

# Black + Mental Health + Matters

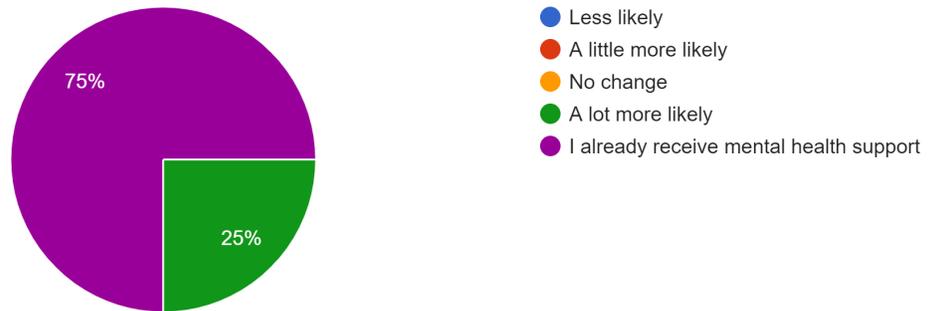
## Post-Workshop Evaluations

Riverside City College  
April 30, 2021

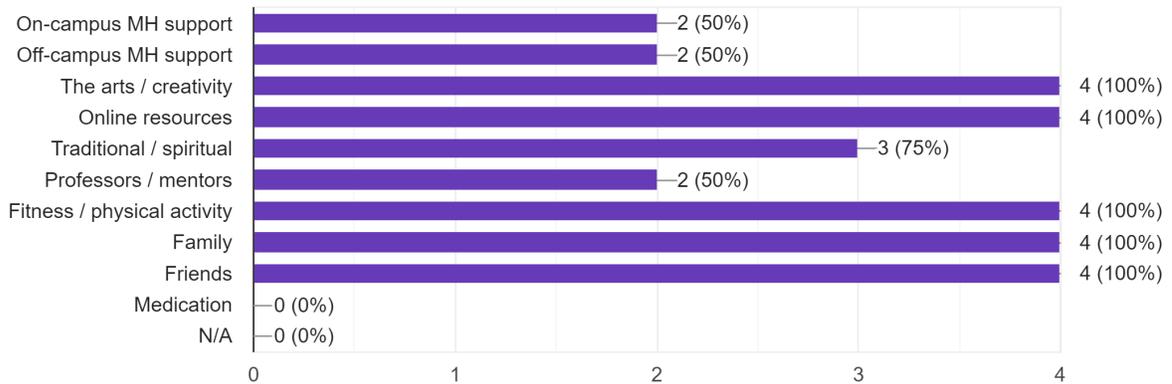
Number of attendees: 29  
Number of evaluations: 5

### Outcomes

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

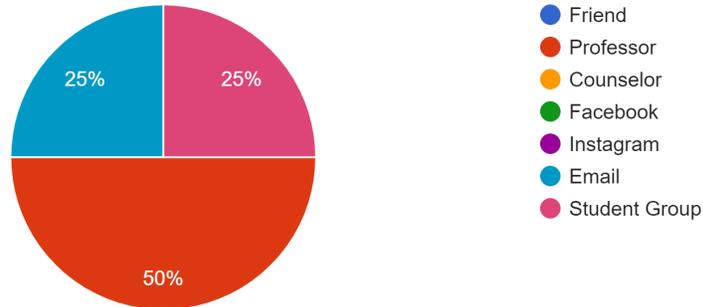


What type(s) of mental health support do you think would be most useful to you?  
4 responses



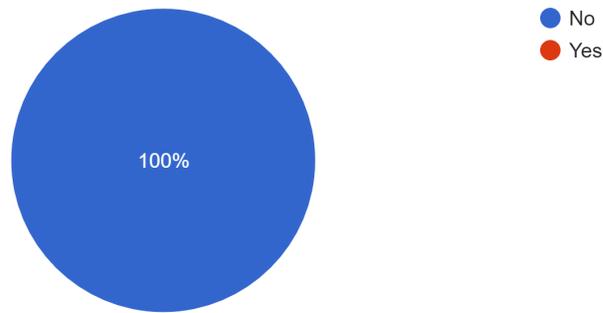
How did you hear about this event?

