

Black + Mental Health + Matters

Post-Workshop Evaluations

Western New England University
March 2, 2022

Number of attendees: 40
Number of evaluations: 32

What was your main takeaway from today's workshop?

That no matter how you black, it's okay and acceptable as long as it's true to you.

To be open about myself and my roots

Black Mental Health matters and not everyone knows that , it's important that we know that

That black individuals feel like they have to constantly prove themselves and be someone who society wants them to be

The Black Experience in Mental health is very important

During the poem, I realized that my name is my identity - my name is my Black.

The emphasis on blackness being undefined

I, a white woman, learned more about the struggles of Black people. I feel I am more equipped to help make a change.

That there is a strong community of black persons in the college community here.

I never realized how my blackness could possibly be a factor in my mental health.

As a white ally, it is important to give black people a space to voice themselves. I got to see people claim their name and it demonstrates how powerful that is to our identity.

I loved the pride and energy the presentir brought :) The name origin activity was my favorite along with sharing Black artists

I felt like mental health isn't as taboo in the black community as it used to be and there are steps people are taking towards our collective/individual healing

I learned that no matter what we always overcome adversity in any form.

To ask for help even when you think none is around. Be mindful of all that we hold on to when the unexpected happens.

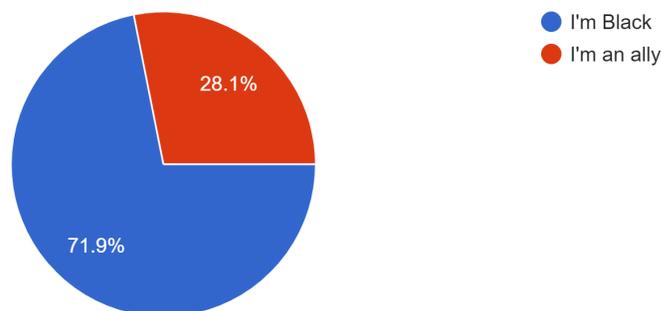
That the black community has been resilient and have been able to get through anything that has been thrown at us. But also while being resilient we still have to care about our mental health and make sure that we are still taking care of our mental health.

Mindfulness about my Name and its origin; the need got me to stay true to myself

How might you use what you learned today?
To be more mindful in the spaces and places I take up and to make sure I'm putting myself first and my needs above all.
I will use these skills in public places and with my own mental health
Reaching out to more black people and creating a link and community between us
I will use what i learned today by getting out of my shell and speaking on things when i want to even if my anxiety is trying to beat me
i am going to use the different resources that were discussed near the end and research more into this organization for my future as a social worker
Manifesting my name
I will keep the 8 dimensions of wellness in my mind.
I would like to reach out to some of the people who were here and I will also embrace my divinity and ancestry more
I'll use my blackness to project my voice and use that to my advantage because I know other people face penalty for that, they aren't allowed to voice themselves the same way I can. I'll use my opportunities that i'm given in my safe space to my advantage.
I am here with my multicultural issues in art therapy class. Hearing black voicing improves my worldview and will make me a better and more inclusive art therapist for the future. But it will also make me a better, more understanding friend to others.
I think sharing it with my friends and family as well as implementing it in my own life is important so that what I learned can reach those who don't have access to these kind of programs.
I will definitely be more open and more considerate of not on my own mental health but my peers around me mental health as well. You never know what someone is going through.
Use this experience and learn of more resources, workshops, etc to be able to create space for clients in my future practice
Be more outspoken about my culture
I can use this personally and professionally. I am a grad student in counseling and hope to carry with me a lot of the strong words and insights I heard today in my practice.

