

Black + Mental Health + Matters

Post-Workshop Evaluations

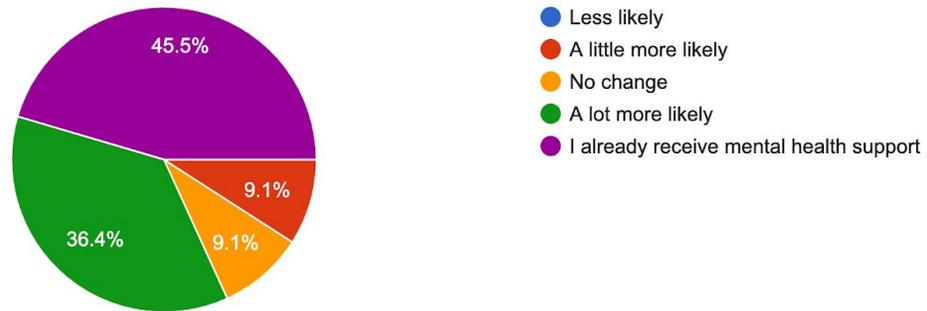
University of La Verne
February 12, 2021

Number of attendees: 33
Number of evaluations: 11

Outcomes

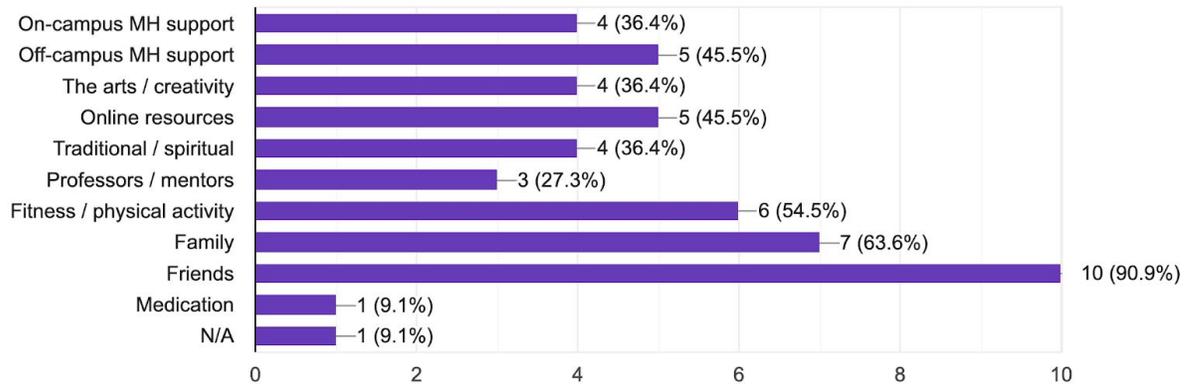
After this event, are you more or less likely to seek support for your own mental health?

11 responses



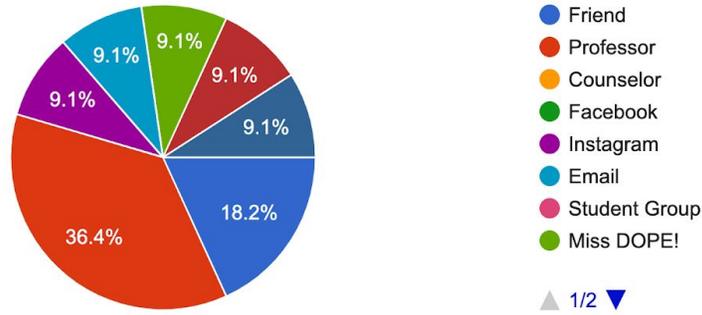
What type(s) of mental health support do you think would be most useful to you?

11 responses



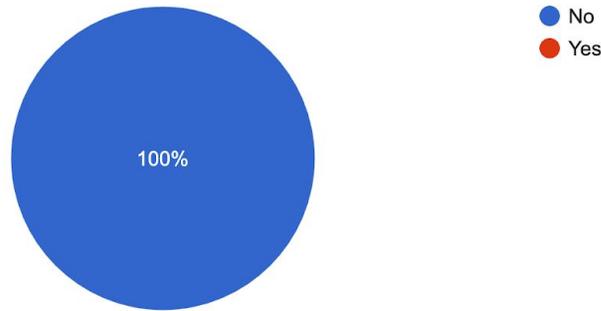
How did you hear about this event?

