

## **Library and Mental Health Report: Community Mental Health Project [Addendum]**

### **Report By:**

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### **❖ Project Description:**

Black Health led a Community Mental Health Project throughout the first half of 2022. Collaborating with Columbia University Department of Psychiatry and New York Public Library, the project addressed unique manifestations and impacts of mental health on Black and Brown communities, particularly since the COVID-19 pandemic.

Through a series of events in multiple library branches, educational forums were held with varying topics to collect and shape experiences unique to the emotional wellbeing of Black and Brown communities. The feedback enabled the development of 20 animated advocacy videos, 10 in English and 10 in Spanish. The content was crafted being mindful of authenticity of delivery and includes speakers and dialects representative of the diversity of the community.

The socioeconomic burdens that pre-existed prior to the pandemic were only heightened on communities of color during the initial outbreak and post. Additionally, health disparities (ex. chronic conditions), access limitations, and cultural barriers continue to demonstrate the inequities in healthcare for people of color. In developing the Community Mental Health Project, Black Health and our partners created forums and content that will encourage discussing issues of mental health including acknowledging stigma, self-care, helping those close to us, and identifying resources.

#### **- Video Series Topics:**

- Let's talk about mental health wellness | Hablemos de bienestar y salud mental
- Self-care | ¿Qué es el autocuidado y por qué es importante?
- You're not alone: Finding support & resources | No es necesario hacerlo en la soledad: Cómo buscar apoyo y recursos
- You don't have to go through it alone: Resources for older adults and seniors | No es necesario hacerlo en soledad: Recursos para personas mayores
- Young people seeking support: Starting the conversation | Personas jóvenes en busca de apoyo: cómo comenzar la conversación

- Interrupting our mental health stigma | Romper nuestro estigma sobre la salud mental
  - Overcoming the mental health stigma we grew up with | Superar el estigma sobre la salud mental con el que crecimos
  - How adults can help or hurt: Listening to young people | Cómo pueden ayudar o hacer daño las personas adultas: Escuchar a las personas jóvenes
  - Impact of the COVID-19 pandemic on young adult lives | Impacto de la pandemia de COVID-19 en la vida de las personas jóvenes
  - Feeling misunderstood | Sentirse incomprendido
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The events took place between March 17 and June 30, 2022, at branches in The Bronx, Manhattan, and Staten Island in either English or Spanish (Figure 1). More than 200 members of the community attended. Each session had a core audience to reach with select themes, as seen below (Table 1)

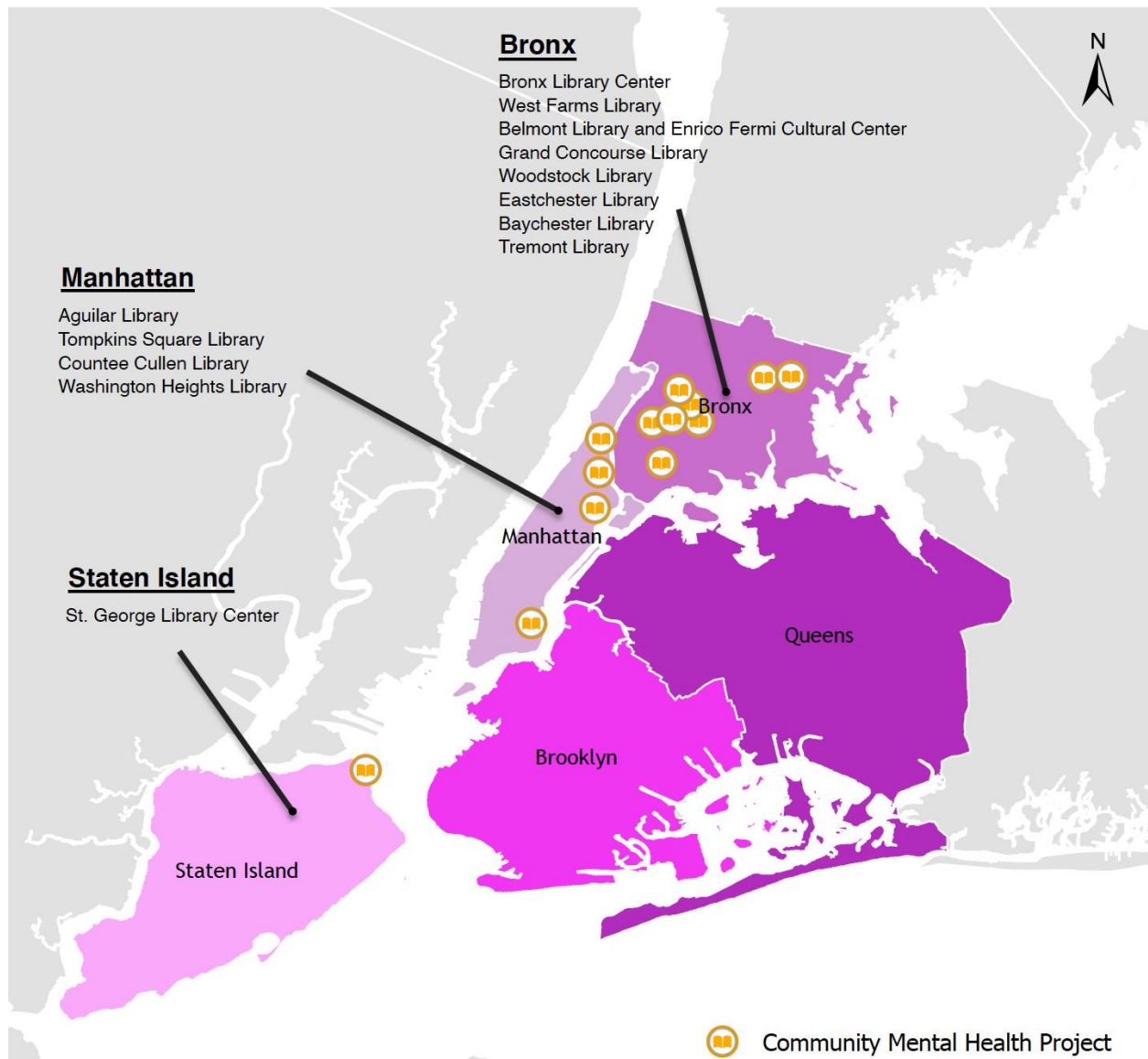


Figure 1. Community Mental Health Project Map created by Guiyu Li, Data Analyst at Black Health.