4 responses



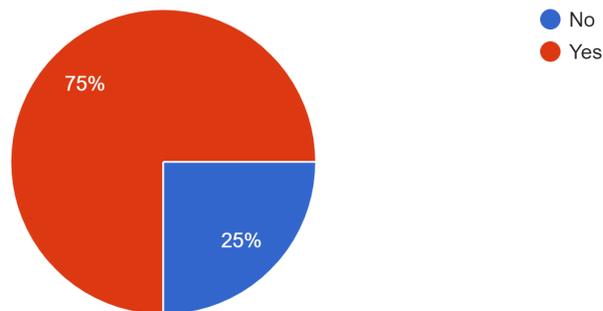
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

4 responses

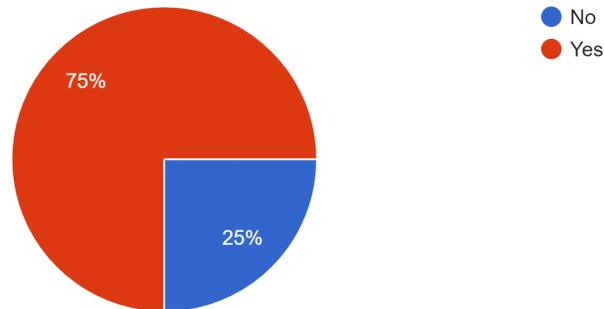


Before this event, did you know about your school's counseling services?

4 responses



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



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

The Black community experiences mass oppression, and does not receive sufficient support when it comes to mental health. Furthermore, the Black community does not feel represented, in the media and in ads for mental health, a white voice is heard or a white faces is seen, its exclusive. The system has been made to exclude Black folk and other minorities.

To be gentle with yourself

The Black Mental Health Experience looks different than others, is just as important as others, and needs to be discussed at every level in order to make significant positive progress.

The main takeaway is that there's different ways to approach mental health in the Black community.

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

Everyone has mental health, everyone experience is personal. I plan to use the feelings wheel to identify my emotions and I will allow myself to feel, because feelings do not lie.

in my work as a clinician with African American youth and their families

I can share the resources I learned today with my family and friends as steps to being a community organizer and more active advocate for mental health.

I've learned that the Black experience is truly a way for people come together. I learned that black mental health is really important to create safe spaces.

## How can we improve this event in the future?

Add a Q&A at the end of the session

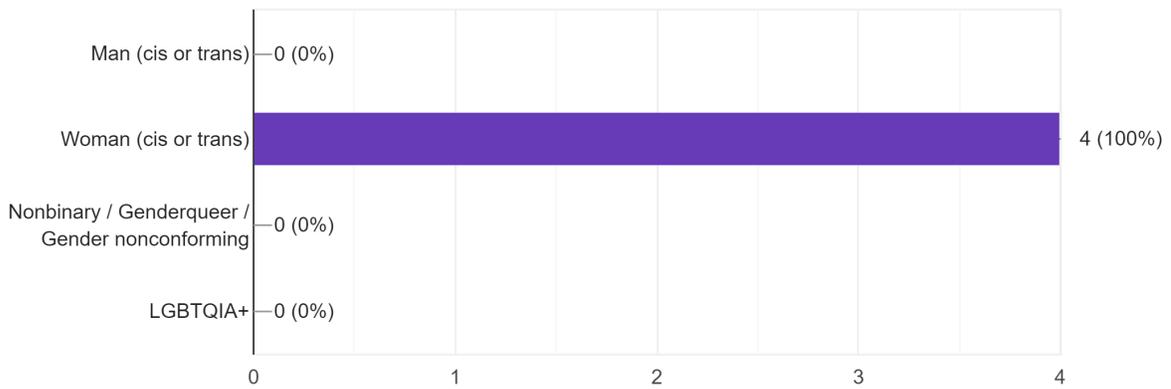
Make it a recurring series!