11 responses



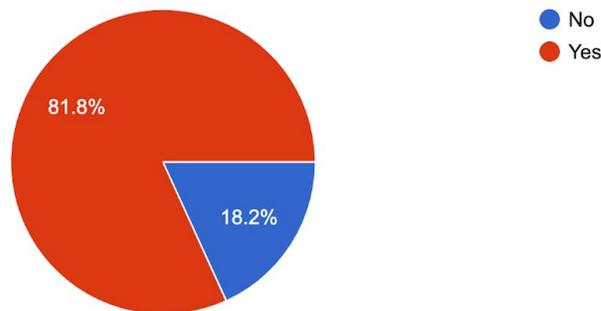
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

10 responses



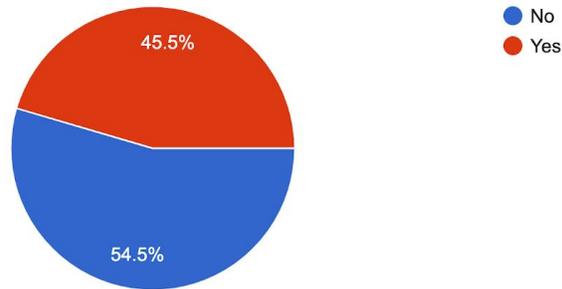
Before this event, did you know about your school's counseling services?

11 responses



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

11 responses



What was your main takeaway from today's workshop?

Black people have unique experiences in this world, especially when it comes to mental health, experiences that are completely different from others'.

Reclaiming my name.

I will start manifesting my own name when I'm nervous.

I was so blessed by the renaming poem.

The diversity of the black experience as it relates to mental health and the importance of self-care.

To take time for yourself and your mental health, you are important and your feelings are valid. Never feel as though you need to push away your emotions because society deems your feelings and opinions as not valid.

To focus on yourself and separate from the world.

The importance of claiming your space, assessing your well-being holistically, and inviting your authentic self into your everyday life.

Your organization provides a safe, inclusive space for discussion of a highly nuanced and sensitive topic.

I learned a lot more about mental health in the Black community.

I really enjoyed today's workshop, being non-POC I took the time to spectate and understand the experiences of others which is something I love to do so that I can be a better ally and understand their struggle.

How might you use what you learned today?

I want to take steps to listen more intently to black voices, to learn and uplift my Black friends and make sure they know that with me they're free of judgement or any pressure to keep up an "act"; I want to listen and to learn, and not talk over.

Hopefully I'll be able to use what I learned to better my relationships with others, but most importantly, to better my relationship with me.

I want to focus on different elements of my self care routine.

I am still working on my renaming poem.

The feelings wheel is awesome! I'm working towards becoming an elementary educator and that visual tool is so helpful!

To understand those around me, acknowledging the fact that everyone is going through something whether they may say or not, never assume the emotions they are feeling because it can make them feel unheard or undervalued

I will find things that are advantageous to me personally instead of what is generally liked by people
I am on a more intentional self-awareness journey and the tools provided were and will continue to be very helpful.
I will employ the tools that were offered to define and to appreciate a spectrum of feelings that comprise one's mental health.
I will use this to spectate more and play an active role in helping communities that are underrepresented/oppresed. I hope that with the knowledge I gained today of people's experiences that I will be able to do this better.