Table 1.

Audience	Total Events
Young Adults	3
Seniors	2
General Adults	9
Intergenerational (Young Adults + General Adults)	2

Demand for such discussions within the Spanish-language population had a unique resonance. Response to the produced advocacy videos housed on each of the partner websites yielded 13,511 views. The Spanish videos received the majority (78%) of viewings, with less than a quarter (22%) seen in English.

Similarly, the event that yielded the most survey engagement in the series was in Spanish. The location was in Washington Heights in June and yielded under a fifth (15%) of all the series' responses.

#### ❖ **Highlights:**

There was a total of 13 events between March and June 2023. At the events, surveys were administered to obtain feedback of the sessions, with a total of 111 responses received. Overall survey responses showed that 90% of attendees indicated that they would be inspired to take action in their own life (*Figure 2*), 77% would talk about the program topics with people in their life (*Figure 3*), and 80% would encourage people in their life to take action (*Figure 4*). Responses showed positive feedback with 86% of attendees willing to recommend workshops to others (*Figure 5*), and 86% indicated an interest in attending another program like this (*Figure 6*).

\*Respondents' self-rated scores: 1 (Least) – 5 (Most)

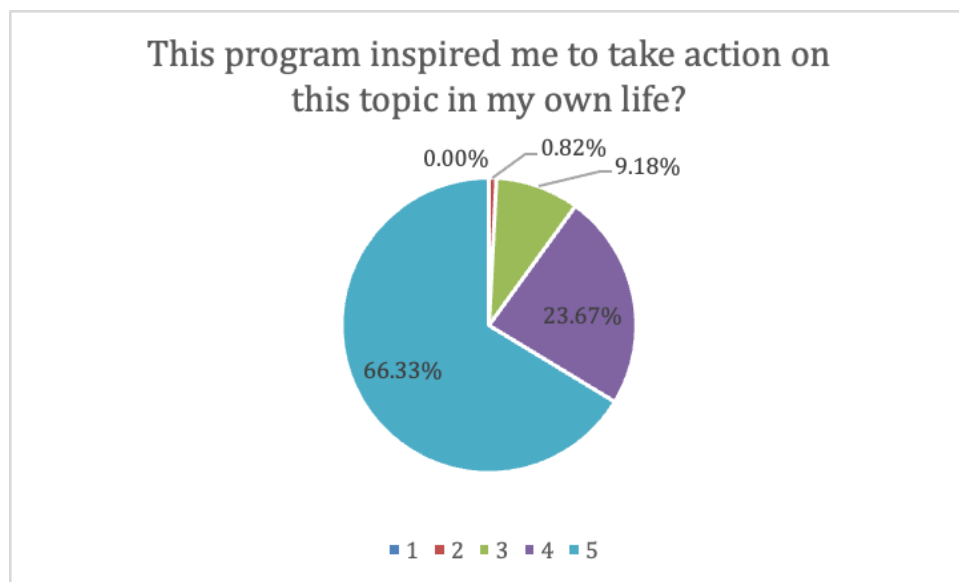


Figure 2. Survey question: “This program inspired me to take action on this topic in my own life.”

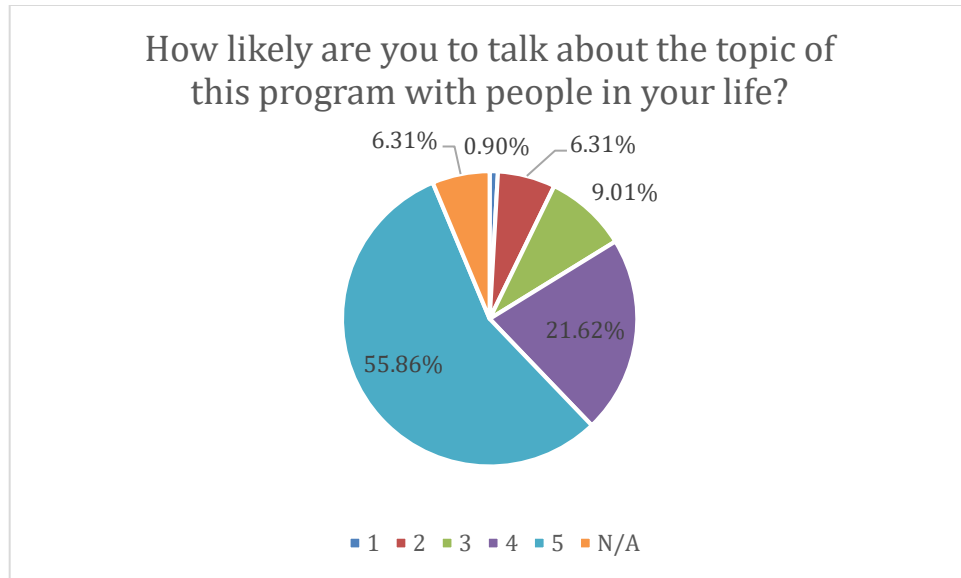


Figure 2. Survey question: "How likely are you to talk about the topic of this program with people in your life?"

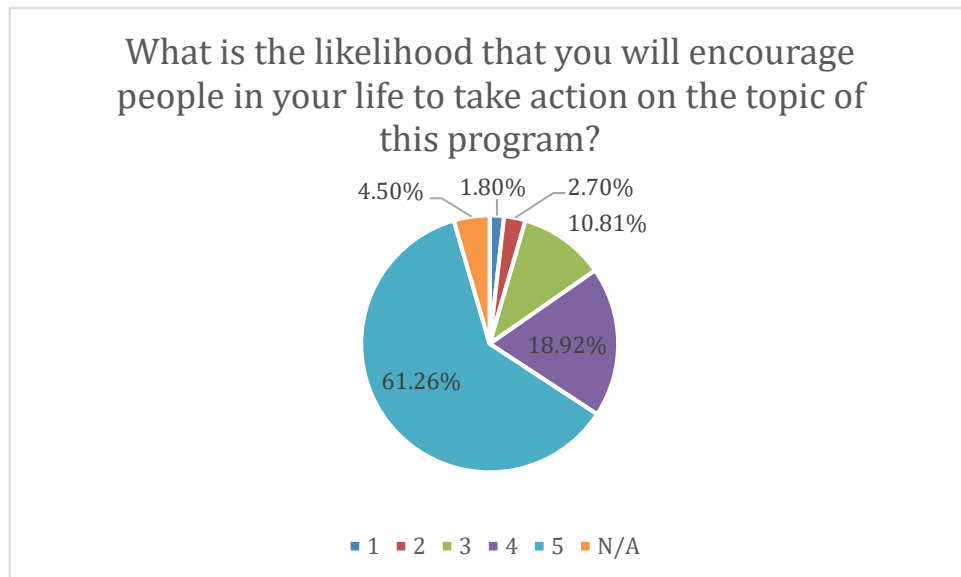


Figure 3. Survey question: "What is the likelihood that you will encourage people in your life to take action on the topic of this program?"

