

Voices With Impact 2021

Post-Event Evaluations

Black Mental Health Premiere
June 21, 2021

Approximate maximum attendance: 128
Total number of playbacks: 995
Number of evaluations: 24

Immigrant Mental Health Premiere
June 21, 2021

Approximate maximum attendance: 212
Total number of playbacks: 2316
Number of evaluations: 29

Dueling Citizenships
June 22, 2021

Approximate maximum attendance: 63
Number of evaluations: 20

Black Belonging
June 22, 2021

Approximate maximum attendance: 38
Number of evaluations: 6

A Foot in Both Worlds
June 22, 2021

Approximate maximum attendance: 43
Number of evaluations: 6

Othered Mothers
June 23, 2021

Approximate maximum attendance: 36
Number of evaluations: 7

Mother Tongue
June 23, 2021

Approximate maximum attendance: 47
Number of evaluations: 11

Landscapes and Mindscapes
June 23, 2021

Approximate maximum attendance: 31
Number of evaluations: 5

Beyond the Myths
June 24, 2021

Approximate maximum attendance: 39
Number of evaluations: 6

Comfort Food
June 24, 2021

Approximate maximum attendance: 40
Number of evaluations: 9

Swallowing Bitterness
June 24, 2021

Approximate maximum attendance: 33
Number of evaluations: 7

_____ Enough
June 25, 2021

Approximate maximum attendance: 45
Number of evaluations: 15

Common Threads
June 25, 2021

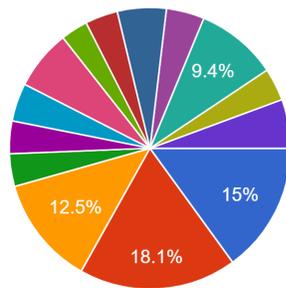
Approximate maximum attendance: 41
Number of evaluations: 6

Celebrating Black Resilience
June 25, 2021

Approximate maximum attendance: 31
Number of evaluations: 9

What event did you just attend?

160 responses



- Black Mental Health Premiere
- Immigrant Mental Health Premiere
- Beyond the Myths
- Comfort Food
- Swallowing Bitterness
- Dueling Citizenships
- Black Belonging
- _____ Enough
- Common Threads
- A Foot in Both Worlds
- Othered Mothers
- Celebrating Black Resilience
- Mother Tongue
- Landscapes and Mindscapes

What are your initial thoughts about your experience at today's event: (Highlights: see raw data for full list)

It felt like a good introduction to very complex and deep issues. I could see the issues inside of the short films. I liked the representation of many different approaches by the filmmakers. I liked that there was no pretension, and the very straight, direct approach of each filmmaker. The methods and genres selected were very welcoming to elicit our understanding.

A door was opened on the conversation that looked at why we racialize, why we discriminate, why we are isolated, why we are homophobic, and why words always let us down. It revealed our personal narratives and words — words we routinely use and become deaf to. How we can revitalize them in our conversations.