I would say the only improvement is to make the session a little shorter because 90 minutes is long.

### Demographics

How do you identify? (Check all that apply)

4 responses



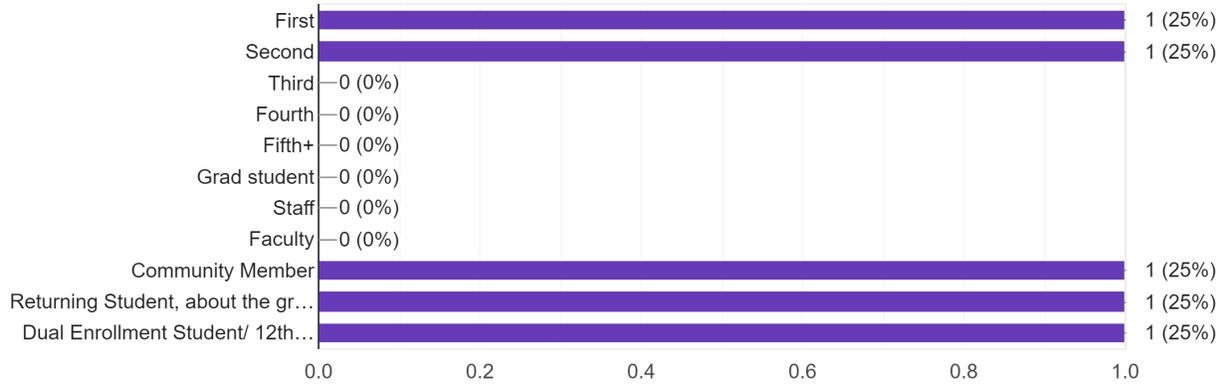
#### Major

4 responses

- Education
- N/A
- Kinesiology
- No major yet- Taking credits

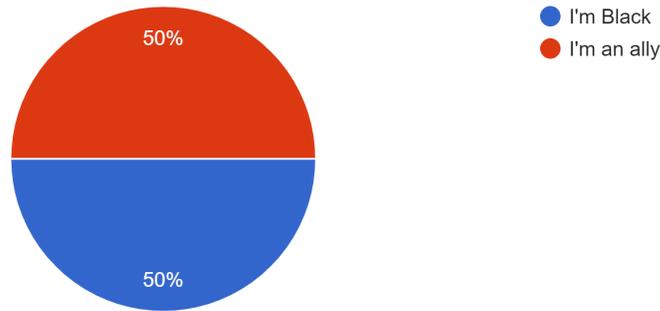
Year

4 responses



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

