

# Black + Mental Health + Matters

## Post-Workshop Evaluations

Viterbo University  
DATE

Number of attendees: 14  
Number of evaluations: 11

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

The emotion circle and the self care circle.

Community is incredibly important when it comes to mental health. We all have mental health, and using it as a connection piece to support each other can help with healing and growth.

BIPOC representation (or lack thereof) is important specifically for their overall mental health as much as white/caucasian representation is for us

I was reminded of how important mental health is and how other outside factors whether that be cultural, family, or situation has an impact on overall mental health

The poem activity was interesting and made me think more about who I am or who I want to be. It was great.

Wow! This was an amazing workshop! I absolutely loved the focus on breaking down both the beauty and struggles of the Black experience when discussing Black Mental Health! I'm taking away that my name and characteristics are important and valued! They gone hear me!

Students want to share and learn. We are stronger together; sharing and growing together.

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

I learned that I have so much more power than I originally thought. I felt empowered.

I think I will definitely use the 8 dimension self care tool in my life more.

Definitely with students I serve- activities, 8 dimensions od self-care, living truthfully, and who Tsoku Maela is.

I need to change my mindset so that when i see BIPOC or underrepresented people being recognized, the company isnt just "filling a quota" but actually trying to give people what they deserve in terms of representation

Remind myself everyone is going through their own battles and to treat all people with care and love

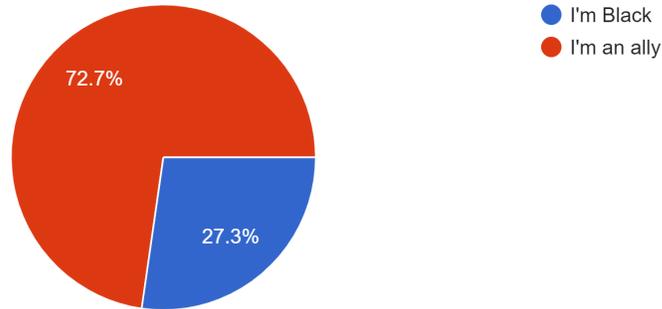
I will use what I've learned to be more of an ally and spread the word about what is important in allyship.

I will use today to inspire me to be unapologetically open about Black Mental Health with other members of my community. Normalizing mental health can destigmatize mental health.

I intend to continue to listen actively, lift up marginalized voices and continue to challenge myself to become an ever evolving version of myself. Thank you so much for your contributions, support and facilitation. We appreciate you, J.

