

Black + Mental Health + Matters

Post-Workshop Evaluations

Mt. San Jacinto College
February 1, 2023

Number of attendees: 67
Number of evaluations: 14

What was your main takeaway from today's workshop?

To think about me!

I learned more about how black students today carry the strength and culture of their ancestors, and I'd like to know more about how Black Americans feel so strongly connected to their past

The strength & power of the black culture.

There is still progress to be made for equity

That self care is as important as caring for others.

I appreciated the focus on self care and how important it is.

I enjoyed the honesty and willingness for people to share their personal accounts.

That your mental health matters just as much as your physical health.

It was very insightful and very powerful.

There are a lot of shared feelings among the Black community about belonging and overcoming the labels/stereotypes that have constantly caused oppression. We still have a long way to go.

How might you use what you learned today?

I learned a lot about self care and I'm honestly better for it

Learning more about other cultures makes me a more sensitive & understanding person.

Increase my cultural competence and apply it to my position in HR

decided to invest time in learning how to love myself

Taking that little extra time to be kind to myself.

I'm still on a pathway to understanding the difficulties of our diverse communities.

Just talking to students about it opens the pathway to healing

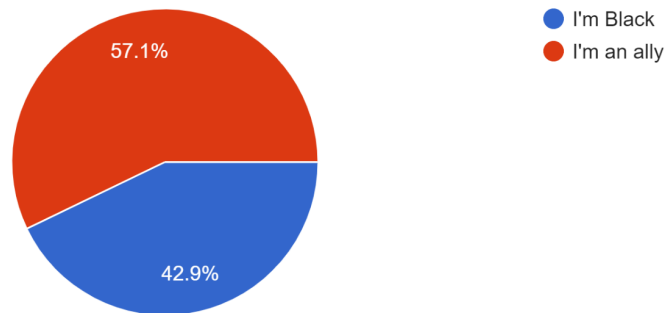
In creating a self care plan for myself to use to have a cool down day.

I think it'll help me in helping others. It reminds me that everyone is going through something and the best thing we can do is be compassionate towards one another.

Have conversations with coworkers, students and friends about their interests and what that ties to. What their heritage means to them. But all in all, just make people feel comfortable, especially after this pandemic.

