

Black + Mental Health + Matters

Post-Workshop Evaluations

University of San Francisco
September 6, 2022

Number of attendees: 16
Number of evaluations: 5

What was your main takeaway from today's workshop?

We are stronger together! The space was a beautiful way for us to collect lively hear and support each other- something that is possible to do in every day life DEGREED or NOT!

A sense of community but an opportunity to search within

The reflection questions about myself and my Blackness (and what that means to me) was joyous!

Everything is gonna be alright!! 🙏

Centering mental health can be effortless when done in community

How might you use what you learned today?

Pass along the toolkit and resources and share the workshop with other students!

I like the idea of shared introspection. Silent spaces are needed and welcomed in community

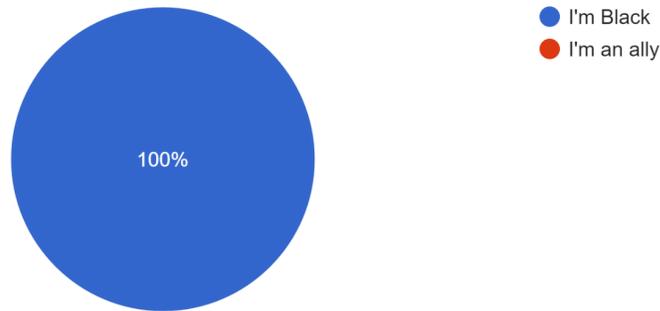
I also learned about valuable resources that I can't wait to share with students!

Reflecting on the responses from other participants. Reinforces that Black folks are dope!

I work with youth facilitators; I'm definitely going to center these practices in my work with them.

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

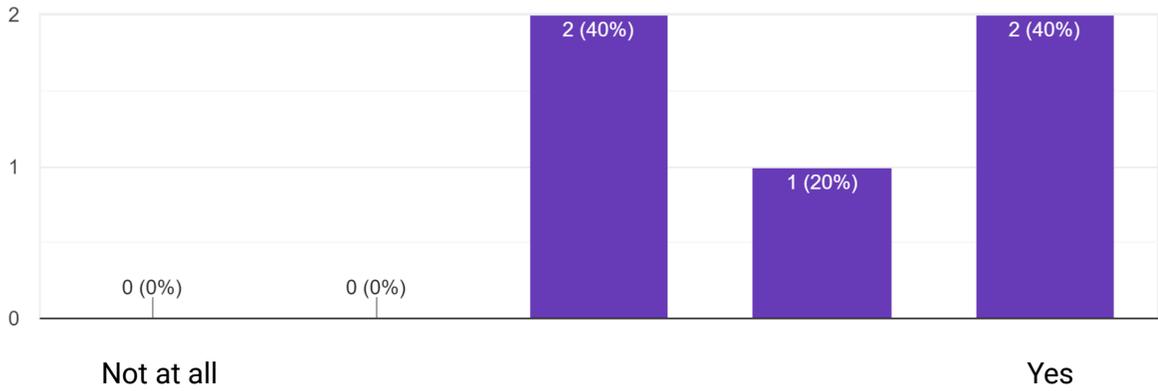
5 responses



For Black students

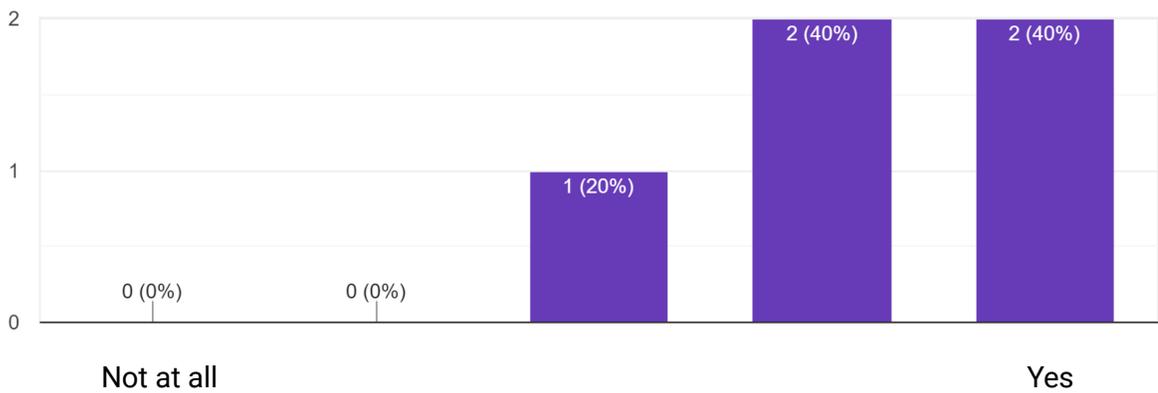
Did this workshop feel like a place of refuge for you?