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

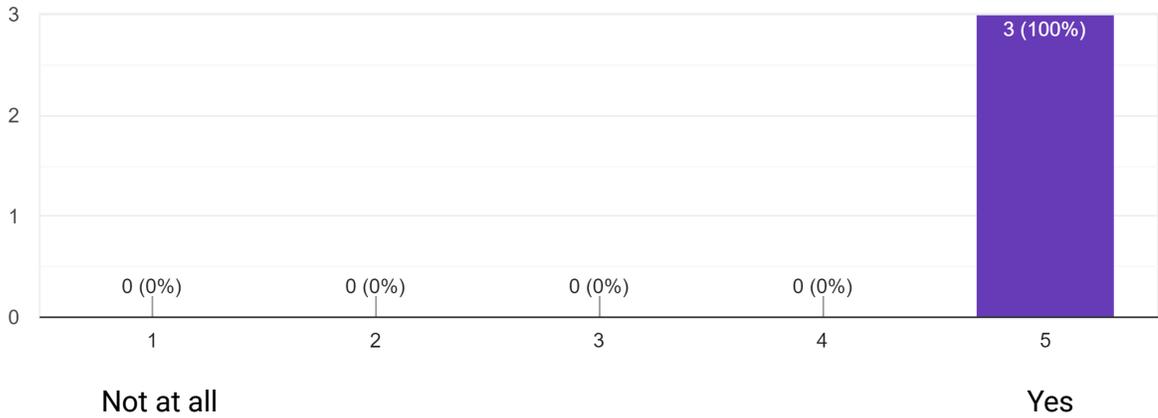
11 responses



**For Black students**

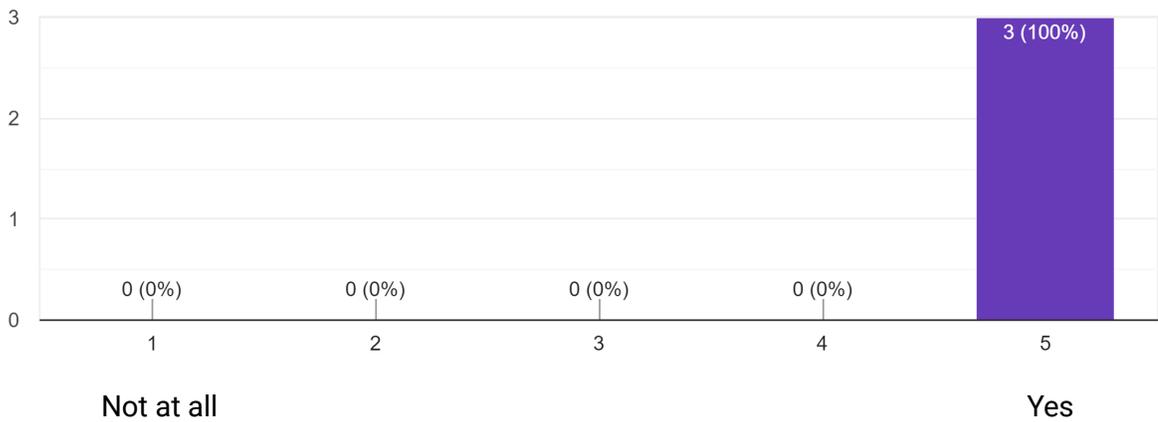
Did this workshop feel like a place of refuge for you?

3 responses



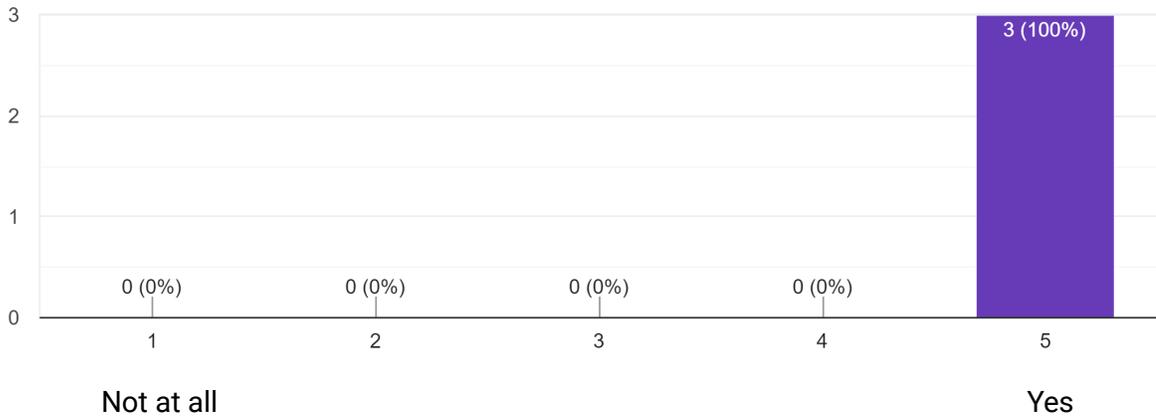
Did this workshop make you feel seen and heard?

3 responses



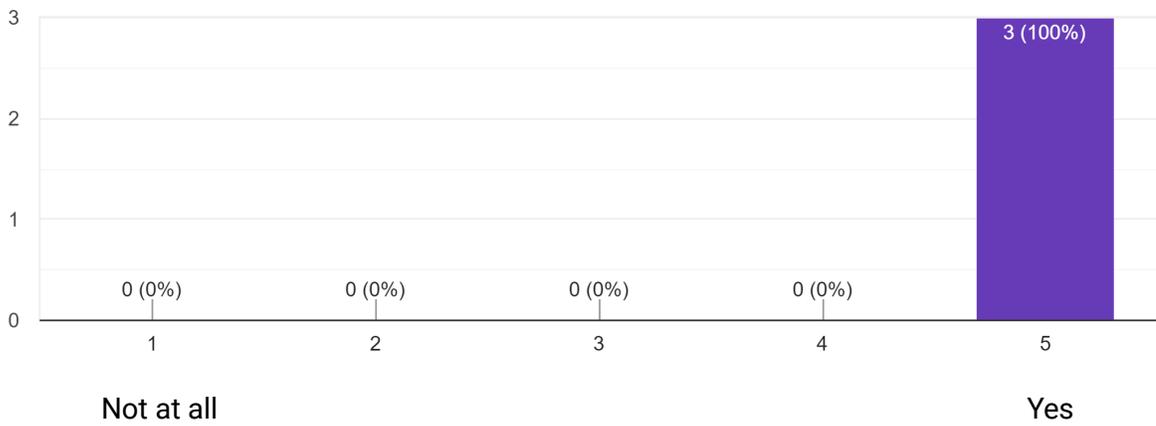
Did this workshop equip you with tools to help you heal and thrive?