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

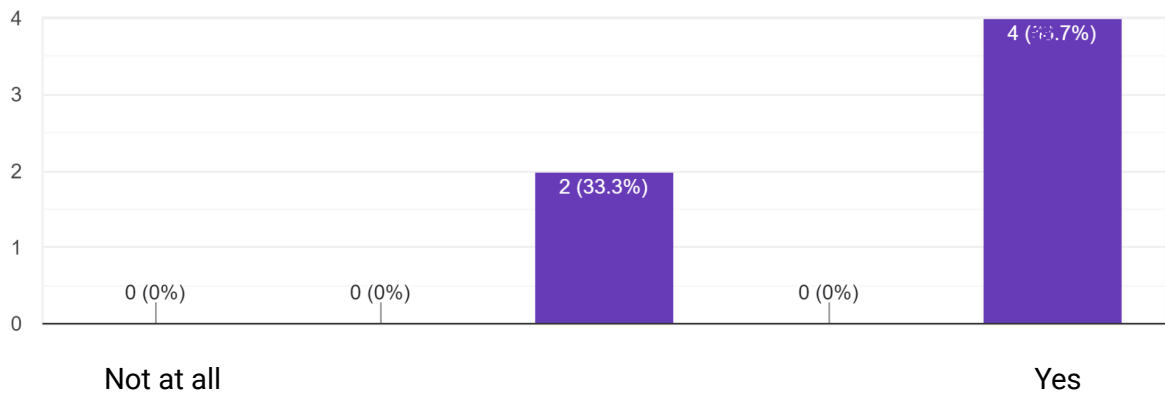
14 responses



For Black students

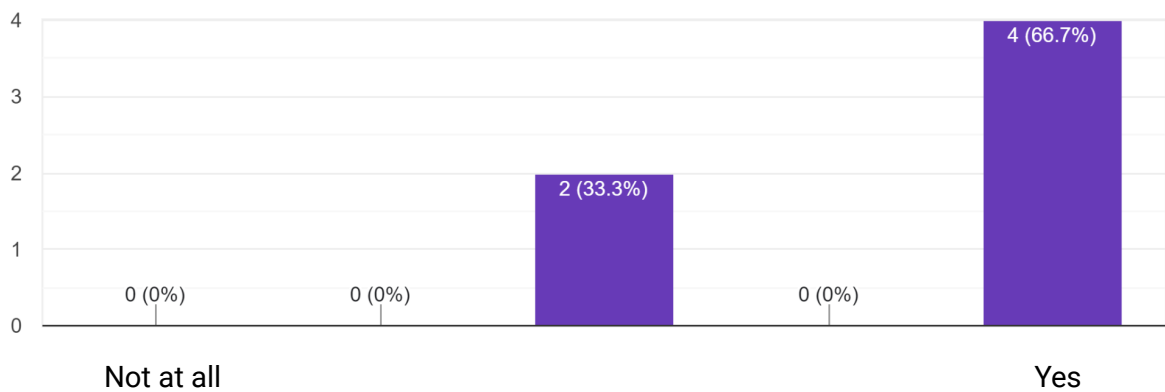
Did this workshop feel like a place of refuge for you?

6 responses



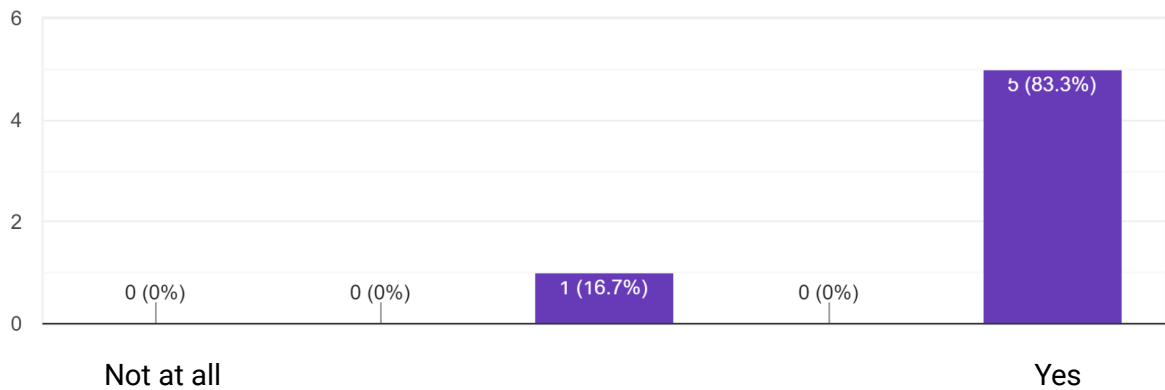
Did this workshop make you feel seen and heard?

6 responses



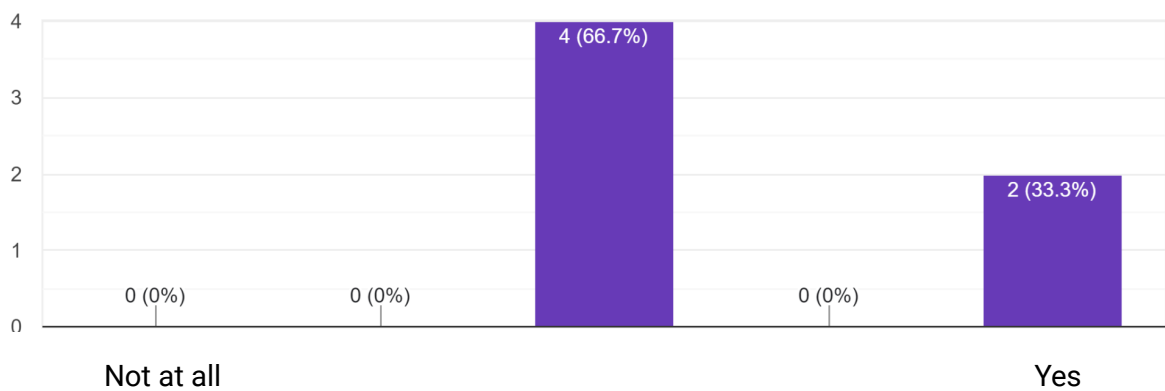
Did this workshop equip you with tools to help you heal and thrive?

