# Black + Mental Health + Matters

*Post-Workshop Evaluations*

| University of Southern Maine<br>2/16/23 | Number of attendees: 26<br>Number of evaluations:5 |
|---|---|

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

The emotion circle
Safe space to share
It's ok to not be ok
Its okay not to be okay and to ask for help.
Mental health is universal and human

## How might you use what you learned today?

To speak up when I'm not doing well
Self awareness
Take care of the 8 dimensions of mental health
Be able to share but not too much
To listen better and be more aware

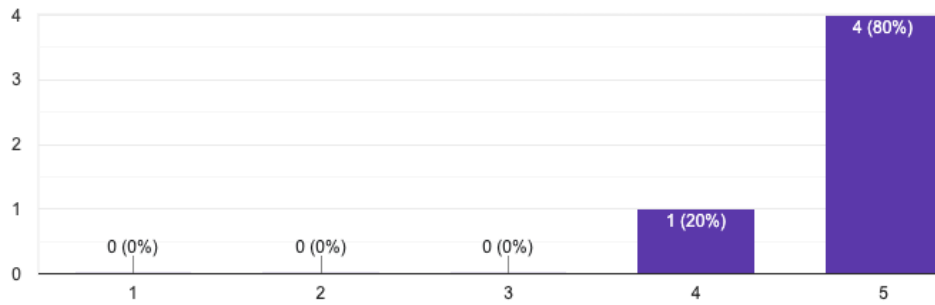Did you attend this workshop as a Black Person or as an ally?

5 responses



- I'm Black
- I'm an ally
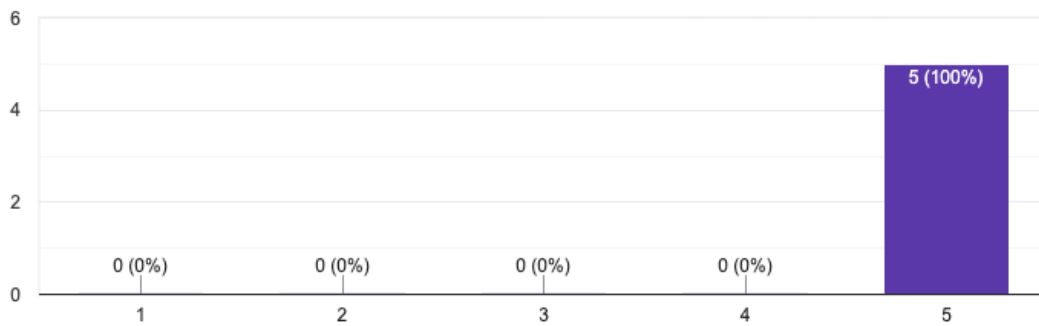
100%
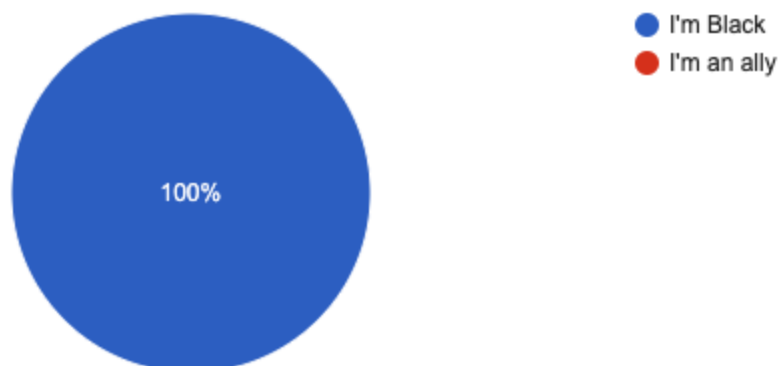
# For Black students