3 responses



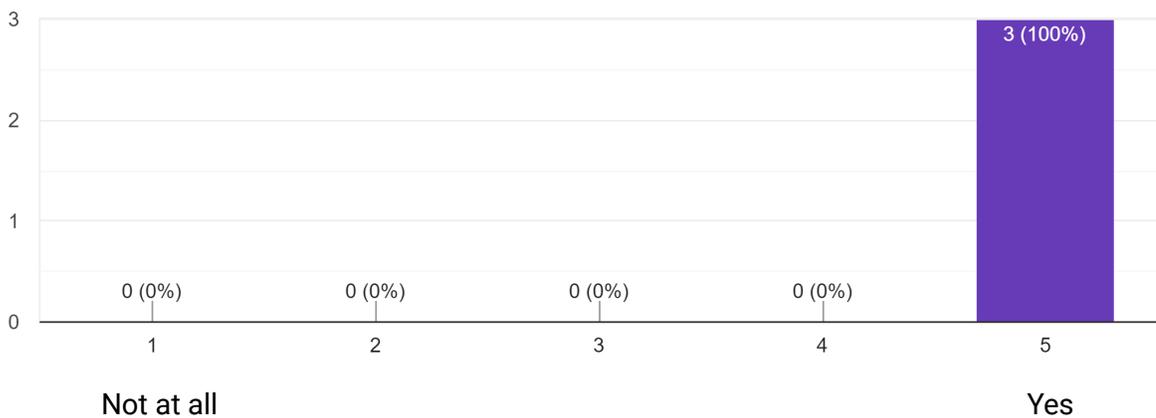
Did this workshop acknowledge your lived experience?

3 responses



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

3 responses



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

I love that compassionate redirection was addressed during the workshop. It made me as a black person feel heard, seen, and centered.

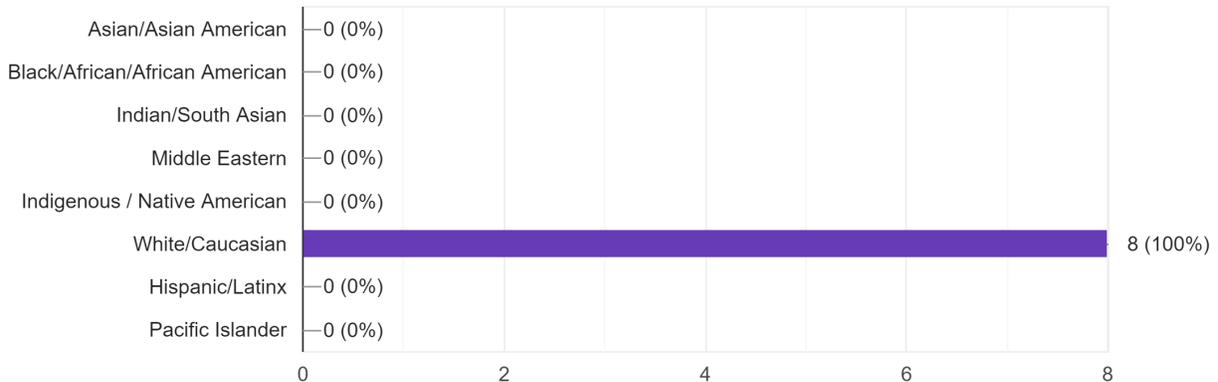
I feel like this experience opened my eyes to recognize where my mental health is now and how much it has yet to grow. My mental health is mine and I have control of it

Thank you for the work that you do, AWI! We need more people like you, J!

### 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)

It felt good and I am glad that I attended.