5 responses



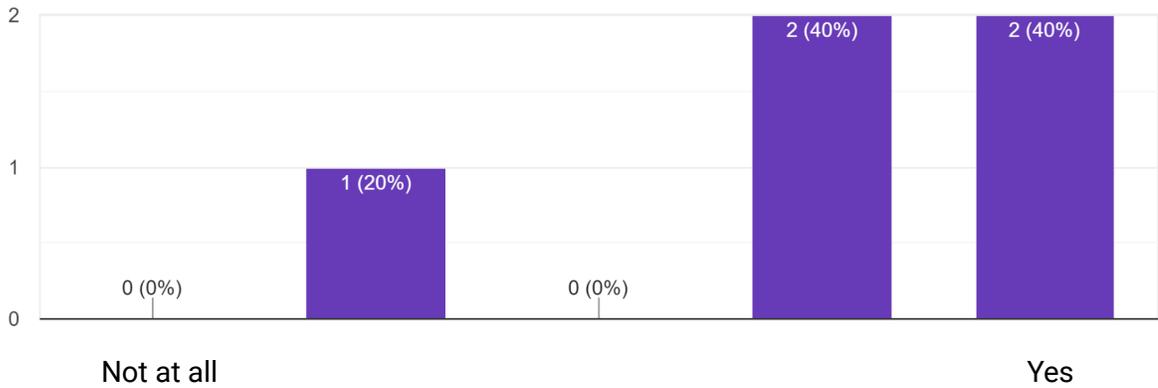
Did this workshop make you feel seen and heard?

5 responses



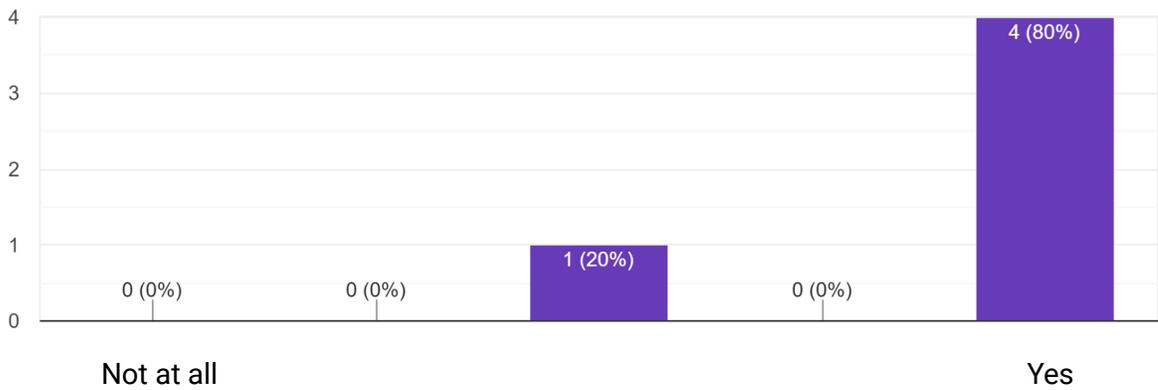
Did this workshop equip you with tools to help you heal and thrive?

5 responses



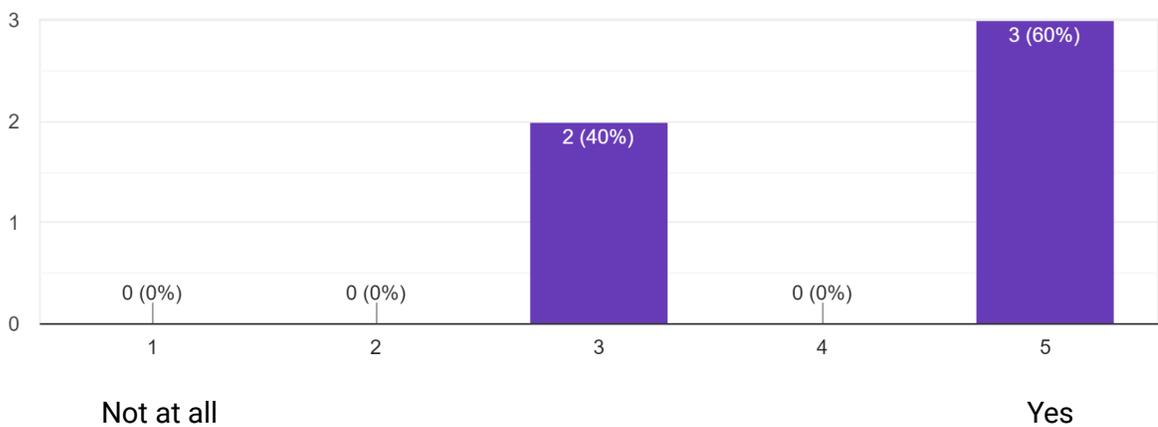
Did this workshop acknowledge your lived experience?