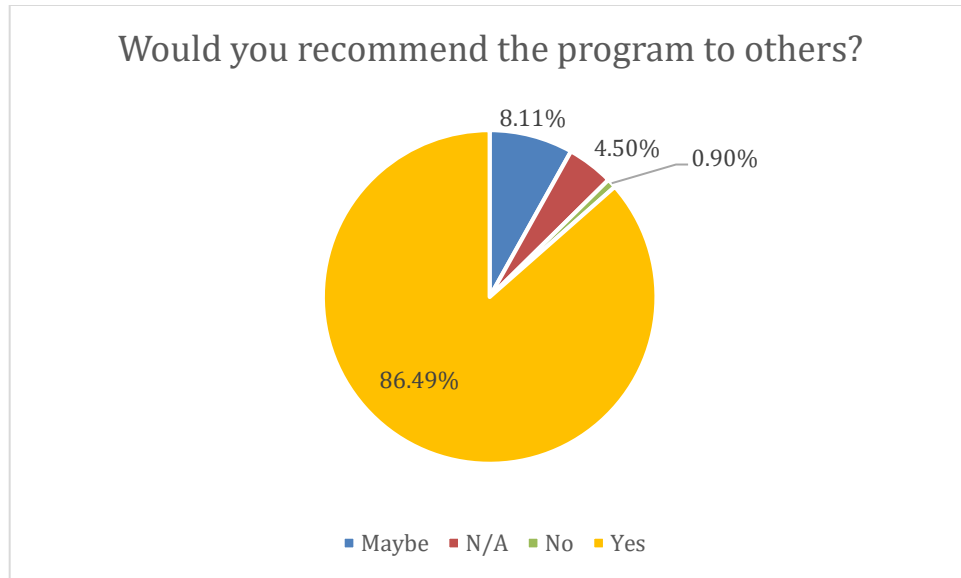


Figure 4. Survey question: "Would you recommend the program to others?"

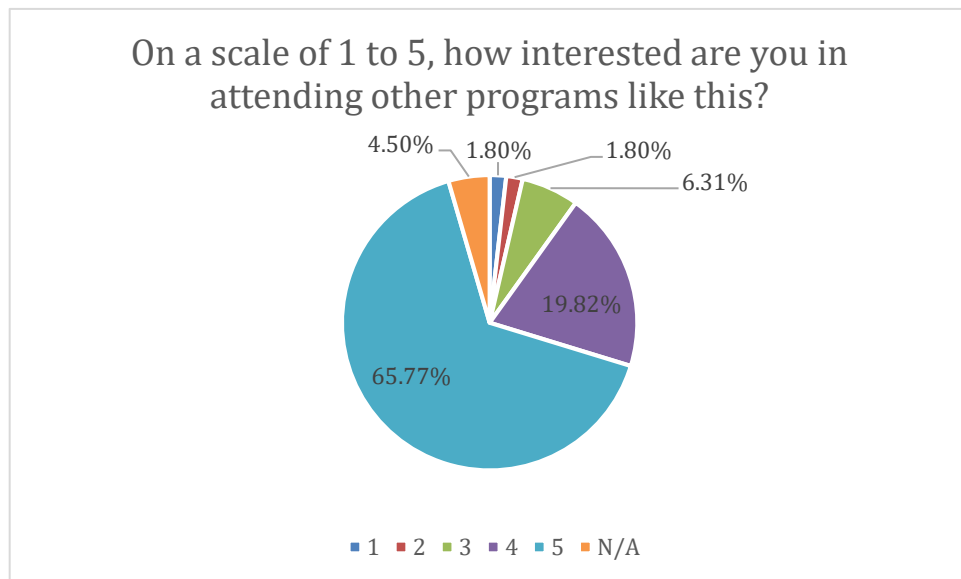


Figure 5. On a scale of 1 to 5, how interested are you in attending other programs like this?"

#### ❖ **Recommendations:**

Next steps for the Community Health Project would be to continue to provide programs across national public libraries and introduce animations across various Black Health programs.

❖ **Appendix:**

– **Interpretation Of The Responses To The Community Mental Health Project's Surveys:**

Premier Date: March 17, 2022

Closing Date: June 30, 2022

Total Events: 13

Total Respondents: 111

In-Person Events: 10

Online Events: 3

Hybrid Events: 0

% of Respondents In-Person: 88.29%

% of Respondents Online: 11.71%

% of English Speaking Respondents: 81.98%

% of Spanish Speaking Respondents: 18.02%

Least Event Response: 1.80% (Tie, 3.31.22 and 6.25.22)

Greatest Event Response: 15.32% (6.22.22)

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- **The Following Are Details From Each Of The Community Mental Health Project Events, Ranked In Descending Order Of Survey Response.**

**Date: March 31, 2022**

Event Title: Self Care

Location: Countee Cullen

Presenter: Dr. Patrice

Format: In-Person

Language: English

Event Series Response: 1.80% - Ranked 9th (Tie)

**Post Event Survey**

1. How familiar were you with the topic before attending this program?

The respondents (100%) identified as being either "Very Familiar" (5) or "Somewhat Familiar" (4) with the topic.

