :), but I believe this is the first time I've seen empowerment to this level.

The emotion wheel

My main takeaway is mental health should not be ignored. Mental health is vital for our well-being.

### How might you use what you learned today?

I will have more patience and compassion as much as possible

taking the time to give to myself, whether it be for 1 min. or a day.

Share with my community and let them know that our mental health matters.

I screenshotted and took notes of practices and advice on how to handle mental health and validating my emotions.

I will strive to work on the areas of self-care that I struggle with, such as the financial section.

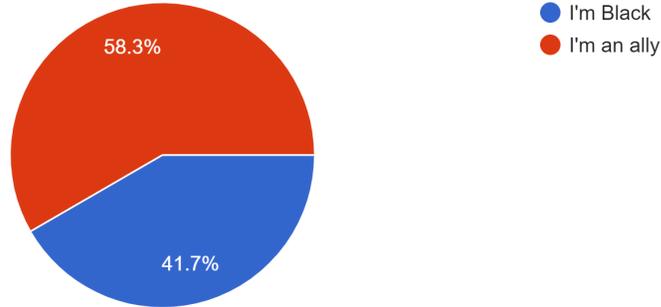
I'm going to be using the 8 dimensions of self care. I normally focus on one aspect like the physical and don't focus on other parts like the financial or relational.

Gained new perspectives of how to communicate and understand black culture

I will take the time to invest in my mental health.

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

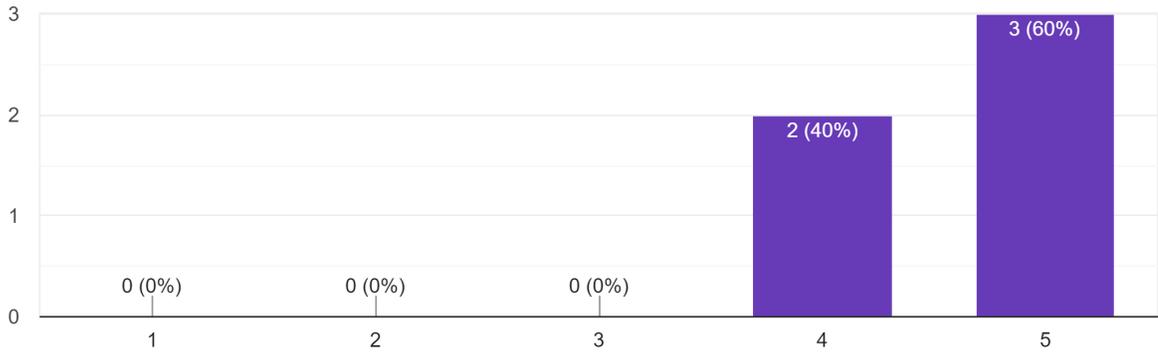
12 responses



### For Black students

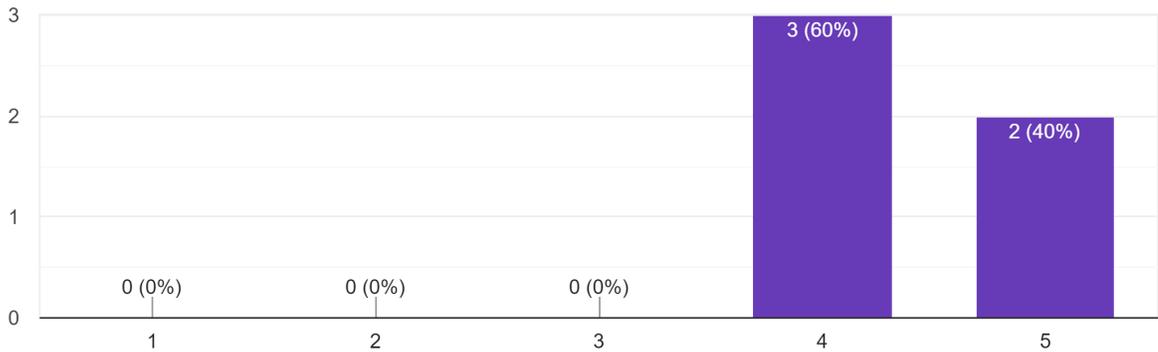
Did this workshop feel like a place of refuge for you?