<p>The insidious way we can undermine ourselves by defeating ourselves, our identities, in a way to show solidarity with the big ideas of the world. We let the bigger picture be our personal experience. Letting others have our experiences while we adopt theirs.</p>
<p>It is a common experience among Asians to feel shame and embarrassment in front of others. It is vague, amorphous, clingy, and dark. It feels like an attack that cannot be repelled and thus, we swallow our bitterness. There is no reason for it. There is no cure for it. All we can do is think around it, to try to out-think causes, feelings, and anything that is better. Those things do not concern our lives. It is as it is, as our pandemic outlook. We bear it out. We clench our teeth and hands. We will be strong.</p>
<p>It was good that there were Black filmmakers included in this seminar's session. There were echoes of issues in both Black and POC Communities. It felt as if we experience similar events and attitudes and issues, and that the question was about unification with a collaborating community, and not just a unified solidarity against racism.</p>
<p>This was such a much needed safe space.</p>
<p>This was beautiful and empowering and something that I must share with everyone I know.</p>
<p>Why am I not friends with every single person here? This was so inspiring and I love the conversations that are stimulated by these films.</p>
<p>Seriously, why am I only just now finding this space of safety and openness? I need this to be a regular part of my life. These conversations are life giving.</p>
<p>I loved it. You're all doing amazing work by putting these together and actively creating a space for BIPOC folks to feel connected.</p>
<p>I felt connected in a virtual room of strangers. I felt peace.</p>
<p>WOW - insightful, vulnerable, beautifully facilitated. This was one of the most powerful conversations I have been a part of.</p>
<p>This event was truly impactful. The stories and experiences shown and discussed validated those of my own as an Asian American and as a human in general.</p>
<p>It was extremely touching and powerful! I appreciate all the labor that went into creating these short films and to those who shared their stories. It also made me feel less alone as I have been diagnosed with depression and a couple of months back had suicidal thoughts. Thankfully, I am doing much better! I feel for everyone who deals with some sort of mental illness, it's hard.</p>
<p>So many candid conversations. I just expected to log in and watch, not be included in the thought process and dialogue.</p>
<p>Fabulous! The videos were all relatable and brilliantly done. It was nice to have a safe, warm place to voice our feelings as we watched and heard the dissuasions.</p>
<p>It was enlightening, and as somebody starting photography and videography, I learned a lot</p>
<p>It was nice to have a moment to factor in breathing exercises and normalizing the ability to take that time when needed.</p>
<p>Initially I loved the concept. The initiative to bring forward such a diverse range of films was amazing and I was quite excited for it when the event started.</p>
<p>I am not the only one that is going through covert racism and feels like they don't belong. I felt empowered by the discussions we had and I am so grateful.</p>

Incredible! I loved all of the conversations and films. Incredibly relatable and unique in their approach. I also really enjoyed the last bit of discussion and questions that arose with mental health in different cultures.

Mind opening. Learning about my experience as a POC/Black, gay man is shared and not exclusive, yet there are some key differences too. Valuing diversity of experiences.

I'm so glad I got to see these films and see the filmmakers create something so touching. I feel like my inner thoughts and conflicts with my dual identity AND mental health were validated by the films

What was your key takeaway?

There is no answer to today's topic. All of our lives are filled with unfair things. Being aware of these things will help oneself and hopefully become a larger awareness of the situation. It is very complex, and difficult to deal with and thus to institute lasting change. Finding a community that is comfortable is the key.... That communities grow and become existence.

That I have a lot to still learn when it comes to the perspectives of racism and stigma on other groups of people outside of BPOC.

Belonging is an essential component to our human experience and yet there are so many ways within and outside our own cultures and groups that were made to feel othered, really tapping into community whether chosen or otherwise is essential for our continued good health.

There were many but I liked that I felt less alone and that I really need to seek out more creative BIPOC / QPOC in online spaces since my physical space is too white to help support me adequately. Connection through shared pain is so important for healing, even if the particulars are different between two people.

I'm not alone and it's okay to not be pushed by the pressure of others to be someone else. I can evolve, be curious, be better, grow into the person I want to be - without others demanding I fit their expectations.

That people do need to code switch in situations where they are not safe or able to come as their full selves. But in places where people are accepted their identities are celebrated and this is an age old practice and belief- to hold space and honor these types of differences.

We - queer folk - can be impacting AND gentle AND calm AND pushing boundaries. ALL at the same time too. Halala!

A reminder of how beautifully nuanced both Black pain and Black joy is.

That there is so much work to be done. There needs to be more programming to support black students in a space that amplifies their voice but also allows them to be heard, acknowledged, respected. Break the barriers.

That we are not weak and wrong and not good enough to find comfort in food. That as we ingest we grow, defeating those things that try to defeat us.

I felt valid in my emotions tied to food and culture. I also left feeling inspired to advocate for these matters more in my spiritual mentoring work. Although all the topics and points of views discussed were not new to me, it was refreshing to have the conversation that only lives in my brain! LOL it helped give me validation, and renewed focus on how to verbalize my emotions around this "nuanced" subject.