2. This program inspired me to take action on this topic in my own life?

Half (50%) of the respondents indicated being "Very Inspired" (5) to take action on this topic. The other half (50%) indicated being "Somewhat Inspired" (4) to take action.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

The respondents (100%) agreed on being motivated to do the following

- Learn more about mental wellness online or through your local library
- Talk to someone about your mental wellness or concerns

Half of the respondents (50%) indicated being motivated to

- Find more information on mental wellness (i.e., read a book, attend another program)
- Seek support from a professional

4. What was most helpful to you? Check all that apply.

- Presenter expertise
- Group discussion

5. How likely are you to talk about the topic of this program with people in your life?

The respondents (100%) are likely to share the topic with others. Half of the attendees (50%) indicated it was "Very Likely" (5). The other half (50%) indicated it was "Somewhat Likely" (4).

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

The respondents (100%) are likely to encourage others to take action based upon the topic. Half of the attendees (50%) indicated it was "Very Likely" (5). The other half (50%) indicated it was "Likely" (4).

7. On a scale of 1 to 5, how interested are you in attending other programs like this?

The respondents (100%) were favorable about future programs of this nature. Half (50%) responded "Very Interested" (5). Half (50%) responded as "Somewhat Interested" (4).

8. Would you recommend the program to others?

Half of the attendees (50%) indicated "Yes," they would recommend the program to others. Half of the attendees (50%) said they "Might" recommend the program to others. How did you hear about this program?

9. How did you hear about this program?

50% - NYPL Website

50% - multiple [Printer Flyer, Word of mouth, NYPL website, nypl in person]

**Date: June 25, 2022**

Event Title: Mental Wellness

Location: St. George Library Center

Presenter: Derrian



Format: Online

Language: English

Event Series Response: 1.80% - Ranked 9th (Tie)

### **Post Event Survey**

1. How familiar were you with the topic before attending this program?

The respondents (100%) identified as being either "Very Familiar" (5) or "Somewhat Familiar" (4) with the topic.

2. This program inspired me to take action on this topic in my own life?

Half (50%) of the respondents indicated being "Very Inspired" (5) to take action on this topic. The other half (50%) indicated being "Somewhat Inspired" (4) to take action.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

The respondents (100%) agreed on being motivated to do the following:

- Learn more about mental wellness online or through your local library
- Talk to someone about your mental wellness or concerns
- Find more information on mental wellness (i.e. read a book, attend another program)
- Seek support from a professional

4. What was most helpful to you? Check all that apply.

- Presenter expertise
- Group discussion
- Learning about available resources
- Animated video
- Exercises and activities

5. How likely are you to talk about the topic of this program with people in your life?

The respondents (100%) indicated it was "Very Likely" (5).

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

The respondents (100%) indicated it was "Very Likely" (5).

7. On a scale of 1 to 5, how interested are you in attending other programs like this?

The respondents (100%) were favorable about future programs of this nature. All responded "Very Interested" (5).

8. Would you recommend the program to others?

All respondents (100%) indicated "Yes," they would recommend the program to others.

9. How did you hear about this program?

100% - NYPL Website

**Date: May 5, 2022**

Event Title: Self Care

Location: Bronx Library Center

Presenter: Luis

Format: Online

Language: Spanish

Event Response: 2.70% - Ranked 8th

**Post Event Survey**

1. How familiar were you with the topic before attending this program?

All of the respondents (100%) expressed limited familiarity with the topic. Two-thirds of respondents (66%) indicated that they were "Uncertain" (3) regarding their awareness of the topic. One-third (33%) indicated being "Somewhat Unfamiliar" (2) with the topic.

2. This program inspired me to take action on this topic in my own life?

All of the respondents (100%) indicated inspiration from the event. Two-thirds (66%) identified that they were "Very inspired" (5) to take action. One-third (33%) selected that they were "Somewhat Inspired" (4) to take action.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

The respondents (100%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e., read a book, attend another program)

Two-thirds of the respondents (66%) indicated being motivated to:

- Learn more about mental wellness online or through your local library
- Talk to someone about your mental wellness or concerns

One-third of the respondents (33%) indicated being motivated to:

- Seek support from a professional

4. What was most helpful to you? Check all that apply.

- Animated video
- Presenter expertise
- Learning about available resources
- Presenter expertise
- Group Discussions

5. How likely are you to talk about the topic of this program with people in your life?

All of the respondents (100%) stated that they were likely to share the topic with others in their life. Two-thirds (66%) responded that they were "Very Likely" (5) to lead such a discussion. One-third (33%) replied that they were "Likely" (4) to lead such a discussion.

6.What is the likelihood that you will encourage people in your life to take action on the topic of this program?

Two-thirds (66%) of the respondents indicated that they were “Very Likely” (5) to encourage someone close to them to take action discussed on this topic. One-third (33%) of the respondents replied that they were “Uncertain” (3) regarding advising someone close to take action.

7.On a scale of 1 to 5, how interested are you in attending other programs like this?

All of the respondents (100%) selected that they were “Very Interested” (5) in attending future events like this topic.

8.Would you recommend the program to others?

All of the respondents (100%) replied “Yes” regarding referring this program to others.

9. How did you hear about this program?

33% - Social Media

33% - NYPL Website

33% - Word of Mouth

**Date: March 17, 2022**

Event Title: Mental Wellness

Location: Bronx Library Center

Presenter: Dr. Patrice

Format: Online

Language: English

Event Response: 3.60% - Ranked 7th

**Post Event Survey**

1. How familiar were you with the topic before attending this program?

A quarter of respondents (25%) were “Very Familiar” (5) with the topic. Another quarter (25%) responded that they were “Somewhat Familiar” (4) with the topic. Another quarter (25%) of the response was “Uncertain” (3) of their awareness of the topic. The final quarter (25%) of the response was “Somewhat Unfamiliar” (2) with the topic.

2.This program inspired me to take action on this topic in my own life?

Half of the respondents (50%) replied that they were “Very Inspired” (5) to take action based upon the discussion. One quarter (25%) of the response indicated being “Inspired” (4) to take action. One quarter (25%) selected that they were “Uncertain” (3) regarding taking action related to the discussion.

3.Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

Three-quarters of the respondents (75%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e. read a book, attend another program)
- Talk to someone about your mental wellness or concerns

Half of the respondents (50%) agreed on being motivated to do the following:

- Learn more about mental wellness online or through your local library

4. What was most helpful to you? Check all that apply.

- Group discussion
- Presenter expertise
- Learning about available resources
- Exercises and activities

5. How likely are you to talk about the topic of this program with people in your life?

Half of the respondents (50%) stated that they were “Very Likely” (5) to share the topic with others in their life. One quarter (25%) responded that they were “Uncertain” (3) if they would lead such a discussion. Another quarter (25%) replied that they were “Somewhat Unlikely” (2) to lead such a discussion.