I wanted to learn more and it was a great space to do so

I appreciated being able to be present and learn and also relate to some of the struggles we have in common.

I feel like I've learned a lot about Black mental health, especially since I haven't had much of a chance before now

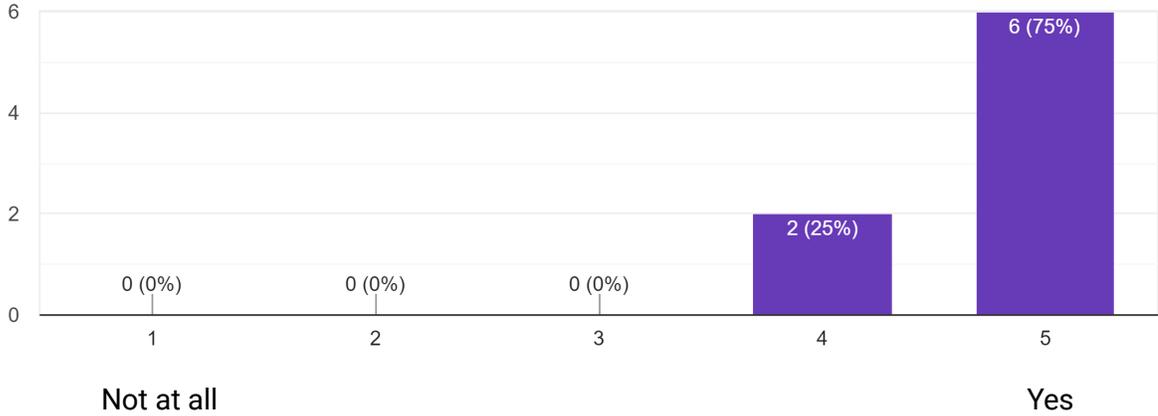
It was very beneficial to be in a space that centered around the topics I am not always necessarily surrounded by through my privilege

It felt opposite to how it normally is. I grew up in a small high school with no black students at all. It was good. It was necessary to feel that.

Wonderful. Necessary. Grateful.

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

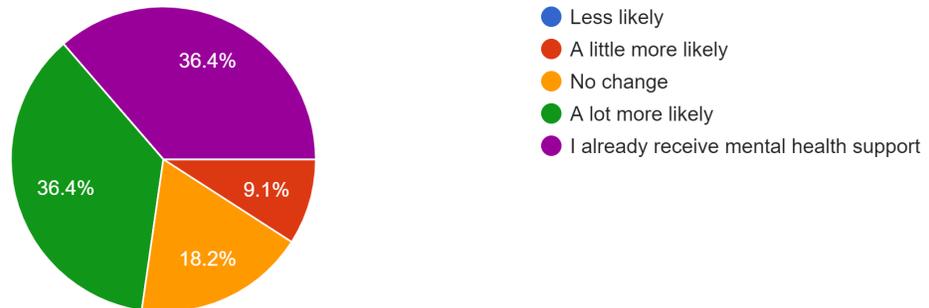
8 responses



### Outcomes

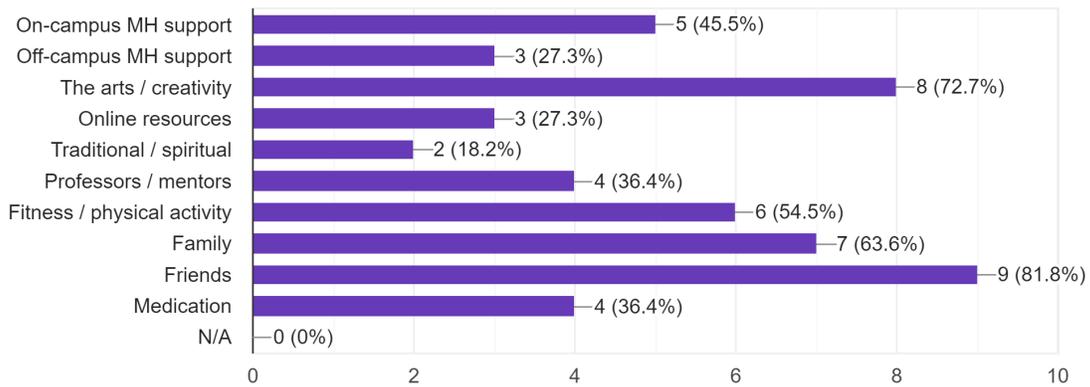
After this event, are you more or less likely to seek support for your own mental health?