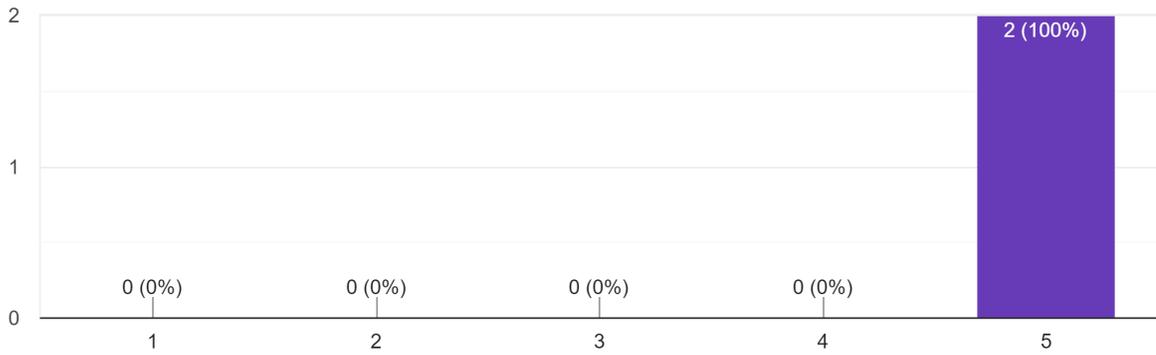
4 responses



## For Black students

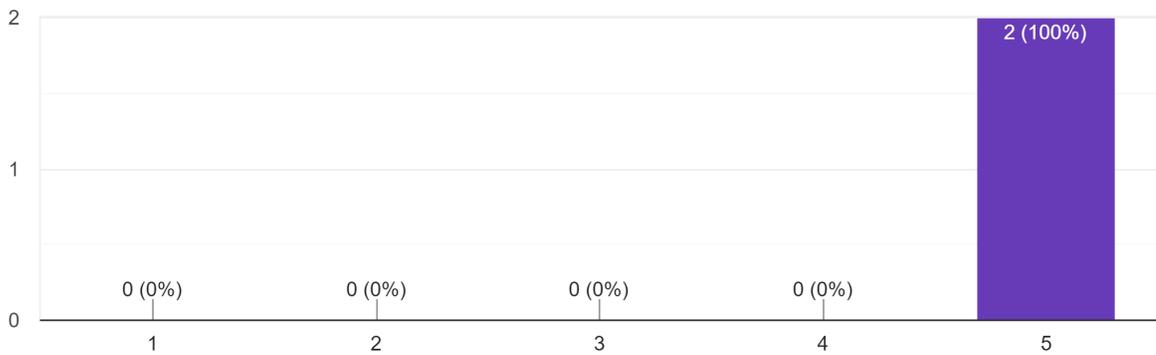
Did this workshop feel like a place of refuge for you?

2 responses



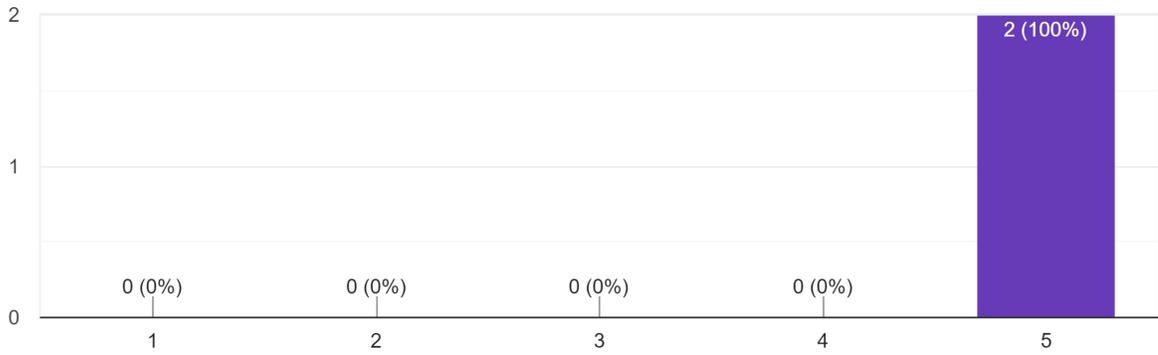
Did this workshop make you feel seen and heard?

2 responses



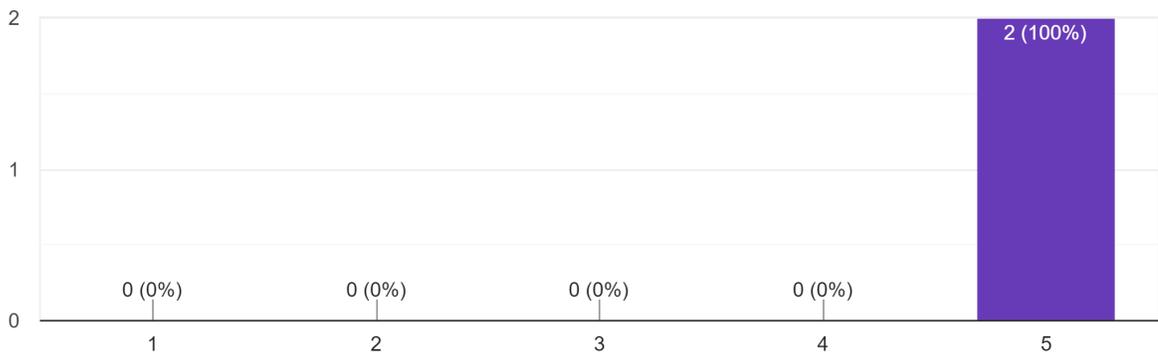
Did this workshop equip you with tools to help you heal and thrive?