6 responses



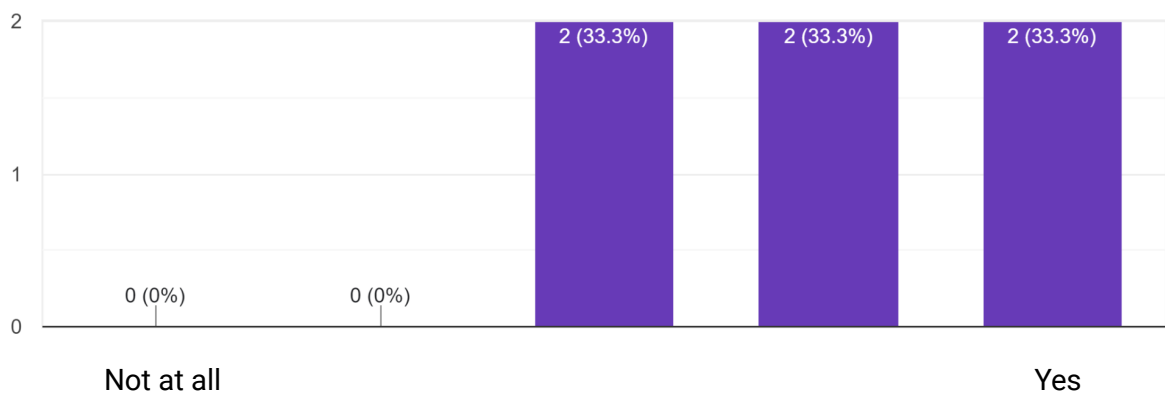
Did this workshop acknowledge your lived experience?

6 responses



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

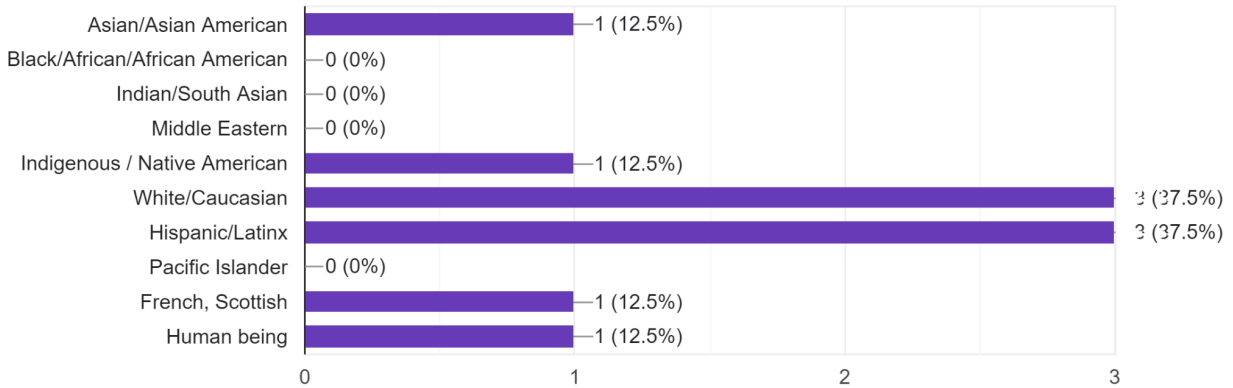
6 responses



For Allies

How do you identify? (check all that apply)

8 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)

There were conversations that I couldn't relate to (obviously) and I guess I was left with a lot of questions that I thought I already had answered. There was an underlying context I will always be disconnected to, and feel like getting closer to it will help me understand the Black American struggle.

Powerful & empowered!

Supported and welcomed

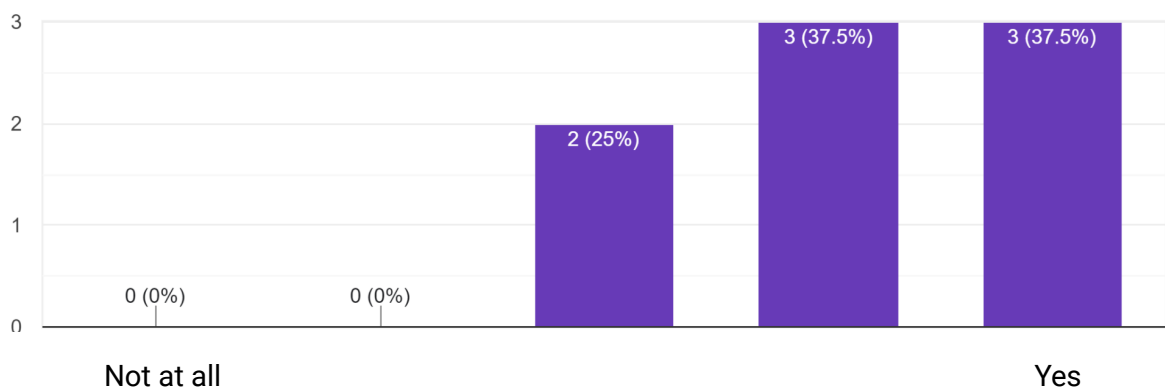
It felt important to hear a different perspective.