The pain of rejection is great. It often makes us feel completely incapable of living. That our mental health issues overtake our minds and hearts, and we are shut out of living. These issues are not isolated, are not accidents or any type of concerted event, against us, but they happen almost everywhere, putting us at risk

<p>of violence--verbal and physical, for racism, and as a demonstration of what the bigger authorities are willing or not willing to do. It is easier to band together, to find a common voice, to become aware of the issues, and to become aware that something can be done about these issues.</p>
<p>BIPOC ppl need to start communicating more so we can unite. We can show up and bring diversity in many ways and we do have a choice in whether we subscribe to white supremacy culture or not.</p>
<p>Art will help in seeing the many ways that life is., the many ways that life exists without solution, and the many ways we can be okay with it.</p>
<p>Heritage matters and should be celebrated.</p>
<p>I learned that regardless of where one is born, the majority of people deal with emotional baggage or some kind of mental illness. Another takeaway was that images can sometimes say more than words.</p>
<p>We speak so much about mental health but never consider how the topic plays out in an immigrant's life. I came into the event as a privileged, south asian girl, living in her home country without facing the kind of issues immigrants go through. I had no idea what would happen, all I was looking for was a good time. I came out of the event with a broadened perspective and so much to think about. My key takeaway was that the event helped me pop the bubble I've been living with and consider the mental health issues that come with immigration in a more humanitarian way.</p>
<p>Immigrants usually experience some kind of loss of identity. There is a difficulty in truly defining what they are as they can be characterized as too Americanized and not Asian enough and vice versa and the struggle lives on.</p>
<p>The depth of how the filmmakers and subjects felt a need to portray a stoicism in the face of whatever they were facing and how that would contribute to trauma in their lives and also to a cycle of generational trauma</p>
<p>That culture which is learned early at home, affects how we feel about many things including our emotional/mental health. Also that those of us, in this case AAPI communities who are immigrants often live in a place between the culture they come from and the American culture that they live in and that this can cause additional friction and conflict.</p>

<p>How might you use what you learned today?</p>
<p>To support other people around me. My neighbours.</p>
<p>To increase my compassion as an ally both at work and in my personal life</p>
<p>I'm going to continue looking for more spaces like this and sharing what I'm learning with others in my life as well.</p>
<p>I will use what I learned to add more empathy in my life. I work with a racial equity team at my workplace and I hope to add spaces where we can talk about these topics and learn together.</p>
<p>Work harder to create safe communities.</p>
<p>Further encourage people to boldly share their work. Also ask people to take breaths after watching moving, or challenging imagery.</p>
<p>By taking the time to embrace my full blackness everyday without being apologetic.</p>
<p>Incorporating space to take those moments to process in workshops. Looking at more programming addressing these concerns that students with tokenism, assimilation, fitting in etc.</p>