5 responses



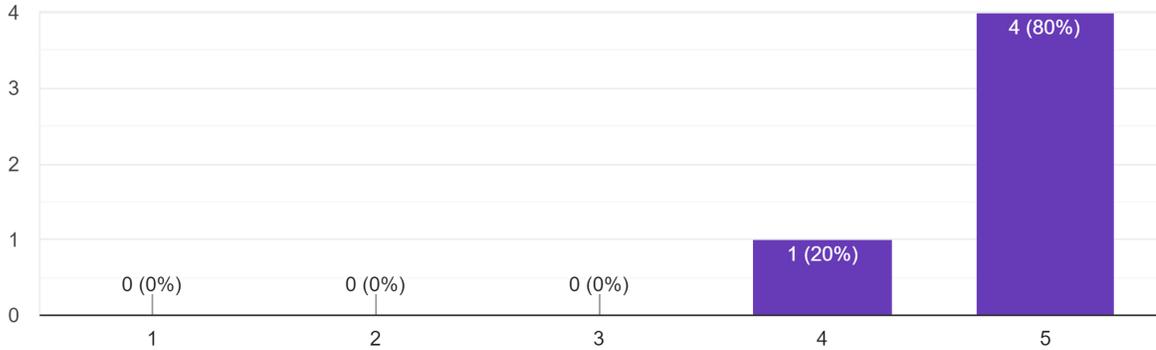
Did this workshop make you feel seen and heard?

5 responses



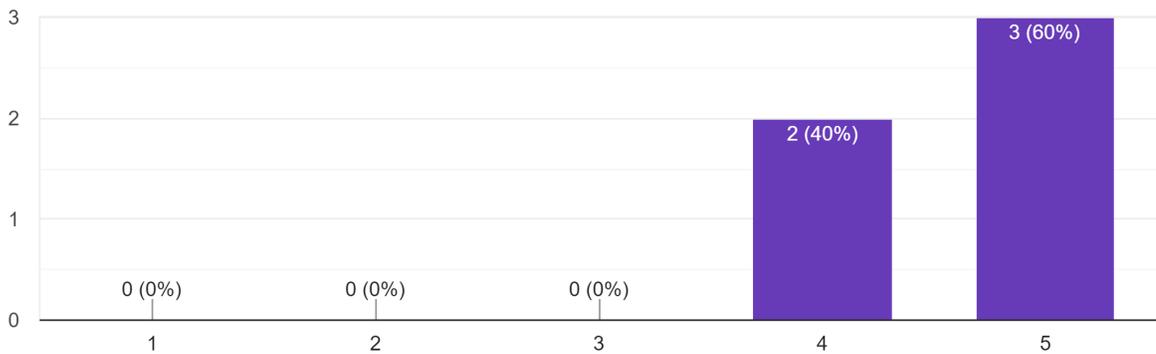
Did this workshop equip you with tools to help you heal and thrive?

5 responses



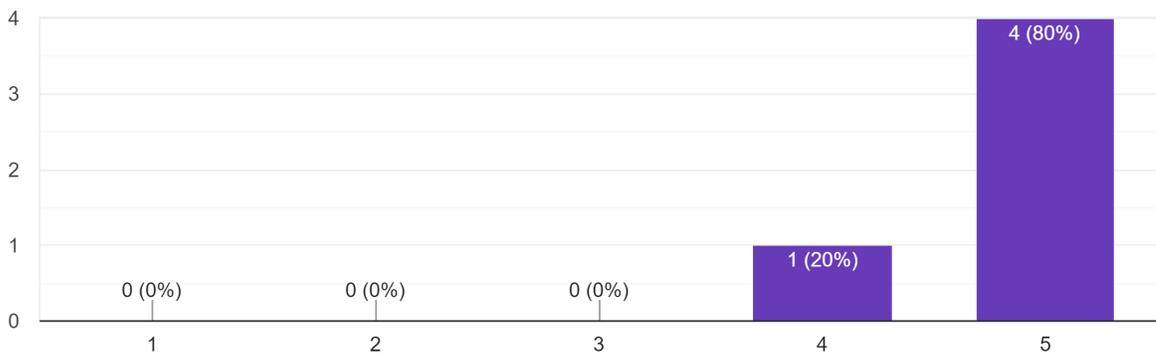
Did this workshop acknowledge your lived experience?