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

Half of the respondents (50%) stated that they were “Very Likely” (5) to encourage someone close to take action based upon the discussion. One quarter (25%) responded that they were “Uncertain” (3) if they would encourage someone in their life to take action. Another quarter (25%) replied that they were “Somewhat Unlikely” (2) to encourage someone close to take action.

7. On a scale of 1 to 5, how interested are you in attending other programs like this?

All of the respondents (100%) expressed some interest in future events like this. Three-quarters (75%) replied that they were “Very Interested” (5) in attending future events like this topic. One quarter (25%) responded that they were “Somewhat Interested” (4).

8. Would you recommend the program to others?

All of the respondents (100%) replied “Yes” regarding referring this program to others.

9. How did you hear about this program?

50% - NYPL Website

25% - Social Media

25% - Word of Mouth [my adult daughter emailed me]

**Date: March 25, 2022**

Event Title: Mental Wellness

Location: Baychester

Presenter: Derrian

Format: In-person

Language: English

Event Response: 4.50% - Ranked 6th

### **Post Event Survey**

1. How familiar were you with the topic before attending this program?

Just under two-thirds (60%) were "Very Familiar" (5) with the topic. A fifth of the response (20%) selected that they were "Somewhat Familiar" (4) with the topic. Another fifth of the response was "Uncertain" (3) of their awareness of the topic.

2. This program inspired me to take action on this topic in my own life?

Less than two-thirds (60%) replied that they were "Very Inspired" (5) to take action based upon the discussion. One fifth (20%) of the response indicated being "Somewhat Inspired" (4) to take action. Another fifth (20%) selected that they were "Somewhat Uninspired" (2) regarding taking action related to the discussion.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

Nearly two-thirds (60%) of the respondents agreed on being motivated to do the following:

- Find more information on mental wellness (i.e. read a book, attend another program)

More than a third (40%) of the respondents agreed on being motivated to the following:

- Talk to someone about your mental wellness or concerns

One fifth (20%) of the respondents were motivated to do the following:

- Learn more about mental wellness online or through your local library
- Seek support from a professional

4. What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5. How likely are you to talk about the topic of this program with people in your life?

All respondents (100%) indicated that they were likely to initiate a discussion of the topic with those in their life. Nearly two-thirds (60%) stated that they were "Very Likely" (5) to share the topic with others in their life. More than one-third (40%) responded that they were "Somewhat Likely" (4).

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

All respondents (100%) indicated that they were likely to encourage someone close to take action based upon the discussion. Nearly two-thirds (60%) responded that they

were “Very Likely” (5) to encourage someone close to take action based upon the discussion. More than one-third (40%) responded that they were “Somewhat Likely” (4).

7. On a scale of 1 to 5, how interested are you in attending other programs like this? All of the respondents (100%) expressed some interest in future events like this. Around two-thirds (60%) replied that they were “Very Interested” (5) in attending future events like this topic. More than a third (40%) responded that they were “Somewhat Interested” (4).

8. Would you recommend the program to others?  
All of the respondents (100%) replied “Yes” regarding referring this program to others.

9. How did you hear about this program?  
40% - NYPL Website  
40% - Word of Mouth  
20% - Multiple Sources [Printer Flyer, NYPL website]

**Date: April 14, 2022**

Event Title: Interrupting our mental health stigma

Location: Countee Cullen

Presenter: Derrian

Format: In-person

Language: English

Event Response: 6.31% - Ranked 5th

**Post Event Survey**

1. How familiar were you with the topic before attending this program?  
Just under half (43%) were “Very Familiar” (5) with the topic. Just over a quarter of the response (29%) selected that they were “Uncertain” (3) of their awareness of the topic. An equal amount of response (14%) indicated that they were “Somewhat Familiar” (4) or “Somewhat Unfamiliar” (2) with the subject.

2. This program inspired me to take action on this topic in my own life?  
More than half (57%) replied that they were “Very Inspired” (5) to take action based upon the discussion. More than a quarter (29%) indicated being “Uncertain” (3) regarding taking future action for themselves. More than a tenth (14%) were “Somewhat Inspired” (4) to take action related to the discussion.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

Nearly three-quarters (71%) of the respondents agreed on being motivated to do the following:

- Find more information on mental wellness (i.e., read a book, attend another program)

More than half (57%) of the respondents agreed on being motivated to the following:

- Learn more about mental wellness online or through your local library
- Talk to someone about your mental wellness or concerns

About a third (29%) of the respondents were motivated to do the following:

- Seek support from a professional

4. What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5. How likely are you to talk about the topic of this program with people in your life?

All respondents (100%) indicated that they were likely to initiate a discussion of the topic with those in their life. Half (50%) replied that they were “Very Likely” (5) to share the topic with others in their life. The other half (50%) responded that they were “Somewhat Likely” (4).

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

Half (50%) of respondents selected that they were “Very Likely” (5) to encourage someone close to take action based upon the discussion. A third (33%) responded that they were “Somewhat Likely” (4) to encourage someone close to take action. Just under a fifth of the response indicated being “Uncertain” (3).

7. On a scale of 1 to 5, how interested are you in attending other programs like this?

Half of the respondents (50%) selected that they were “Very Interested” (5) in attending future events like this topic. A third (40%) responded that they were “Somewhat Interested” (4). About a fifth (17%) of the response indicated being “Uncertain” (3).

8. Would you recommend the program to others?

All of the respondents (100%) replied “Yes” regarding referring this program to others.

9. How did you hear about this program?

33% - NYPL Website

33% - Word of Mouth

17% - Printer flyer

17% - Other [info booth on corner of 136 and Malcolm X Blvd]

**Date: April 7, 2022**

Event Title: Interrupting our mental health stigma

Location: Eastchester

Presenter: Derrian and Luis

Format: In-person

Language: English

Event Response: 7.21% - Ranked 4th (Tie)

### **Post Event Survey**

1. How familiar were you with the topic before attending this program?

An equal number of respondents, just over a third (38%), were “Very Familiar” (5) or “Somewhat Familiar” (4) with the topic. An equal number of respondents (13%) indicated either being “Uncertain” (3) or “Somewhat Unfamiliar” (2) with the topic.