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

This was a great experience to be part of and be in a safe space with other Black people and allies
During this time of grief and stress, I found peace in this space of sharing our Black Experiences. I was encouraged by the presenter and the beautiful word choices that inspired our uplift.
I love Natalie's energy!! This is my second Art with Impact experience and I was grateful to share a space with her again. Thank you thank you thank you <3
It was very calm and engaging.
The introduction was powerful. I love that all black persons were welcomed, validated, and prioritized in that space.
Excellence is the single word I would use to describe the workshop and its host.
It was nice to hear other people with my same experiences

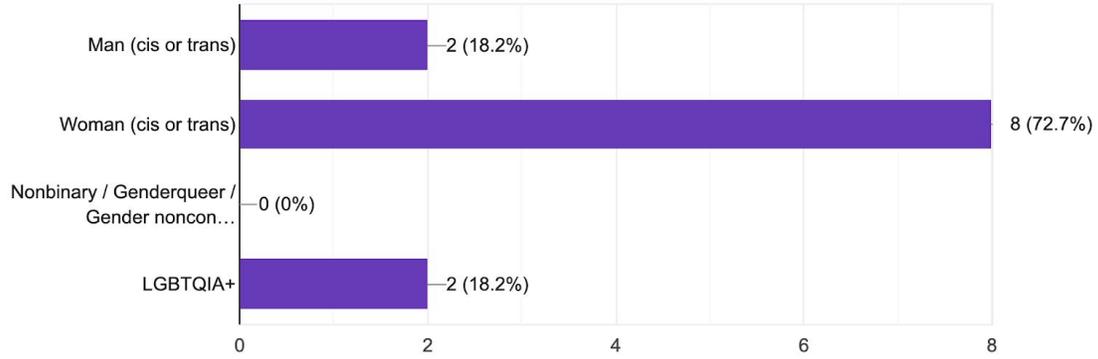
How can we improve this event in the future?

More promotion! There was a good turnout, but I feel more people would have benefitted from this experience.
I would like to have more time for discussion and the activities.
Include panelists or representatives from the community resources
The event was beautiful, I felt that it is already perfect especially getting to hear other people's testimonies who are in the virtual audience
I don't think it could be better, it was great.
Spread the word more.

Demographics

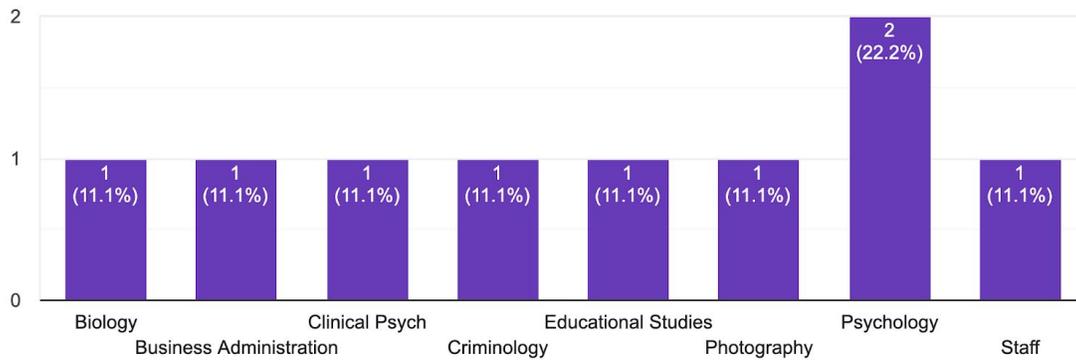
How do you identify? (Check all that apply)