5 responses



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

5 responses



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

Nothing besides, thank you!

Enjoyed the presentation and also the music!

Please come back and present again. Black History, Mental Health, and Black voices should be shared and heard 365.

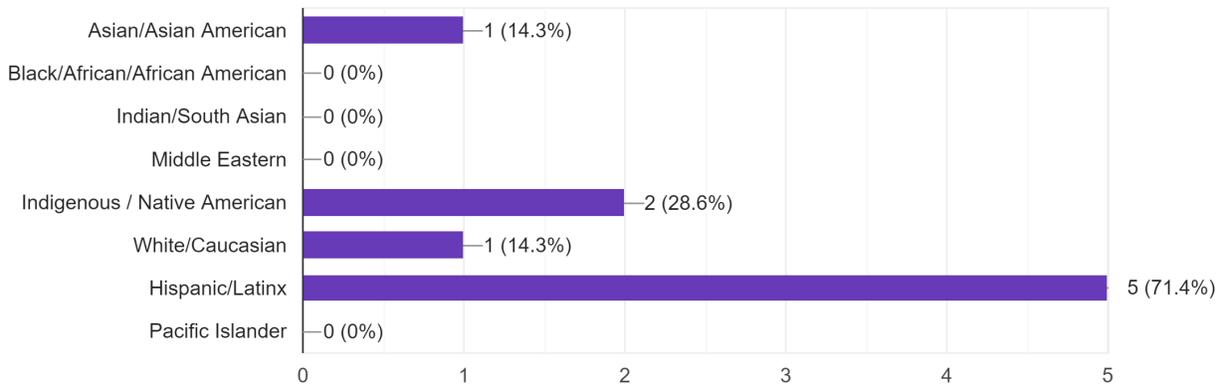
There was opportunity to engage and it was empowering throughout. I particularly enjoyed that community resources were shared and we got to create a poem

I'm so thankful we as a community are addressing our mental health & wellness.

**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?**  
 (Highlights: see raw data for full list)

Felt beautiful and peaceful. Like home honestly. Safe.

Amazing

Amazing, the atmosphere was empowering and accepting with feelings of strength and absolution.

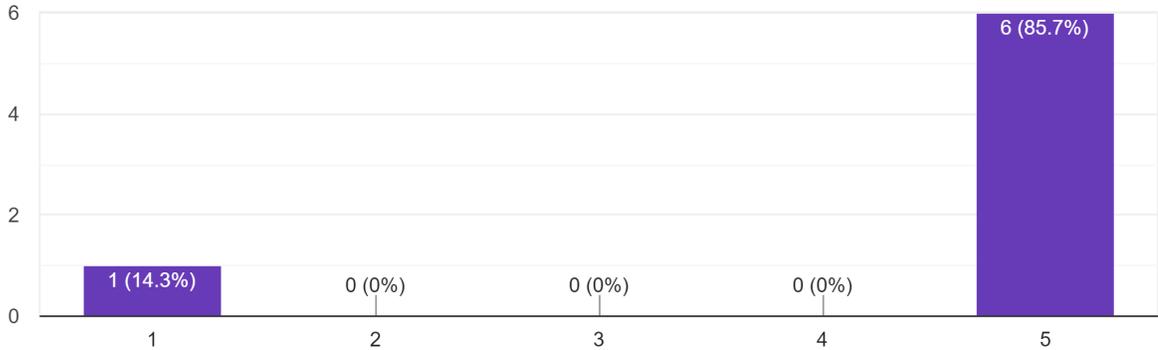
I enjoy hearing and learning about other cultures because I am an empathetic person.