2. This program inspired me to take action on this topic in my own life?

All respondents (100%) expressed being inspired to take action from the discussion. Half (50%) replied that they were “Very Inspired” (5) to take action based upon the discussion. The other half (50%) were “Somewhat Inspired” (4) to take action related to the discussion.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

All respondents (100%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e. read a book, attend another program)

A quarter (25%) of the respondents agreed on being motivated to the following:

- Learn more about mental wellness online or through your local library
- Talk to someone about your mental wellness or concerns

About a tenth (13%) of the respondents were motivated to do the following:

- Seek support from a professional

4. What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5. How likely are you to talk about the topic of this program with people in your life?

Three-quarters (75%) indicated that they were likely to initiate a discussion of the topic with those in their life. An equal amount, just over a third (38%) replied that they were either “Very Likely” (5) or “Somewhat Likely” (4) to share the topic with others in their life. Another quarter (25%) indicated that they were “Uncertain” (3).

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

Nearly two-thirds (63%) of respondents selected that they were “Very Likely” (5) to encourage someone close to take action based upon the discussion. A quarter of



respondents selected that they were “Uncertain” (3). Around a tenth (13%) responded that they were “Somewhat Likely” (4) to encourage someone close to take action.

7. On a scale of 1 to 5, how interested are you in attending other programs like this? All respondents indicated favorable interest in similar programs. Half of the respondents (50%) selected that they were “Very Interested” (5) in attending future events like this topic. The other half responded that they were “Somewhat Interested” (4).

8. Would you recommend the program to others? All of the respondents (100%) replied “Yes” regarding referring this program to others.

9. How did you hear about this program?  
29% - Word of Mouth  
29% - Drop In, Right Place, Right Time  
29% - Multiple Sources [Printer Flyer, NYPL website | Job / Black Health]  
14% - NYPL Website

**Date: April 13, 2022**

Event Title: Interrupting our mental health stigma

Location: Belmont

Presenter: Luis

Format: In-person

Language: English

Event Response: 7.21% - Ranked 4th (Tie)

**Post Event Survey**

1. How familiar were you with the topic before attending this program? Just over a third (38%) of respondents were “Somewhat Familiar” (4) the topic. An equal number of respondents, a quarter (25%), indicated either being “Very Familiar” (5) or “Uncertain” (3) with the topic. About a tenth (13%) of the responses indicated being “Very Unfamiliar” (1) with the topic.

2. This program inspired me to take action on this topic in my own life? An equal amount, just over a third (38%), of respondents were either “Somewhat Likely” (4) to take action based upon the discussion or “Uncertain” (3). A quarter (25%) replied that they were “Very Inspired” (5) to take action based upon the discussion.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

Just under two thirds (63%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e., read a book, attend another program)
- Learn more about mental wellness online or through your local library

Half (50%) of the respondents agreed on being motivated to the following:

- Talk to someone about your mental wellness or concerns

More than a third (38%) of the respondents were motivated to do the following:

- Seek support from a professional

4.What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5.How likely are you to talk about the topic of this program with people in your life?

Nearly two-thirds (63%) of respondents indicated that they were “Very Likely” (5) to discuss this topic with someone close. One quarter (25%) of respondents indicated that they were “Somewhat Likely” (4) to share the topic with others in their life. About a tenth of the response (13%) indicated that they were “Somewhat Unlikely” (2) to have such a discussion with people in their life.

6.What is the likelihood that you will encourage people in your life to take action on the topic of this program?

Nearly two-thirds (63%) of respondents selected that they were “Very Likely” (5) to encourage someone close to take action based upon the discussion. A quarter (25%) of respondents selected that they were “Somewhat Likely” (4) to motivate someone close based upon the discussion. About a tenth of the response (13%) indicated that they were “Somewhat Unlikely” (2) to encourage someone close based upon this discussion.

7.On a scale of 1 to 5, how interested are you in attending other programs like this?

All respondents (100%) indicated favorable interest in similar programs. More than three-quarters (87%) of respondents selected that they were “Very Interested” (5) in attending future events like this topic. Just over a tenth (13%) selected that they were “Somewhat Interested” (4).

8.Would you recommend the program to others?

All of the respondents (100%) replied “Yes” regarding referring this program to others.

9. How did you hear about this program?

25% - Word of Mouth

25% - Multiple Sources [Social media, NYPL website | Printer Flyer, NYPL website]

13% - Black Health

13% - Walk-In

13% - Branch Staff

13% - Printer Flyer

13% - NYPL Website

**Date: June 15, 2022**

Event Title: You don't have to go through it alone - Resources for seniors

Location: Tompkins Square

Presenter: Luis

Format: In-person

Language: English

Event Response: 11.71% - Ranked 3rd

**Post Event Survey**

1. How familiar were you with the topic before attending this program?

Just over two-thirds (69%) of respondents were "Very Familiar" (5) with the topic. Less than a fifth (15%) of respondents were "Somewhat Familiar" (4). An equal number of respondents (8%) indicated that they were either "Uncertain" (3) or "Very Unfamiliar" (1) with the topic.

2. This program inspired me to take action on this topic in my own life?

Just over half (54%) replied that they were "Very Inspired" (5) to take action based upon the discussion. More than a third (38%) were "Somewhat Inspired" (4) to take action related to the discussion. Less than a tenth (8%) of the response indicated "Uncertain" (3) regarding action steps.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

The majority (91%) agreed on being motivated to do the following:

- Talk to someone about your mental wellness or concerns

More than three-quarters (83%) of the respondents agreed on being motivated to the following:

- Find more information on mental wellness (i.e., read a book, attend another program)

More than half (58%) of the respondents were motivated to do the following:

- Seek support from a professional
- Learn more about mental wellness online or through your local library

4. What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5. How likely are you to talk about the topic of this program with people in your life?

Just under half (46%) indicated that they were "Very Likely" (5) to share the topic with others in their life. About a third (31%) responded that they were "Somewhat Likely" (4)

to share the topic with those close to them. Another quarter (23%) indicated that they were “Uncertain” (3).