Comfortable

It was great! We definitely need more spaces like this.

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

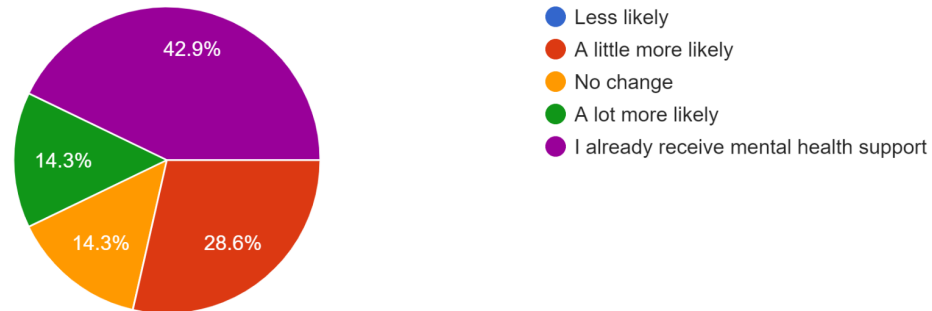
8 responses



Outcomes

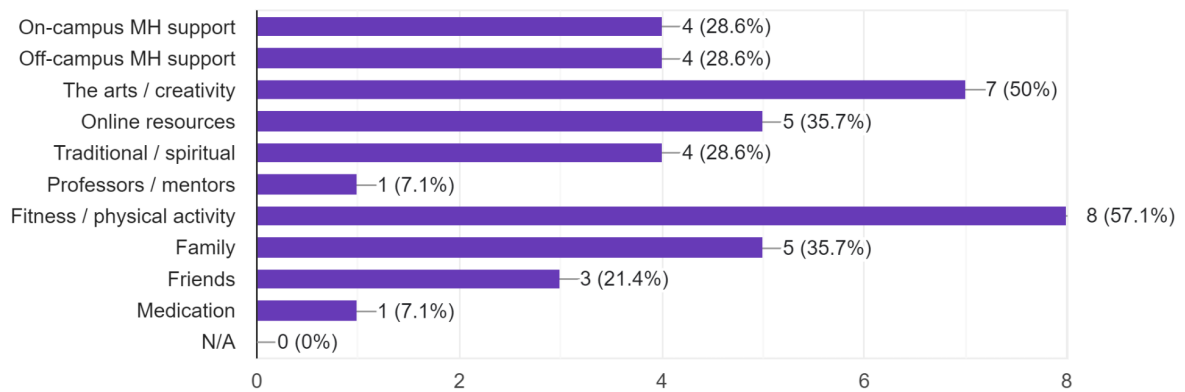
After this event, are you more or less likely to seek support for your own mental health?

14 responses



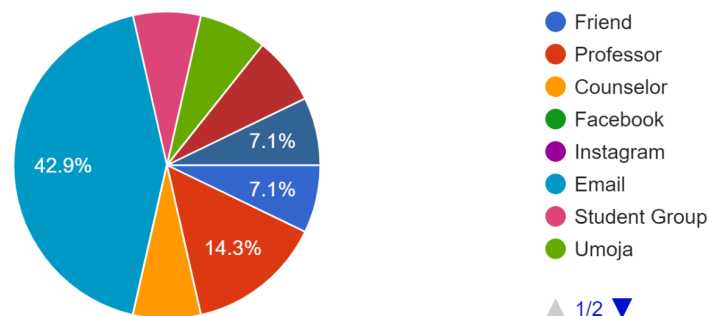
What type(s) of mental health support would you like better access to?