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?

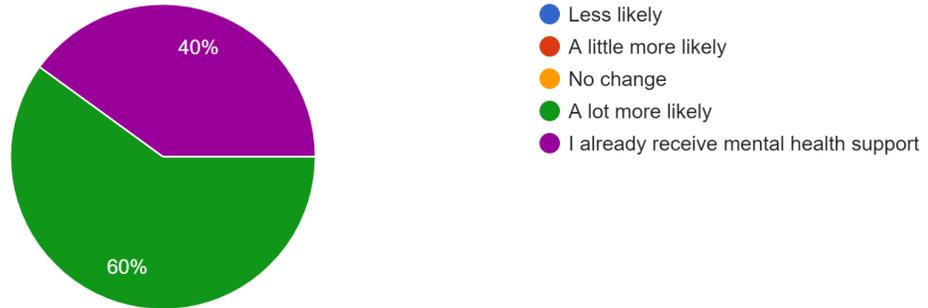
These spaces are so valuable and I enjoy having the ability to bear witness.

Stay encouraged to take great care of yourself. One LOVE! ❤️

Outcomes

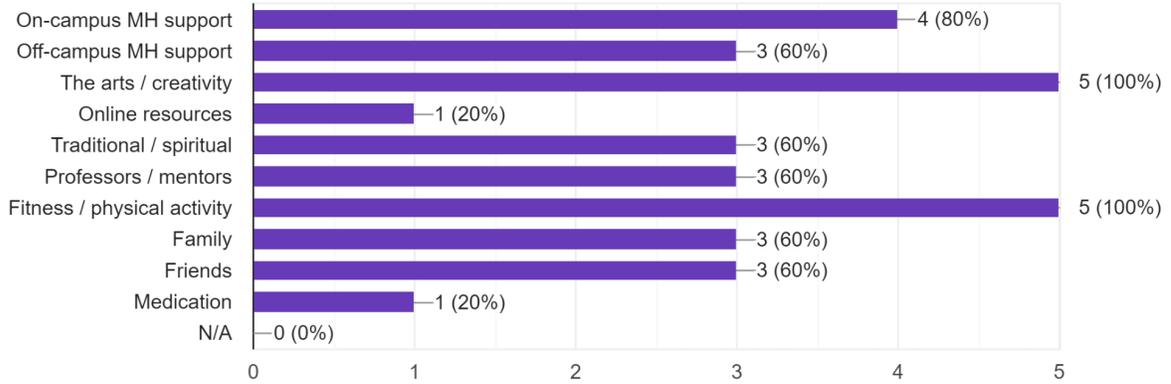
After this event, are you more or less likely to seek support for your own mental health?

5 responses



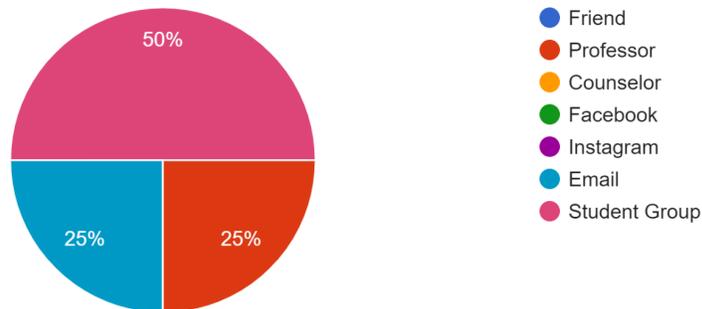
What type(s) of mental health support do you think would be most useful to you?