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

All respondents (100%) expressed an interest in encouraging others close to them to take action based on the discussion. Nearly two-thirds (62%) of respondents selected that they were “Very Likely” (5) to encourage someone close to take action. More than a third responded that they were “Somewhat Likely” (4) to encourage someone close to take action.

7. On a scale of 1 to 5, how interested are you in attending other programs like this?

More than two-thirds (66%) of respondents selected that they were “Very Interested” (5) in attending future events like this topic. About a quarter (23%) selected that they were “Somewhat Interested” (4). Under a tenth (8%) responded that they were “Uncertain” (3).

8. Would you recommend the program to others?

The majority of the respondents (85%) replied “Yes” regarding referring this program to others. Just under a fifth (15%) of respondents replied “Maybe” regarding referring the program to others.

9. How did you hear about this program?

50% - Word of Mouth

25% - Black Health

8% - Printer Flyer

8% - Email

**Date: June 30, 2022**

Event Title: Starting the Conversation About Mental Health

Location: Tremont

Presenter: Luis

Format: In-person

Language: English

Event Response: 12.61% - Ranked 2nd (Tie)

**Post Event Survey**

1. How familiar were you with the topic before attending this program?

Just over half (57%) of respondents were “Very Familiar” (5) the topic. More than a quarter (29%) of the respondents indicated being less aware of the topic. An equal amount (14%) replied with either being “Somewhat Unfamiliar” (2) or “Very Unfamiliar” (1) with the topic. Just under a tenth (7%) of respondents indicated that they were “Somewhat Familiar” (4) with the topic. Likewise, just under a tenth (7%) indicated that they were “Uncertain” (3).

2.This program inspired me to take action on this topic in my own life?

Nearly three-quarters (71%) replied that they were “Very Inspired” (5) to take action based upon the discussion. More than a tenth (14%) were “Somewhat Inspired” (4) to take action related to the discussion. Less than a tenth (7%) of the response indicated “Uncertain” (3) regarding action steps. An equal amount (7%) of the respondents selected that they were “Somewhat Unlikely” (2) to take action in their life based on the discussion.

3.Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

The majority (85%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e. read a book, attend another program)

More than three-quarters (79%) of the respondents agreed on being motivated to the following:

- Talk to someone about your mental wellness or concerns

About three-quarters (71%) of the respondents were motivated to do the following:

- Learn more about mental wellness online or through your local library

About two-thirds (64%) of the respondents were motivated to do the following:

- Seek support from a professional

Less than a tenth (7%) of the respondents indicated:

- I do not plan to take an action

4.What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5.How likely are you to talk about the topic of this program with people in your life?

More than three-quarters (81%) indicated that they were “Very Likely” (5) to share the topic with others in their life. Conversely, about a fifth (18%) responded that they were “Somewhat Unlikely” (2) to discuss the topic with those in their life.

6.What is the likelihood that you will encourage people in your life to take action on the topic of this program?

Two-thirds (67%) of respondents selected that they were “Very Likely” (5) to encourage someone close to take action. Just under a fifth (17%) responded that they were “Somewhat Likely” (4) to encourage someone close to take action. An equal amount (8%) of respondents replied that they were either “Somewhat Unlikely” (2) or “Uncertain” (3) regarding encouraging someone close to take action based on the discussion.

7.On a scale of 1 to 5, how interested are you in attending other programs like this?

Three-quarters (75%) of respondents selected that they were “Very Interested” (5) in attending future events like this topic. About a fifth (17%) selected that they were “Somewhat Interested” (4). Under a tenth (8%) responded that they were “Somewhat Uninterested” (2) in similar events.

8. Would you recommend the program to others?

The majority of the respondents (92%) replied “Yes” regarding referring this program to others. Less than a tenth (8%) of respondents replied “Maybe” regarding referring the program to others.

9. How did you hear about this program?

33% - NYPL Website

25% - Printer Flyer

17% - Word of Mouth

17% - Black Health

8% - Multiple Sources [Printer Flyer, Word of mouth]

**Date: June 23, 2022**

Event Title: Young People Seeking Support

Location: West Farms

Presenter: Dr. Patrice

Format: In-Person

Language: English

Event Response: 12.61% - Ranked 2nd (Tie)

### **Post Event Survey**

1. How familiar were you with the topic before attending this program?

Just over a third (43%) of respondents were “Very Familiar” (5) the topic. About a quarter (29%), indicated either being “Somewhat Familiar” (4) with the topic. About a fifth (21%) of the responses indicated being “Very Unfamiliar” (1) with the topic. Less than a tenth (7%) indicated that they were “Uncertain” (3).

2. This program inspired me to take action on this topic in my own life?

More than half (57%) of the respondents selected that they were “Very Inspired” (5) to take personal action for themselves based upon the topic. An equal amount, just over a fifth (21%), of respondents were either “Somewhat Likely” (4) to take action based upon the discussion or “Uncertain” (3).

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

More than a third (38%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e., read a book, attend another program)

About a quarter (27%) of the respondents agreed on being motivated to do the following:

- Learn more about mental wellness online or through your local library

A fifth (19%) of respondents agreed on being motivated to do the following:

- Talk to someone about your mental wellness or concerns

A fifth (12%) of respondents agreed on being motivated to do the following:

- Seek support from a professional

Less than a tenth (4%) of respondents indicated that they were motivated to do the following:

- I do not plan to take an action

4. What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5. How likely are you to talk about the topic of this program with people in your life?

More than two-thirds (42%) indicated that they were “Very Likely” (5) to share the topic with others in their life. About a fifth of respondents (17%) equally indicated that they were “Somewhat Likely” (4), “Somewhat Unlikely” (2), or “Uncertain” (3) regarding discussing the topic with those in their life. Less than a tenth of the respondents (8%) replied they were “Very Unlikely” (1) to discuss the topic to someone in their life.

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

More than a third (38%) of respondents indicated that they were “Very Likely” (5) to encourage someone close to take action. About a third (31%) responded that they were “Somewhat Likely” (4) to encourage someone close to take action. An equal amount (15%) of respondents replied that they were either “Very Unlikely” (1) or “Uncertain” (3) regarding encouraging someone close to take action based on the discussion.

7. On a scale of 1 to 5, how interested are you in attending other programs like this?

Nearly two-thirds (62%) of respondents indicated that they were “Very Interested” (5) in attending similar events. Nearly a fifth (15%) responded that they were “Somewhat Interested” (4) in similar events. An equal amount of response (8%) indicated that they were either “Somewhat Disinterested” (2), “Very Disinterested” (1), or “Uncertain” (3) in similar events.