14 responses



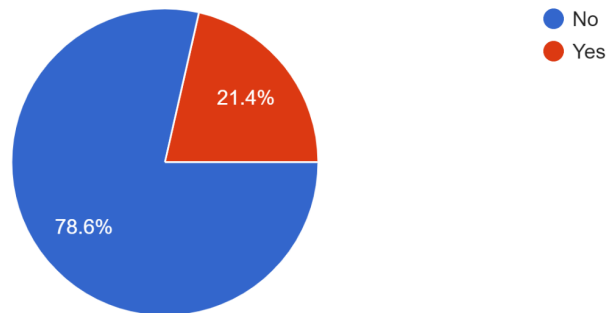
How did you hear about this event?

14 responses



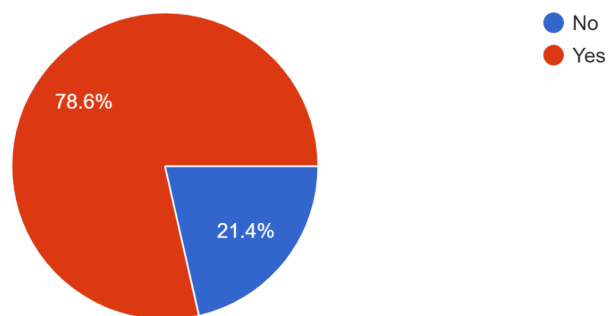
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

14 responses



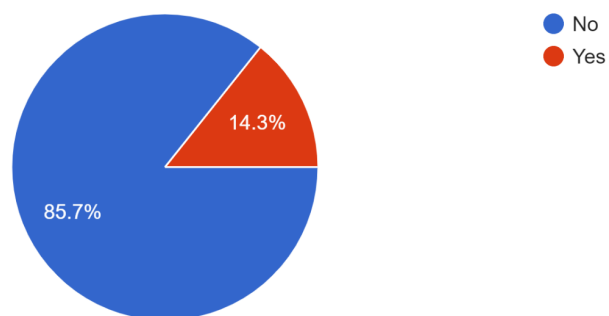
Before this event, did you know about your school's counseling services?

14 responses



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

14 responses

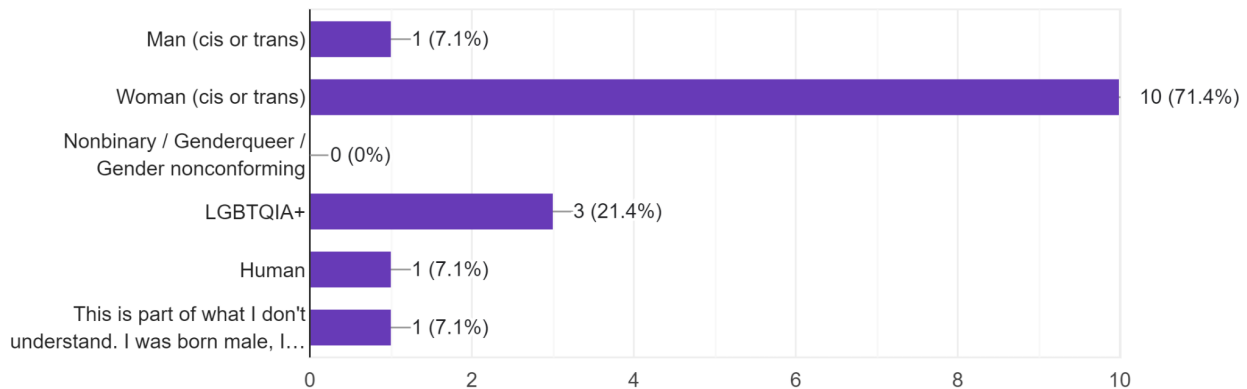


How can we improve this event in the future?
Can't think of anything! It was an amazing event
Invite attendees to have cameras on and more time to learn & share.
Broadcasting the event more.
Have more online events
Maybe have two primary presenters. The single presenter did a good job but I thought if there were two they could bounce ideas off each other.
Have some outsider speakers
Hopefully we can have an in-person workshop at our campus!

Demographics

How do you identify? (Check all that apply)

14 responses



Major	
MSJC Staff	1
Psychology	1
Administration of Justice	1
N/A	2
Theatre arts	1
Communications Alumni	1

Year

13 responses