11 responses



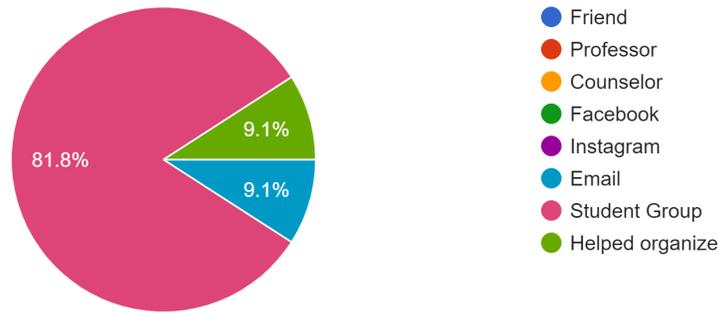
What type(s) of mental health support do you think would be most useful to you?

11 responses



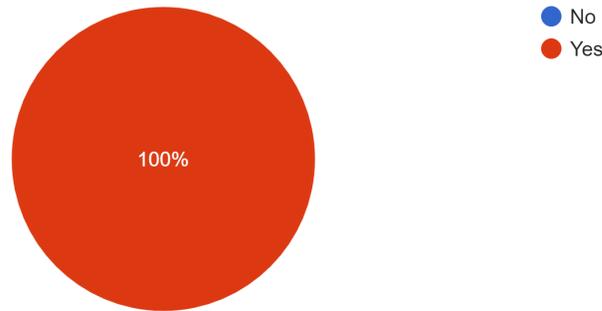
How did you hear about this event?

11 responses



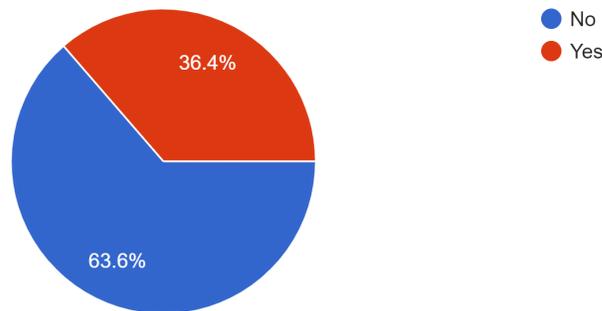
Before this event, did you know about your school's counseling services?

11 responses



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

11 responses



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

I think it was fantastic!

It's great as is. Assistance in recruiting SOC to attend might be helpful.

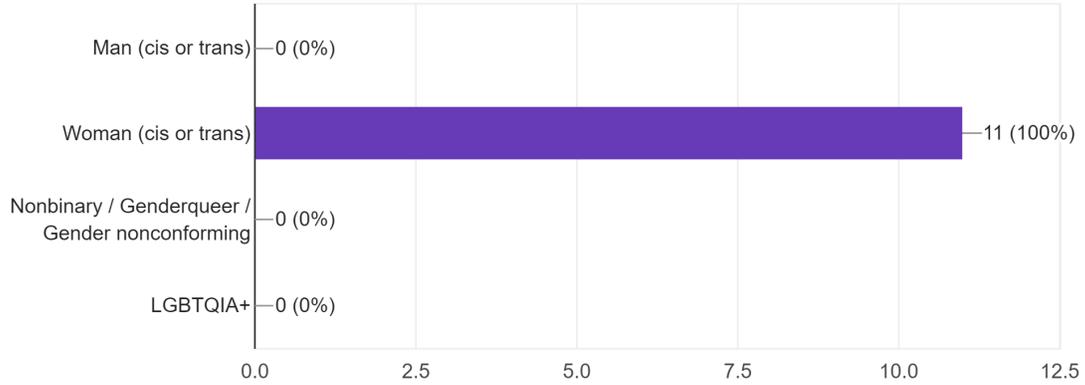
I loved the activities and interactive aspects!

This was great! Maybe just more promotion to grow!

## Demographics

How do you identify? (Check all that apply)

11 responses



Major	
Social Work	1
Psychology	2
Dietetics	1
Nursing	2
Business Administration	1
Biology	1
Mental Health Counseling	1

Year

11 responses