8. Would you recommend the program to others?

About three-quarters (77%) replied “Yes” regarding referring this program to others. Less than a fifth (15%) of respondents replied “Maybe” regarding referring the program to others. Less than a tenth (8%) replied “No” regarding referring the program to others.

9. How did you hear about this program?

45% - Word of Mouth  
27% - Printer Flyer  
9% - NYPL Website  
9% - Social Media  
9% - Multiple Sources [Word of mouth, Canvassing]

**Date: May 11, 2022**

Event Title: Impact of the Pandemic on Young Adult Lives

Location: Woodstock

Presenter: Luis

Format: In-person

Language: English

Event Response: 12.61% - Ranked 2nd (Tie)

**Post Event Survey**

1. How familiar were you with the topic before attending this program?

Just over half (57%) of respondents were "Somewhat Familiar" (4) with the topic. Less than a fifth (15%) of respondents were "Somewhat Familiar" (4). An equal number of respondents (8%) indicated that they were either "Uncertain" (3) or "Very Unfamiliar" (1) with the topic.

2. This program inspired me to take action on this topic in my own life?

Just over half (57%) replied that they were "Very Inspired" (5) to take action based upon the discussion. More than a quarter (29%) were "Uncertain" (3) they would take action related to the discussion. More than a tenth of the response indicated they were "Somewhat Inspired" (4) regarding action steps for themselves based upon the discussion.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

More than three-quarters (85%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e. read a book, attend another program)

More than a third (35%) of the respondents agreed on being motivated to do the following:

- Learn more about mental wellness online or through your local library

More than a tenth (12%) of the respondents agreed on being motivated to do the following:

- Seek support from a professional

Less than a tenth (8%) of the respondents agreed on being motivated to do the following:

- I do not plan to take an action

Less than a tenth (4%) of the respondents were motivated to do the following:

- Talk to someone about your mental wellness or concerns

4. What was most helpful to you? Check all that apply.



- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5. How likely are you to talk about the topic of this program with people in your life?

More than a third (43%) indicated that they were “Very Likely” (5) to share the topic with others in their life. An equal amount (43%) responded they were “Somewhat Likely” to discuss the topic with those close to them. Less than a tenth (8%) indicated that they were “Somewhat Unlikely” (2) to discuss the topic with those in their life. The same number (8%) also responded that they were “Uncertain” (3) regarding discussions of this nature.

6. What is the likelihood that you will encourage people in your life to take action on the topic of this program?

About two-thirds (64%) of respondents indicated that they were “Very Likely” (5) to encourage someone close to take action. About a third (29%) responded that they were “Uncertain” (3) if they would encourage someone close to take action. Less than a tenth (8%) selected that they were “Somewhat Likely” (4) to encourage someone close to take action.

7. On a scale of 1 to 5, how interested are you in attending other programs like this?

More than a third (43%) of respondents indicated that they were “Very Interested” (5) in attending similar events. Nearly a third responded that they were “Somewhat Interested” (4) in similar events. A fifth (21%) indicated that they were “Uncertain” (3). Less than a tenth responded that they were “Very Disinterested” (1) in similar events.

8. Would you recommend the program to others?

More than three-quarters (79%) replied “Yes” regarding referring this program to others. About a fifth (21%) of respondents replied “Maybe” regarding referring the program to others.

9. How did you hear about this program?

42% - Word of Mouth

25% - Printer Flyer

17% - Multiple Sources [Word of mouth, NYPL website | Printer Flyer, Black Health]

8% - NYPL Website

8% - In-Person

**Date: June 22, 2022**

Event Title: Mental Wellness

Location: Washington Heights

Presenter: Luis

Format: In-person

Language: Spanish

Event Response: 15.32% - Ranked 1st

### **Post Event Survey**

1. How familiar were you with the topic before attending this program?

Just over half (53%) of respondents were “Very Familiar” (5) with the topic. An equal amount, just under a fifth each (18%), indicated they were either “Somewhat Familiar” (4) or “Somewhat Unfamiliar” (2) with the topic. More than a tenth (12%) of respondents indicated that they were either “Uncertain” (3).

2. This program inspired me to take action on this topic in my own life?

All of the respondents (100%) indicated they were motivated as a result of the discussion. Three-quarters (76%) of respondents replied that they were “Very Inspired” (5) to take personal action based upon the topic. Just under a quarter (23%) were “Somewhat Inspired” (4) to personally take action.

3. Did attending the program make it more likely that you will do any of the following in the future? Check all that apply.

About a quarter (26%) agreed on being motivated to do the following:

- Find more information on mental wellness (i.e., read a book, attend another program)

About a quarter (24%) of the respondents agreed on being motivated to the following:

- Learn more about mental wellness online or through your local library
- Talk to someone about your mental wellness or concerns

About a fifth (20%) of the respondents agreed on being motivated to do the following:

- Seek support from a professional

Less than a tenth (6%) of the respondents agreed on being motivated to do the following:

- I do not plan to take an action

4. What was most helpful to you? Check all that apply.

- Animated video
- Exercises and activities
- Group discussion
- Presenter expertise
- Learning about available resources

5. How likely are you to talk about the topic of this program with people in your life?

The majority of respondents (94%) indicated that they were “Very Likely” (5) to discuss this topic with those close to them. Less than a tenth (6%) responded that they were “Uncertain” (3).

6.What is the likelihood that you will encourage people in your life to take action on the topic of this program?

The majority of respondents (94%) indicated that they were “Very Likely” (5) to encourage someone close to them to take action. Less than a tenth (6%) selected that they were “Uncertain” (3)

7.On a scale of 1 to 5, how interested are you in attending other programs like this?

The majority of respondents (94%) replied they were “Very Interested” (5) in similar programs. Less than a tenth (6%) responded that they were “Uncertain” (3).

8.Would you recommend the program to others?

All respondents (100%) selected “Yes” regarding referring the event to others.

9. How did you hear about this program?

63% - Word of Mouth

25% - Multiple Sources [Word of mouth, NYPL website | Social media, Printer Flyer, Word of mouth, NYPL website | Social media, NYPL website]

13% - Printer Flyer