5 responses



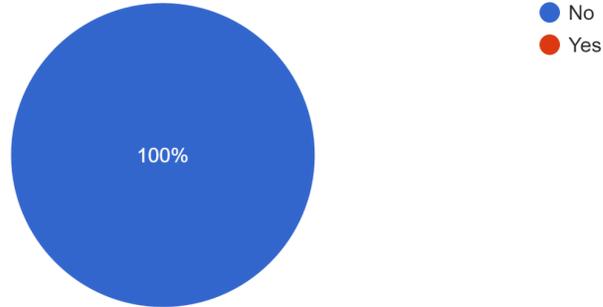
How did you hear about this event?

4 responses



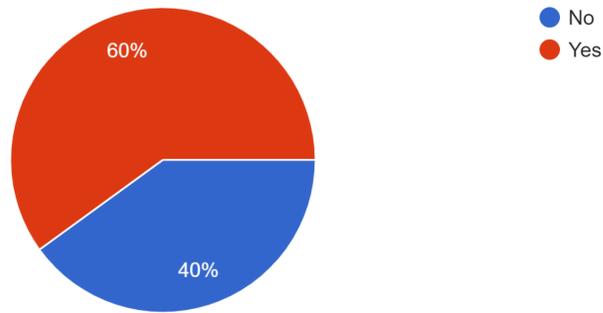
Before this event, did you know about the Mental Health Services Oversight and Accountability Commission (MHSOAC)?

5 responses



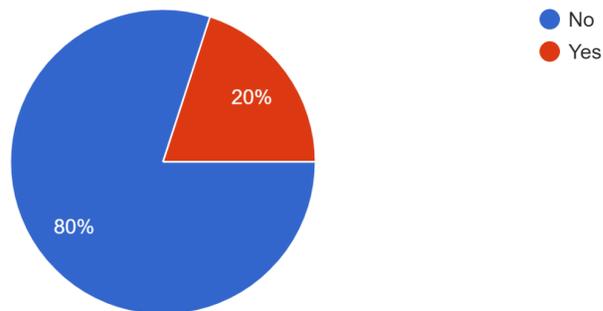
Before this event, did you know about your school's counseling services?

5 responses



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

5 responses



How can we improve this event in the future?

It is amazing and Ms. Chaun is a joy.

The first video made me feel like every bad event I attended in K12 that centered enslavement. That is a part of our history, but not all of who we are. Really messed with the vibe of the workshop. Also, the 90 minutes is a little video heavy.

What other topics would you like to see addressed in future workshops that relate to mental health and / or the arts?

Imposter syndrome and manufactured blackness/ethnic identities

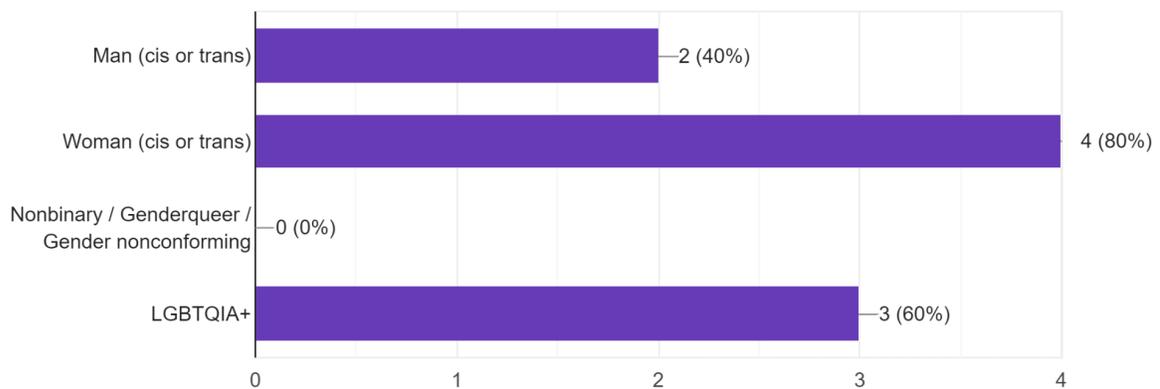
I'd like to see more discussion even though it is remote/online to hear from my peers/colleagues about their responses to the prompt. I think people are aching for community and this is an opportunity to be in community.

Family matters and single life as we climb

Demographics

How do you identify? (Check all that apply)

5 responses



Major	
School Counseling	1
Education	1
International and Multicultural Education	2

Year
5 responses