DID THIS WORKSHOP FEEL LIKE A PLACE OF REFUGE?
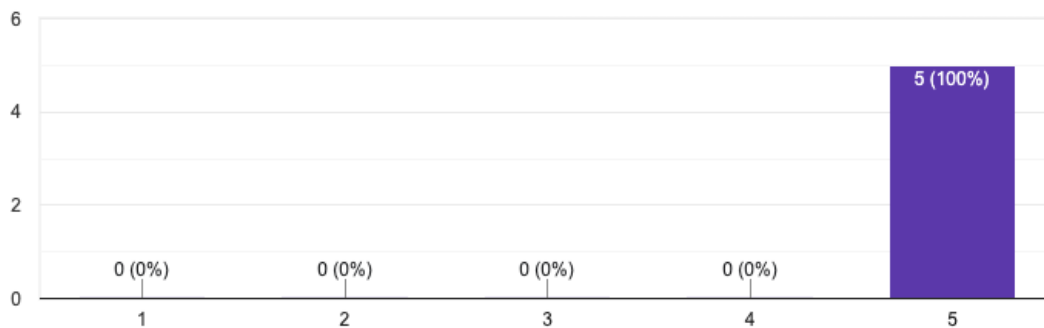
5 responses



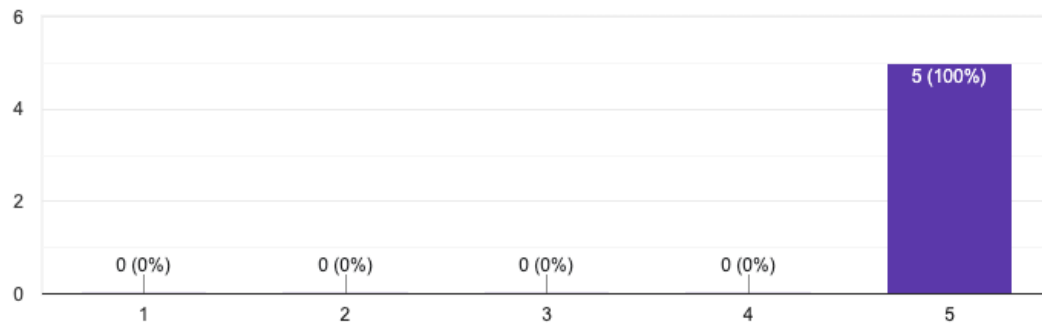DID THIS WORKSHOP MAKE YOU FEEL SEEN AND HEARD?

5 responses



DID THIS WORKSHOP EQUIP YOU WITH TOOLS TO HELP YOU HEAL AND THRIVE?
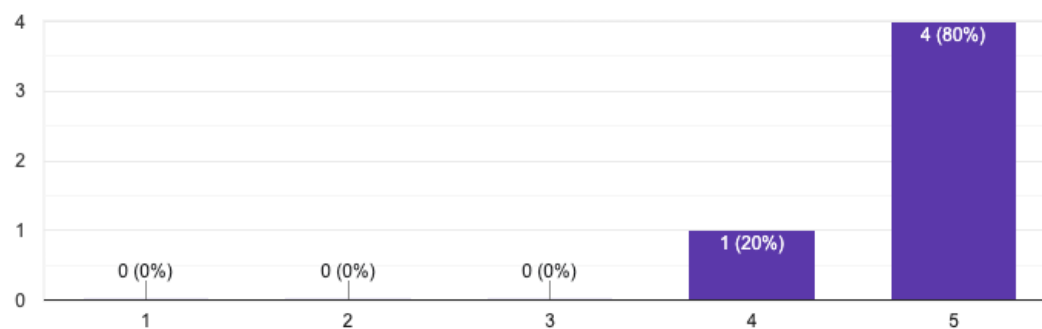
5 responses

## DID THIS WORKSHOP ACKNOWLEDGE YOUR LIVED EXPERIENCE?

5 responses



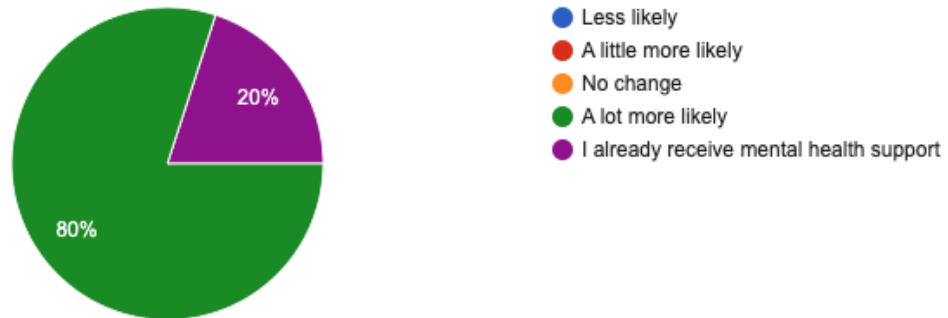## DID YOU FEEL CENTERED AND LIFTED UP A BLACK PERSON?