I felt good

Perfectly fine.

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

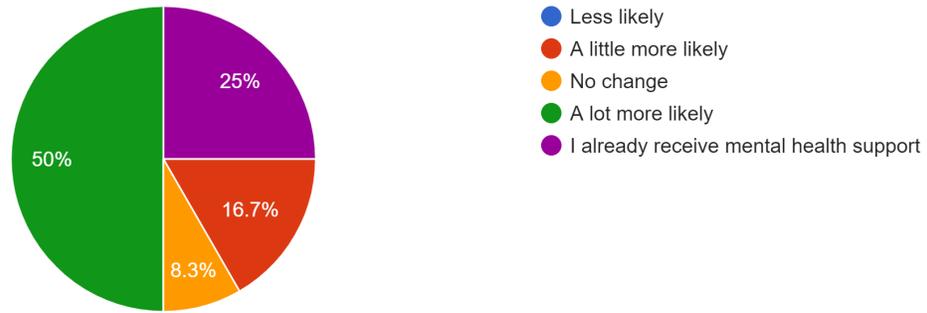
7 responses



### Outcomes

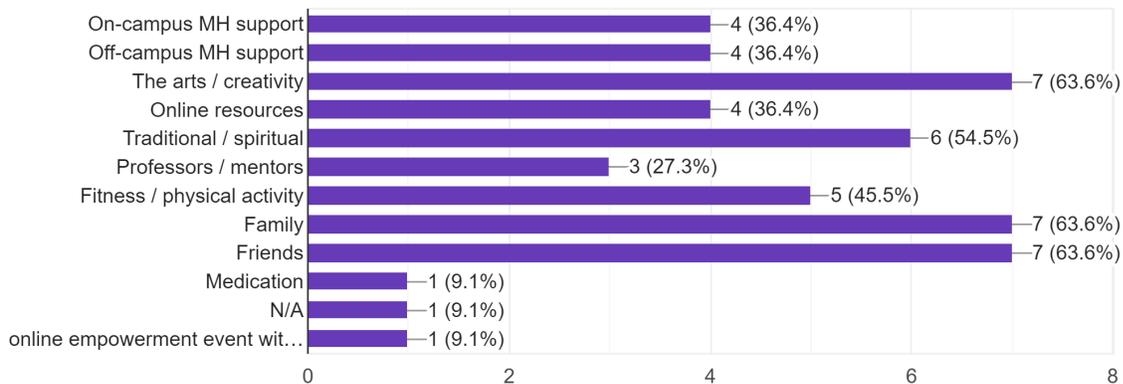
After this event, are you more or less likely to seek support for your own mental health?

12 responses



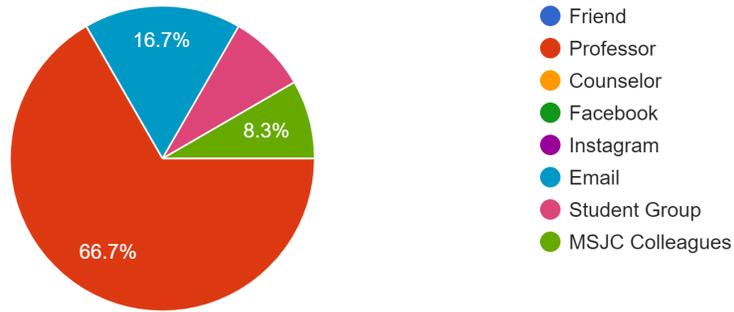
What type(s) of mental health support do you think would be most useful to you?