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

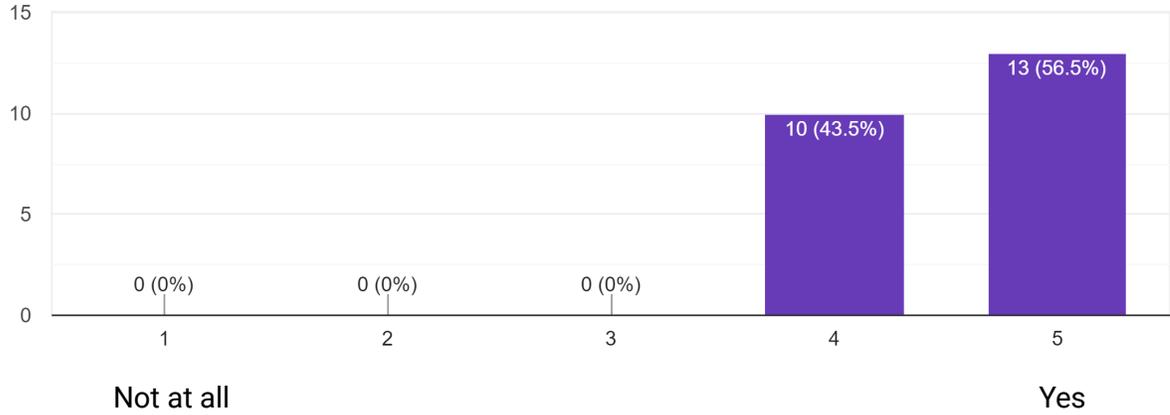
32 responses



For Black students

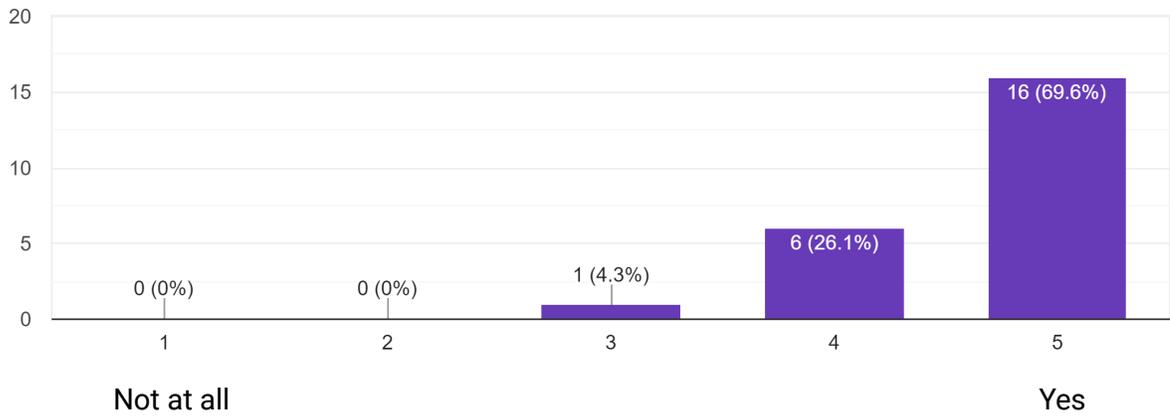
Did this workshop feel like a place of refuge for you?

23 responses



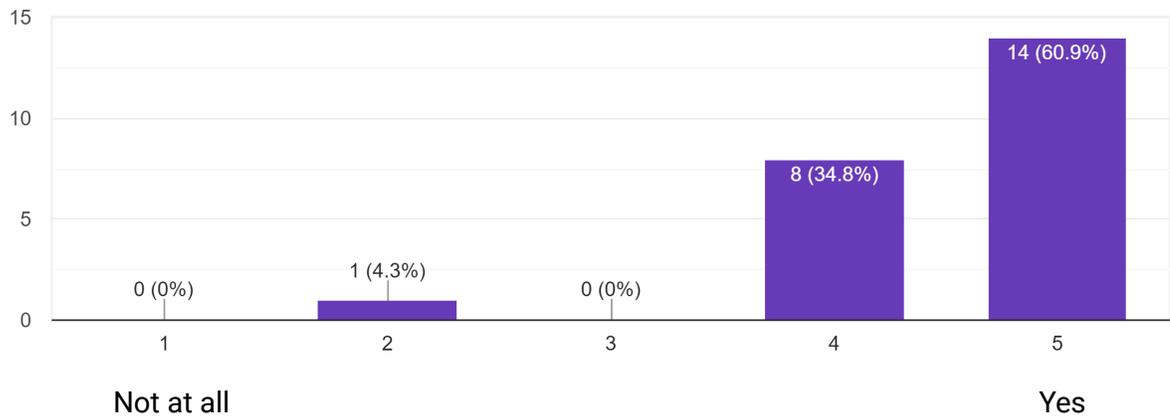
Did this workshop make you feel seen and heard?