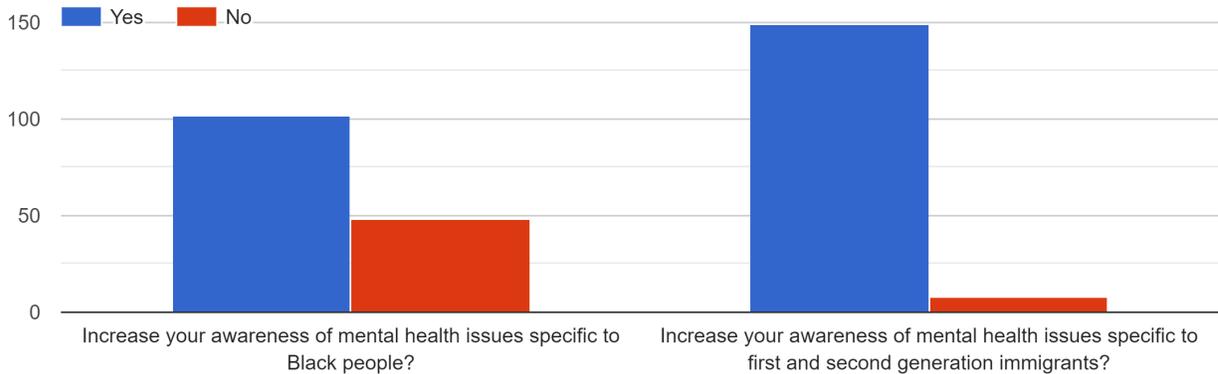
Keep appreciating my blackness and continue to learn to love myself
I will consciously add mental health themes to my relevant creative projects.
Share with friends who could not attend and entertain discussion with them.
It has given me a lot to think about for programming as I reflect on what students have shared, what has been going on these past two years with BLM, and how we work to address the barriers and uncertainty as we open up our campus. More student population focused programming rather than a one-size fits all approach.
It changes the lens through which I will see the world and people I interact with
Continuing to ensure that my workplace promotes diversity and inclusion
Today's conversation gave me a greater confidence to continue to exist as my full authentic self as I navigate through society.
Taking all 19 pages of notes from all the workshops back to my work in crisis intervention. Thank you, truly.
I have always found food to be a bridge between people. Now i will use a more tuned listening to share more in that bridge building
This helped me to verbalize and actualize what I felt and gave me a more organized voice over matters. So I will incorporate it into my next BIPOC spoken work online get-together.
Make more food!
As an artist, I feel inspired to express the things that I have encountered throughout Voices With Impact. The more we represent the issues, the more that the world will see that we all have voices that are equal and fair. That all voices matter. That our existence is also existence that is currently defined. That shifting acceptances will occur. That we are "one world."
Creating more workshops addressing imposter syndrome, and connecting with students through focus groups to understand what their needs are coming back from isolation.
Have more of an open discuss with my friends about this topic
Wear my culture with a bit more pride :)
In conversations with others who may be struggling with the same issues and may be unaware about how to deal with it
Finding and building community where I am.... To find the dialogue about issues with my community and the larger society as a whole. To create those conversations that are within us.
I am sharing one of the short films with my family, as one of them reminded me of my dad who has battled with depression and suicidal thoughts.
I am going to continue to keep in mind my relationship to the earth and how I and humanity are connecting or not connecting to it. I think nature specifically has so much to teach us constantly, through its own frequency and when I stop and give it an opportunity to offer wisdom I find it surfacing somehow. I want to continue to remember, acknowledge, and bring light to the resilience of land, the continuous harm done to land, the devastation of loss of land in indigenous communities, and the land of our bodies and how the impact of colonization has severed ties to Earth.
Remember that all individuals are like atoms... same existence, but different physical and chemical make-up. We honour our bodies as much as honouring our humanity. I would apply this remembrance as knowledge in approaching new relationships, and in acquaintanceships, and with colleagues.

I feel so motivated to create something in my parents' language even if I can't speak it well. These artists just stirred something up in me.
As someone who works in the anti-violence sector with immigrants, these perspectives will help me to understand what the people I work with might be coming up against culturally
Mental health must be de-stigmatized, and decolonized. It is crucial to invest in my own mental health, in order to show up in my community as a whole and integrated human being.
To take greater care and be mindful of Asian Mental Health. That stigma and stereotyping is present and apparent. That we feed the monster as much as we deny it. Being compassionate.
Additional insight into a community from which many people I love come from but I am not from. As a child of immigrants myself I understand the balancing act between finding a space to dwell between two worlds.
I would love to share the films and resources from this event with friends, family, and others in order to bring about awareness and understanding about stories of traditionally underrepresented and unheard voices.