11 responses



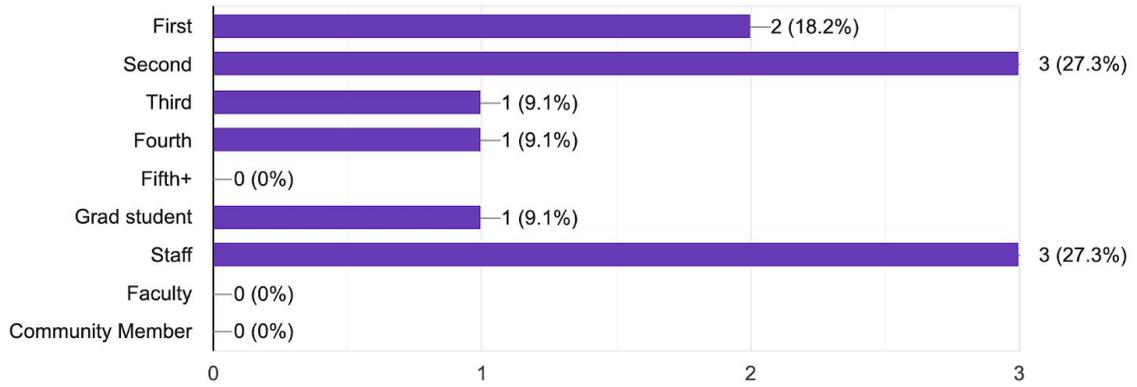
Major

9 responses



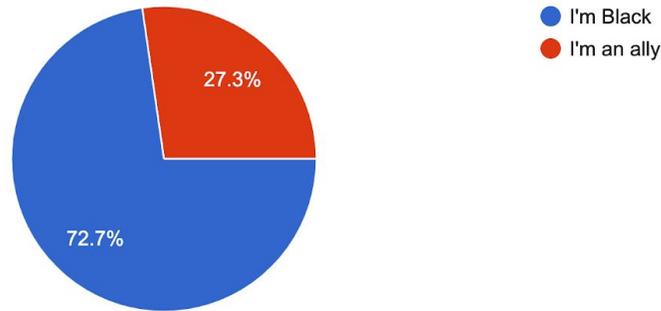
Year

11 responses



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

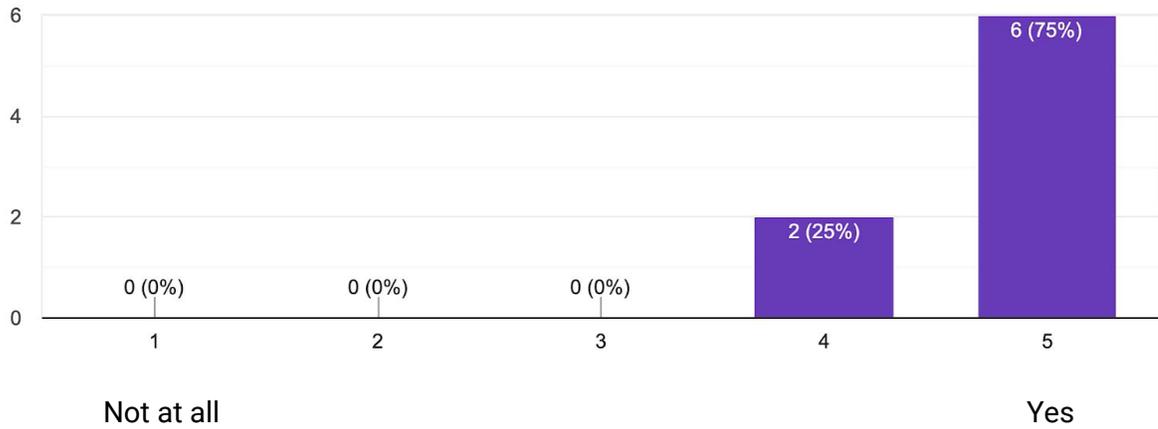
11 responses



For Black students

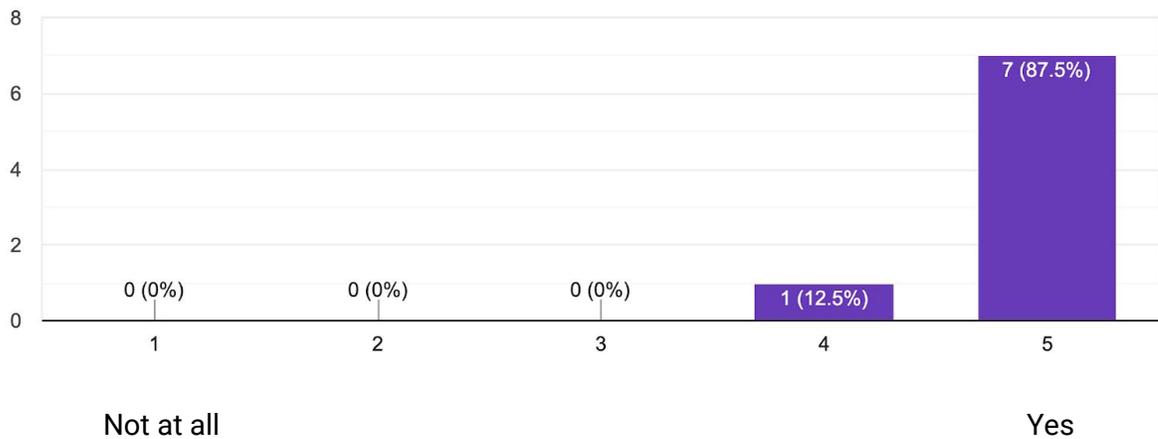
Did this workshop feel like a place of refuge for you?