5 responses



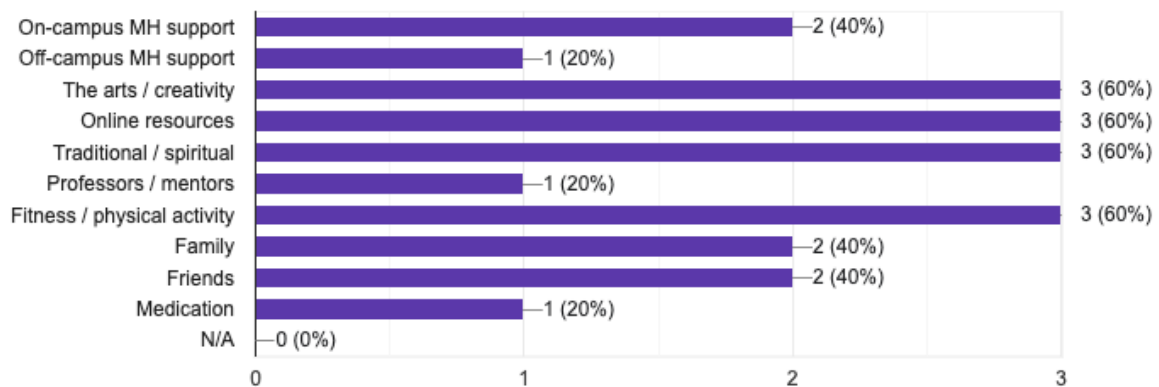| Is there anything else you'd like to share about your experience? |
| --- |
| Lot of love here<br>I'm so grateful for this experience |

# Outcomes

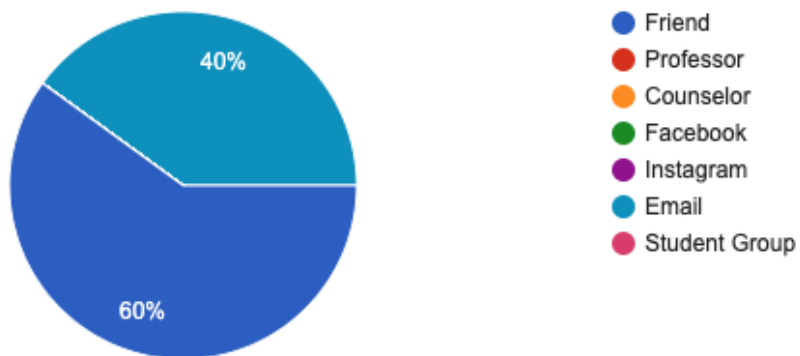AFTER THIS EVENT, ARE YOU MORE OR LESS LIKELY TO SEEK SUPPORT FOR YOUR MENTAL HEALTH?

5 responses



- ● Less likely
- ● A little more likely
- ● No change
- ● A lot more likely
- ● I already receive mental health support

WHAT TYPES OF MENTAL HEALTH SUPPORT DO YOU THINK WOULD BE MOST USEFUL TO YOU?

5 responses



| Category | Value |
|---|---|
| On-campus MH support | 2 (40%) |
| Off-campus MH support | 1 (20%) |
| The arts / creativity | 3 (60%) |
| Online resources | 3 (60%) |
| Traditional / spiritual | 3 (60%) |
| Professors / mentors | 1 (20%) |
| Fitness / physical activity | 3 (60%) |
| Family | 2 (40%) |
| Friends | 2 (40%) |
| Medication | 1 (20%) |
| N/A | 0 (0%) |

HOW DID YOU HEAR ABOUT THIS EVENT?

5 responses



- Friend
- Professor
- Counselor
- Facebook
- Instagram
- Email
- Student Group

BEFORE THIS EVENT, DID YOU KNOW ABOUT YOUR SCHOOL'S COUNSELING SUPPORT SERVICES?