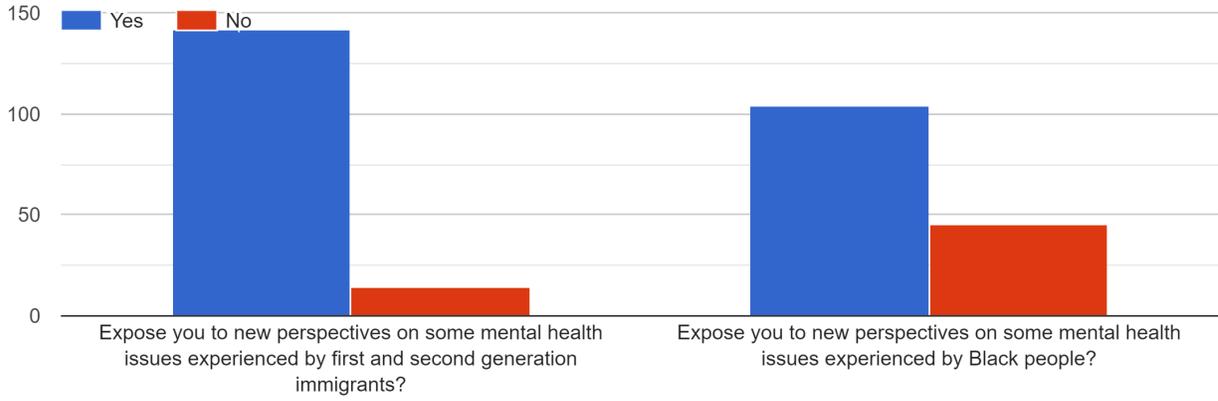
How can we make an event like this better in the future?
Wonderful event! I would have loved to see more Latinx Representation.
To be in person!
Perhaps distinguishing the events a bit better - I was registered for two, but started one -Common Threads - after having attended the _____Enough earlier that day, but found it was very similar, so left.
The connection wasn't that great when watching the films and I know the speakers had some difficulty too. Maybe using a different platform next time to make things smoother. OUTSIDE of that it was GREAT!
Maybe make it even as little as 15 min longer so that more voices can be heard and the initial preamble won't cut into the discussion time.
Creating a space/network for attendees to follow each other and/or gather. There were some pretty cool people in the group. :) the speakers as well - it was all good. :)
By having slides with key notes for everyone to see instead of just in the chat.
Just giving a little more info about the first film whose creator wasn't able to attend
Add voices from filmmakers in Africa.
Have more frequently
It was great! How about having it at a later time?
Reach smaller communities, who may not access to ideas like this or an apparatus to view it
It was a little confusing to find the link to join. I rsvp'd yet when I went to retrieve the ticket and join the event I hit a wall. Maybe I overlooked the instructions but I joined the event on youtube live. Not sure if I missed something with the few minutes of troubleshooting but overall I really enjoyed today's event.
Sharing African testimony and promote the event globally
Maybe next time there can be smaller breakout rooms where we can talk in small groups.
A collaborative recipe book with brief contributor notes and/or family pictures would sure be fun
I felt like some immigrants are in the different places in terms of their immigrant identity development

<p>process. This needs to be addressed. Also, the importance of intersectionality needs to be addressed. Personally, in the movie "Frozen Out" (I attended more than one program), I saw a lot of gender inequality between the brother (the filmmaker) and the sister, which is very prevalent in the Chinese culture. Not addressing this issue made me feel very uncomfortable.</p>
<p>I think it would be nice to have a mediator than having one of the film makers be the mediator. I noticed there was an unequal power balance of sharing, e.g. one was oversharing too much. and I believe it's important to keep an eye out for that because it's important to not unconsciously exclude others.</p>
<p>Add the option of 'validated' to the poll options for emotions or reactions. "I am not alone" is often a feeling in seeing these kinds of films.</p>
<p>Start after work hours or on a weekend</p>
<p>Sound quality varied from speaker to speaker. I could hardly hear a few of them.</p>
<p>Perhaps greater contrast between films. Would be interested in experiences of Muslim immigrants, and also feelings of parents.</p>
<p>Maybe have a little 5 minute break in the middle</p>

Did this event...

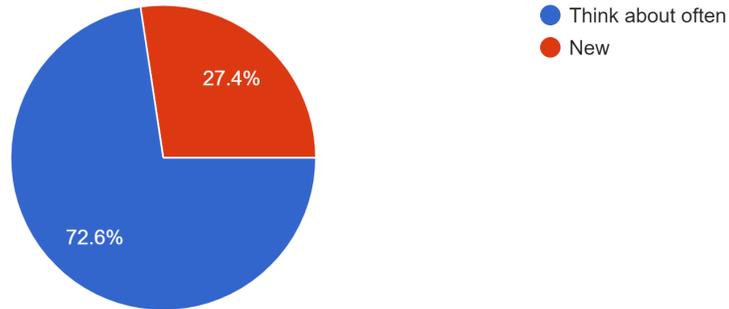


Did the films...



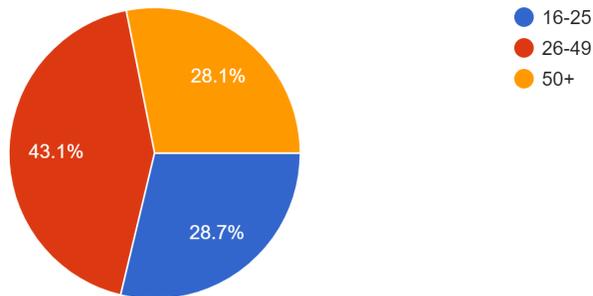
Was the topic of today's event something you think about often, or was it new for you?