23 responses



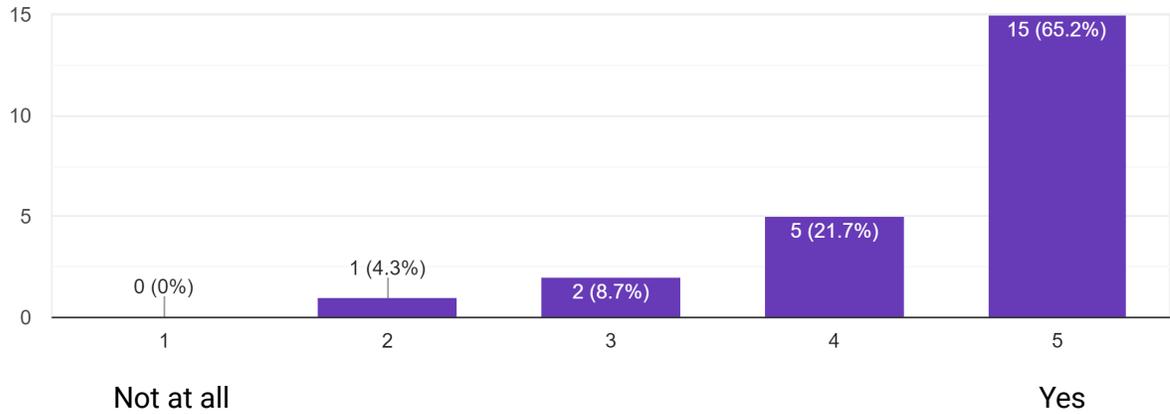
Did this workshop equip you with tools to help you heal and thrive?

23 responses



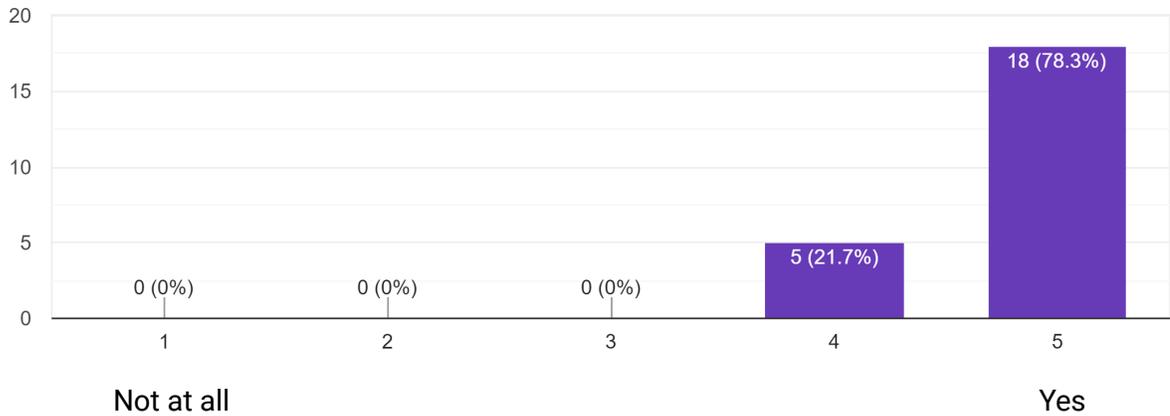
Did this workshop acknowledge your lived experience?

23 responses



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

23 responses



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

Thank you, it was truly amazing

I loved this , being the Vice president of BSU this is the most black students that have been somewhere and feel comfortable and safe to speak their minds and hearts without feeling judged , i loved how this really opened doors for not only me but everyone else.

I loved the speaker's outfit, it was killer, sister.

I'm hispanic so a lot of the time I don't feel seen enough as black. I'm afrolatina yet I feel like I need to keep proving that to people, I shouldn't have to.

I feel as though the poem part was very involved and made me feel more heard as a young black female.

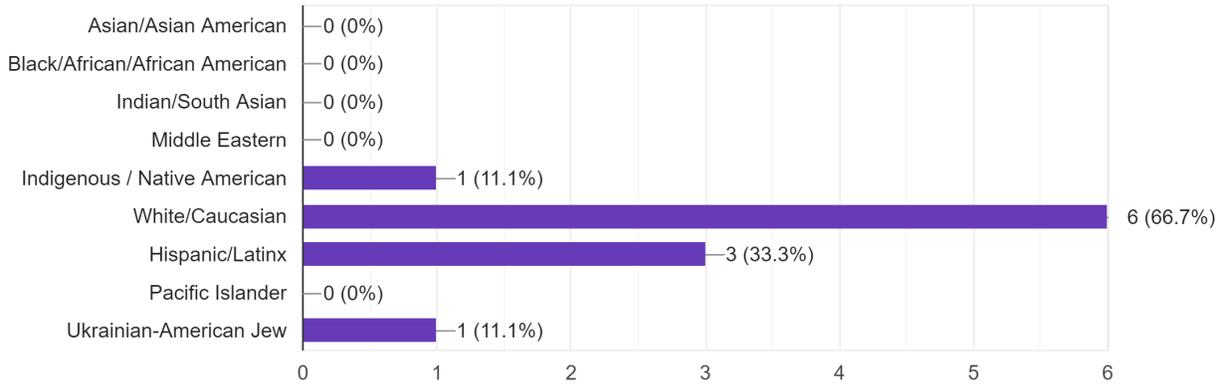
I really enjoyed this and I think we need more programs like this on campus

Much appreciated and needed as a black student at a white school

For Allies

How do you identify? (check all that apply)

9 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)

i felt safe

I was nervous at first, but it was empowering to hear everyone take the floor and speak on their experiences and hear their stories. even for me to sit in the back of the room, i am showing that i am there and will support them

excited because there is always more for me to learn.