5 responses



- No
- Yes

![Art With Impact logo] ART WITH IMPACT
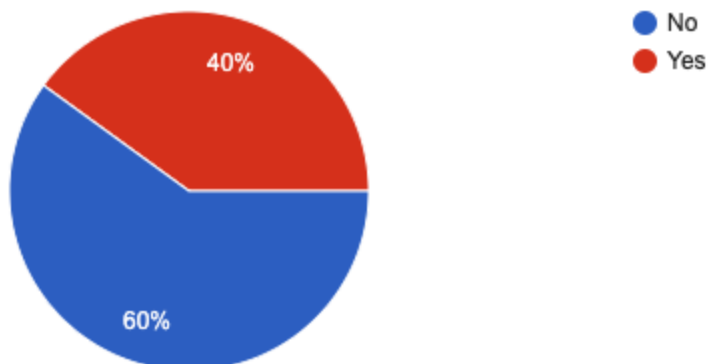
BEFORE THIS EVENT, DID YOU KNOW ABOUT THE COMMUNITY RESOURCES?

5 responses
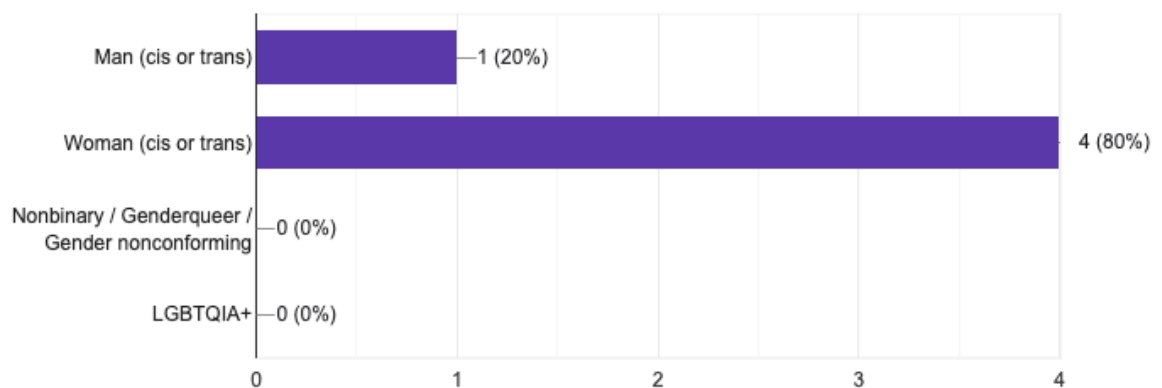


- No
- Yes

80% No, 20% Yes
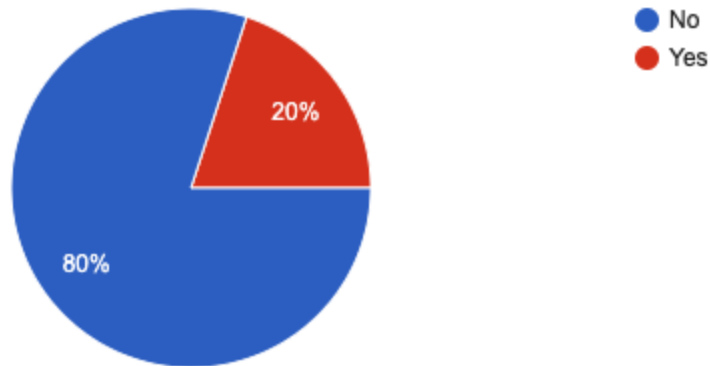
## How can we improve this event in the future?

It's all good! Great presenter. Lot of energy and knowledge
Open it up to the community
Bigger place
Inviting more outsiders to attend to spread awareness

## Demographics

HOW DO YOU IDENTIFY?

5 responses



- Man (cis or trans) — 1 (20%)
- Woman (cis or trans) — 4 (80%)
- Nonbinary / Genderqueer / Gender nonconforming — 0 (0%)
- LGBTQIA+ — 0 (0%)

| Major | |
|---|---|
| INFORMATIONS TEACHER | 1 |
| | |
| | |
| | |

YEAR

4 responses