11 responses



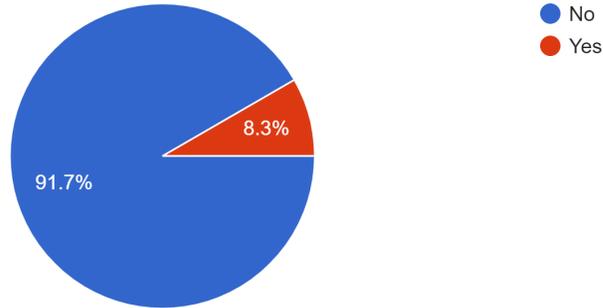
How did you hear about this event?

12 responses



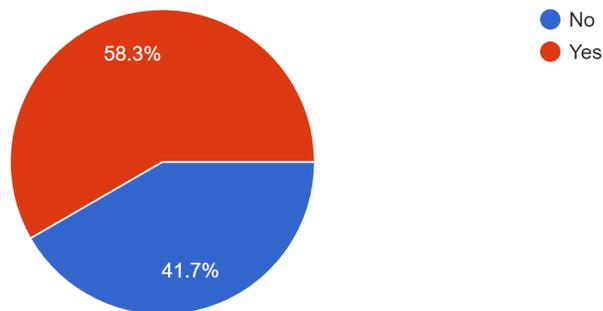
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

12 responses

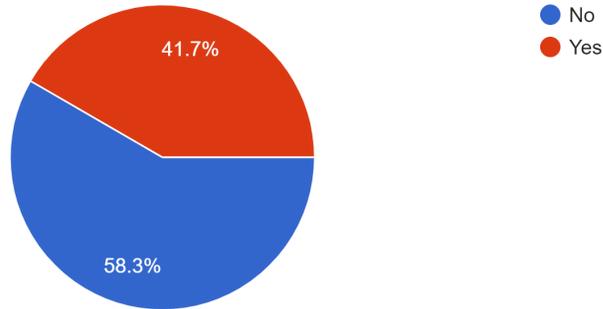


Before this event, did you know about your school's counseling services?

12 responses



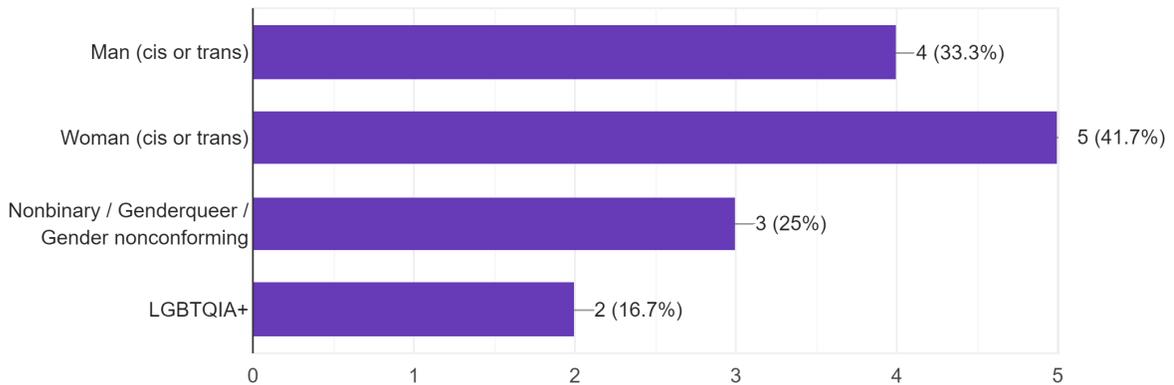
Before this event, did you know about the community resource(s) featured in the video(s)?  
12 responses



How can we improve this event in the future?
A bit more interaction with audience, maybe a tad longer, say another 15 minutes.
By doing it the exact same way you just did
The only suggestion I have is to make some of the pictures bigger, if that is even possible, it was hard for me to see all of the graphics.
Make it at a later hour, work on audio (sometimes I heard an echo from the speaker)

### Demographics

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



MAJOR

Film Studies	1
Theatre/film	
Fire technology	1
Psychology	2
N/A	2
Pursuing a bachelors of Science in Nursing	1
Liberal Arts	1
Nursing	1
Advanced Audio Technology	1

Year

12 responses