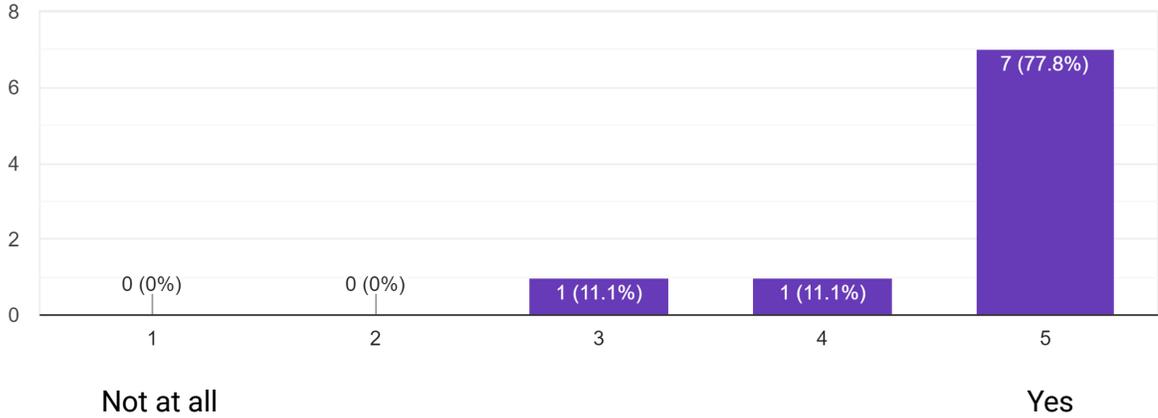
Great, it's rare and something I should do more often

I loved it!! This school has exhausted me with so much white people, i am from an inner city super diverse hs so coming to this school still surprises me even as a senior

It was powerful to hear all the history and strength and community around mental health in the black community.

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

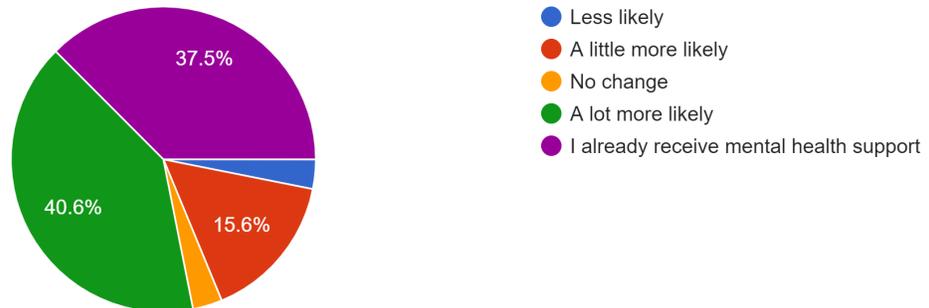
9 responses



Outcomes

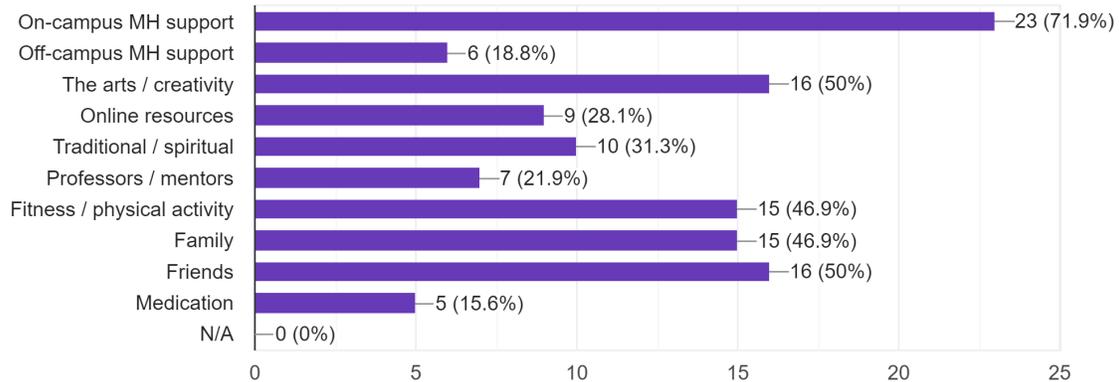
After this event, are you more or less likely to seek support for your own mental health?