8 responses



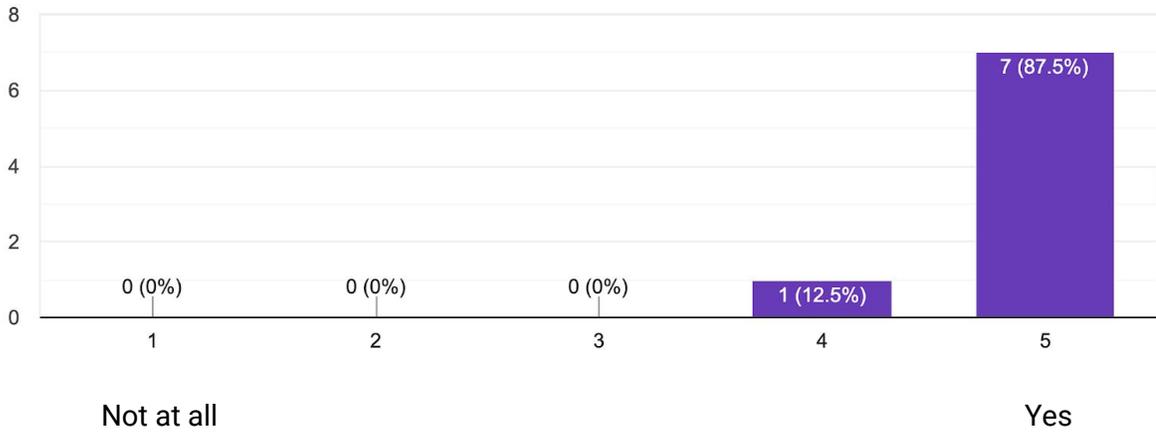
Did this workshop make you feel seen and heard?

8 responses



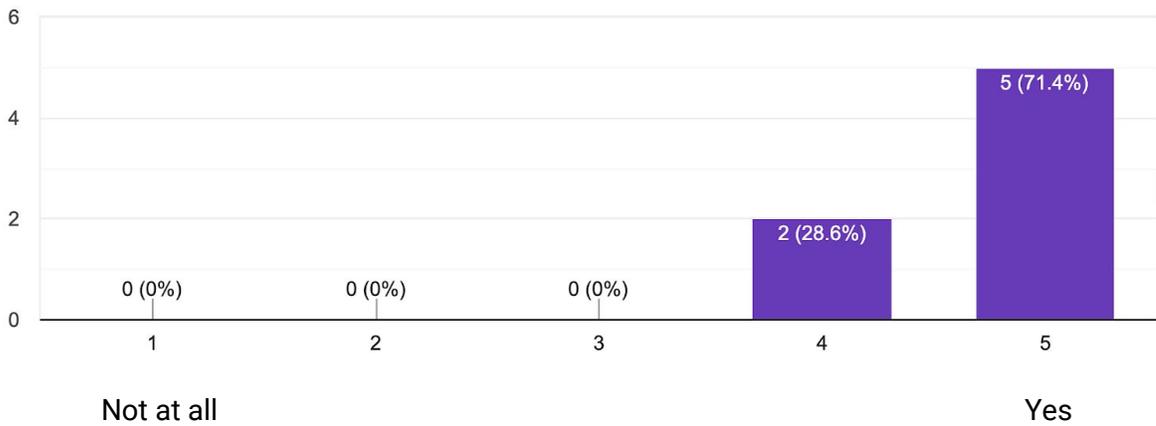
Did this workshop equip you with tools to help you heal and thrive?