2 responses



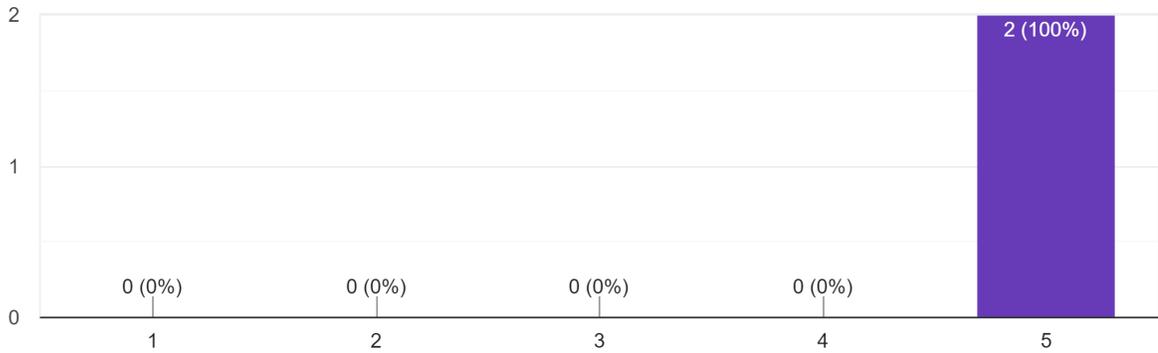
Did this workshop acknowledge your lived experience?

2 responses



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

2 responses



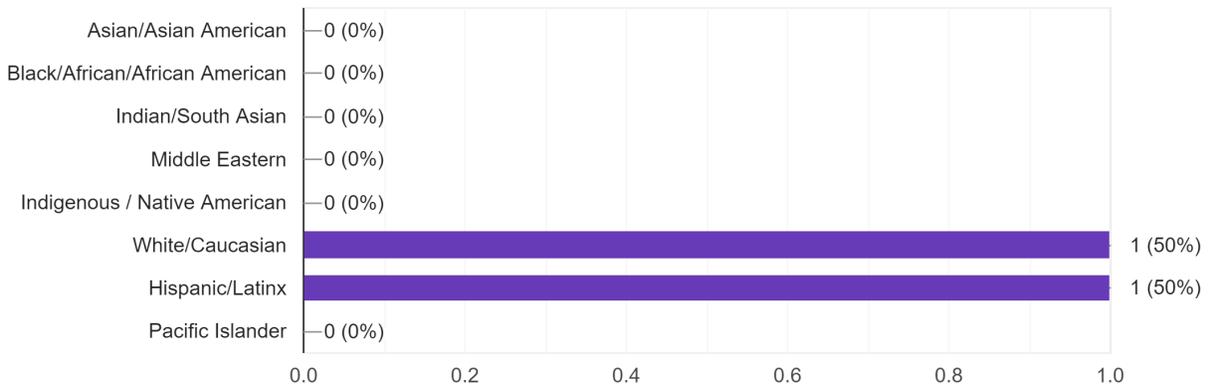
**Is there anything else you'd like to share about your experience?**

Keep up the great work; it is a great beginning, and we need to support this growth as part of the journey to develop healthy, whole, human beings.  
I really enjoyed this experience and took it as a way to understand people deeply and the meaning of people's identities.

**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 felt honored to just sit and listen.  
Great!

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

2 responses