32 responses



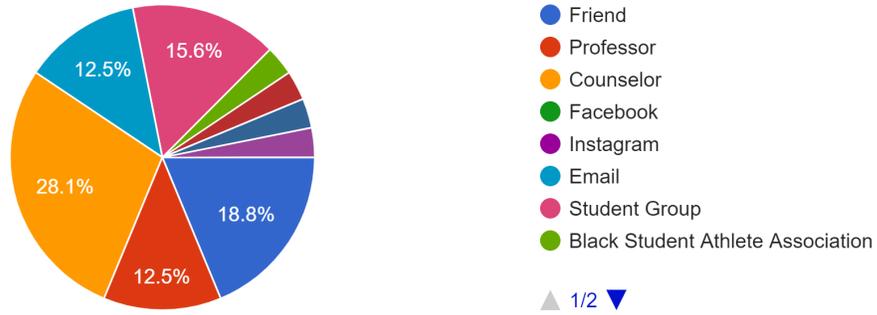
What type(s) of mental health support do you think would be most useful to you?

32 responses



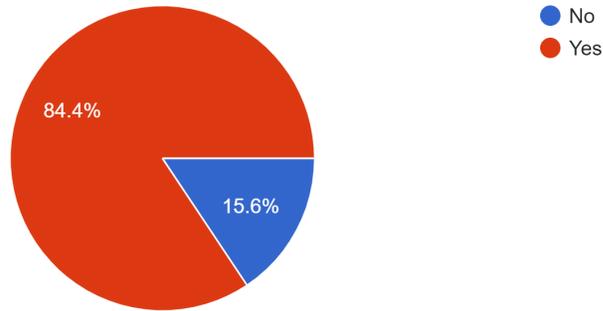
How did you hear about this event?

32 responses



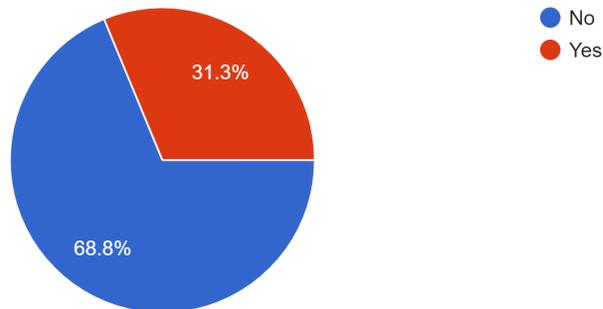
Before this event, did you know about your school's counseling services?

32 responses



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

32 responses

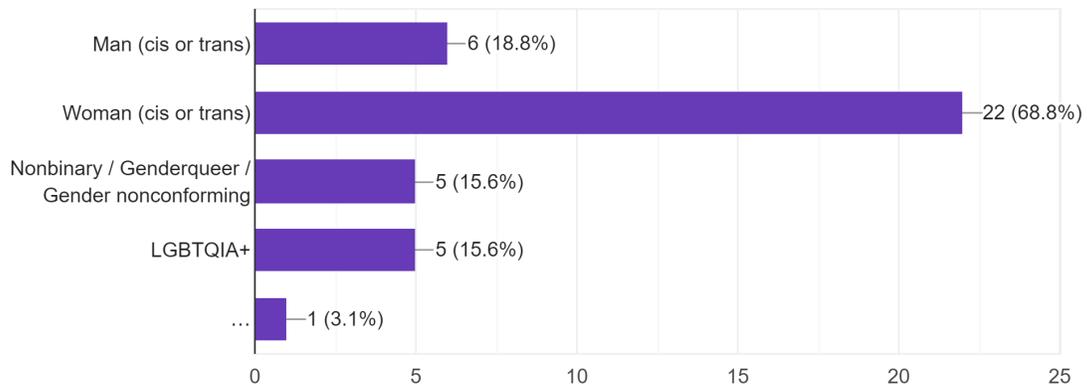


How can we improve this event in the future?	
A little bit more interactive activities.	
Ask about what's been going on around campus and how we feel	
Include all black clubs/ sources on campus	
It's hard but try to include more of the audience in activities.	
I think more time to discuss and connect with different people around us would be so beneficial.	
More marketing! I wish i saw more posters around campus	
Get more people to attend	

Demographics

How do you identify? (Check all that apply)

32 responses



Major	
Law	3
Psychology	5
Art therapy	5
Information Technology	1
Neuroscience	2
Engineering	2
Social Work	2

Communication	3
Pharmacy	2
English Literature	1
General Business	1
Health science	1

Year

32 responses