8 responses



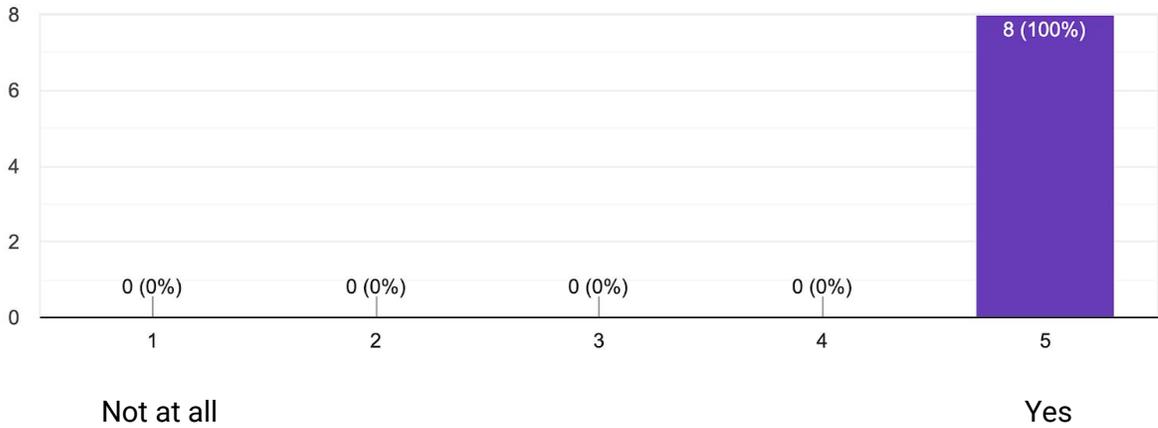
Did this workshop acknowledge your lived experience?

7 responses



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

8 responses



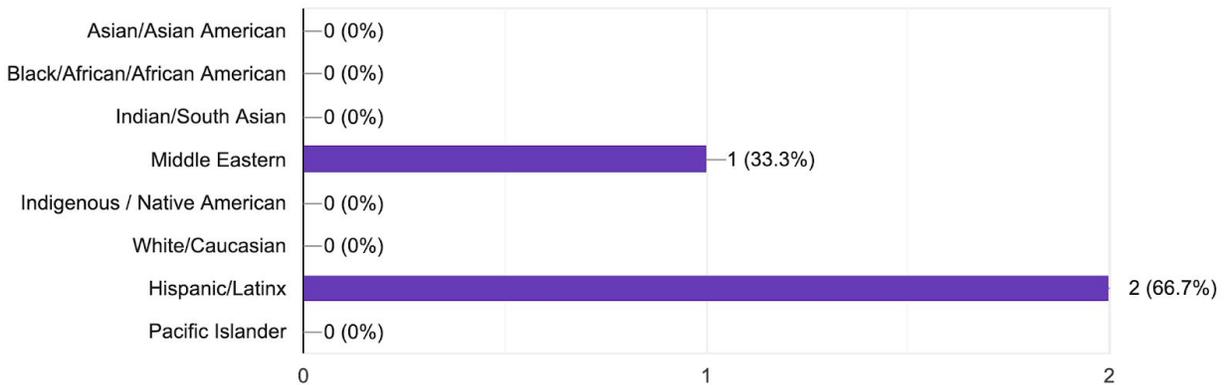
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For Allies

How do you identify? (check all that apply)

3 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)

It was really nice to be able to hear black people speak on their experiences and be uplifted/validated while they did. It was also nice to listen and learn for a bit, not having to talk, because that's not always necessary.

It felt magical, incredible, full of love and safety.

It felt good to be able to spectate and understand the struggles of other people. It felt very natural and I'm happy the safe was space and people were comfortable sharing their experiences.

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

3 responses