157 responses



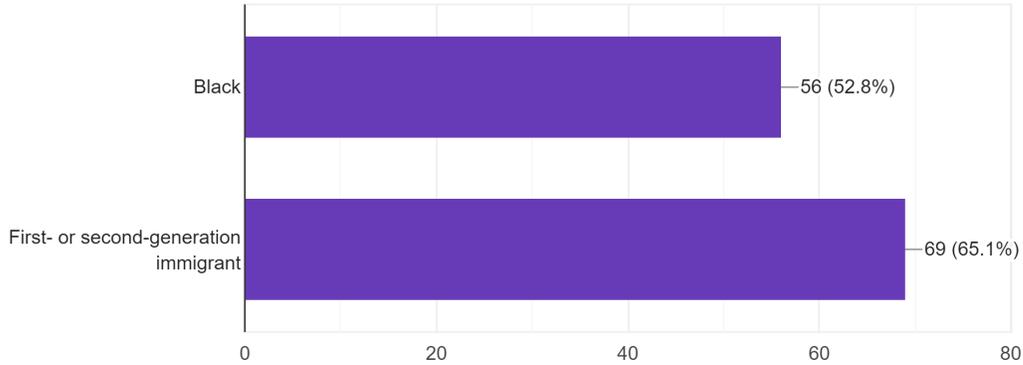
Age

160 responses



We are interested in your connection to the topics we're exploring through this program; do you identify as (check all that apply):

106 responses



What language(s) do you speak?	
English	158
Spanish	30
French	23
Cantonese	10
Tagalog	8
German	6
Hindi	6
Mandarin	3
Swahili	3
Igbo	3
Urdu	3
Gujarati	3
Zulu	3
Greek	3
Korean	2
ASL	2

Hebrew	2
Russian	2
Pidgin	2
Telugu	2
Sotho	2
Afrikaans	2
Swedish	1
Kannada	1
Indonesian	1
Filipino	1
Bulgarian	1
Portugese	1
Marathi	1
Hiligaynon/Ilonggo	1
Brazilian Portugese	1
Kikuyu	1
Malayalam	1
Hakka	1
Scots	1
Ukranian	1
Ilocano	1
Punjabi	1

What country did you tune in from?	
United States	70
Canada	55
Philippines	4

India	3
ZA / RSA / South Africa	3
England	3
Brazil	2
Kenya	2
Senegal	2
United Kingdom	2
Cameroon	1
Colombia	1
Indonesia	1
Scotland	1
Singapore	1
Switzerland	1
Mexico	1

What state/province did you tune in from?	
California	33
British Columbia	23
Ontario	17
Manitoba	6
London	4
Alberta	4
Missouri	4
Quebec	4
Arizona	3
Pennsylvania	3
Texas	3

Gauteng	3
Illinois	3
Maryland	3
Massachusetts	2
Maine	2
Nairobi	2
Nebraska	2
New Jersey	2
Ohio	2
Bicol	1
Bogotá	1
Bulacan	1
Ciudad de México	1
Dakar	1
Edmonton	1
Florida	1
Geneva	1
Georgia	1
Indiana	1
Kentucky	1
Lanao del sur	1
Michigan	1
Misamis Oriental	1
Minnesota	1
Newfoundland and Labrador	1
Oregon	1
Bangalore city, Karnataka state	1

Rhode Island	1
Senegal	1
Telangana	1
Virginia	1
Washington State	1
Washington State (Duwamish Land)	1
West Bengal	1
West Kalimantan	1
Yaounde	1

Are you a...?	
Artist	45
Mental Health Professional	43
Student	43
Staff / Faculty at a post-secondary institution	23
Graduate	12
Interested in the topic	5
Community Activist and former college teacher	3
Diversity and Inclusion specialist	3
Civil Society Organisation Specialist	3
Anti-violence worker	2
Event sponsor	2
Friend/family of film maker	2
AWIC board member	1
Charity worker	1
Citizen Retired	1
General	1

Guidance Counsellor	1
Minister/Community Developer	1
Organizer :)	1
Regular Citizen	1
Staff in a non-profit organization for newcomer settlement	1
Trauma-informed facilitator	1
Youth mental health advocate, school counselor	1