

# Mental Health First Aid: Bracebridge Event: Evaluation Summary June 23<sup>rd</sup> & 24<sup>th</sup> 2015

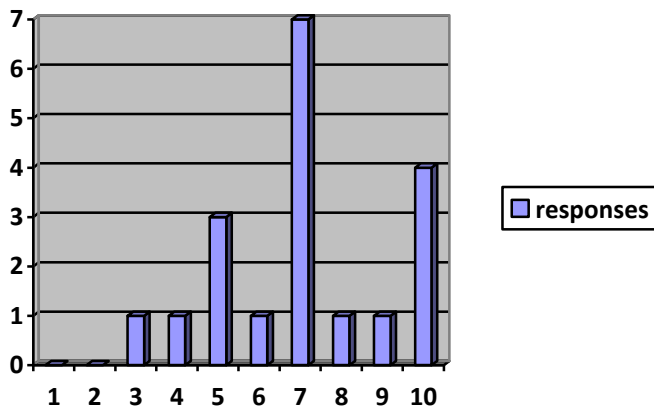
## Participants

22 participants

19 completed evaluations

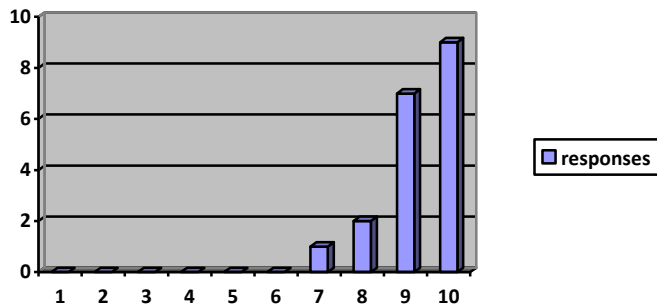
On a scale of 1 to 10:

1. How new was this material to you? ( 1-not at all, 10-very new)

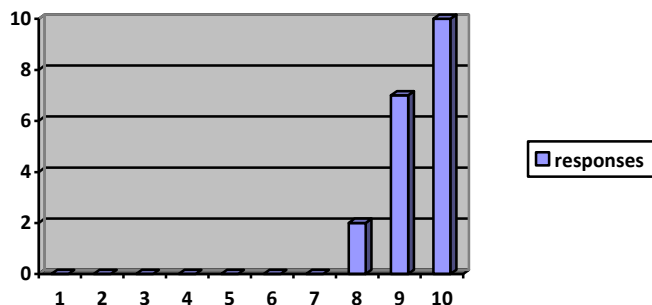


Overall, there was a broad range of previous knowledge.

2. How easy was it to understand? (1-very hard, 10-very easy)

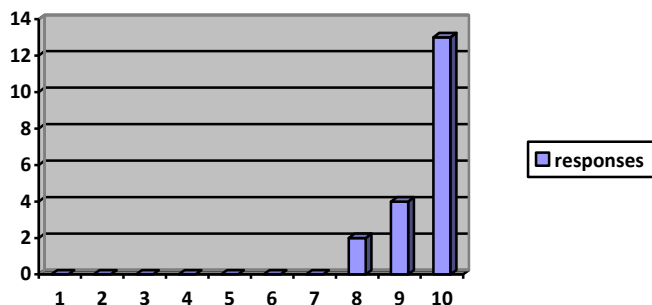


**3. How well was the course presented? 1-very poorly, 10-very well**



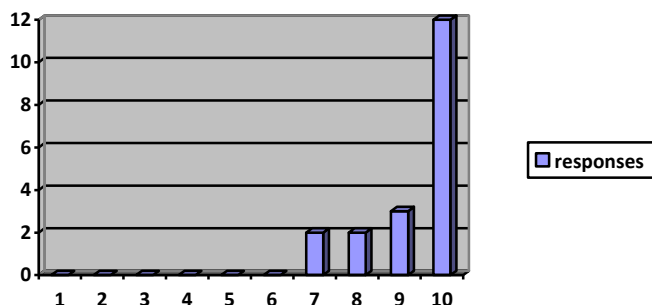
**90%** rated the course presentation as a 9 or higher.

**4. How well did the instructor present the course? 1-not at all, 10-very well**



**90%** rated the presenter as a 9 or higher.

**5. How relevant was the content for you? 1-not at all, 10-very much**



Overall, the course was very relevant for participants.

## 6. What is your overall response to this course?

Very enjoyable. Enjoyed the interaction and sharing.

The information was a real eye opener. Suffering from mental health issues has affected my life in a negative way and this course helps me understand myself.

Very good content. Excellent facilitator.

Very interesting. Lots of material covered.

Very informative and hands on.

Positive for everyone as there is so much mental illness around.

Excellent - very real scenarios helpful.

I really enjoyed this course. I found it easy to understand and very interactive.

Very informative.

Loved it!

Definitely important and relevant in my work and personal life. I know ALGEE! Increased my awareness and understanding. I will encourage my agency to send co-workers to the course.

I was able to learn more about the mental illnesses which will help me identify the disorders a person may be living with.

Very interesting. Knowledge that everyone should have.

Informative, useful, imperative.

I am very happy I was able to attend. I can definitely use this in the workplace.

Very well done. Important information to help and also to dispel stigma.

It was very helpful personally and professionally.

I recommend to all!

Enjoyed the videos and interactive teaching exercises.

## 7. What do you consider to be the strengths of the course?

The information provided - ie - tools, cards with numbers for one's purse.

The experiences shared by the presenter.

The facilitator's ability to present the information in an informative, respectful, meaningful way utilizing a variety of learning strategies.

The presenter - gave personal anecdotes.

Hands on sharing stories, participation, book, learning all the tools to deal with everyday circumstances, getting answers to questions.

The presenter!

Presenter\*, videos, interactive, variety of teaching strategies.

I found it very interactive to stay focused. There is a lot of material. If attention isn't kept important information could be missed.

Frankly - you Suzanne - Great work!

Examples of the instructor.

The instructor's passion for the topic. Practice of self care. Networking with others, excellent resources!

Having visuals and activities and providing a book.

Different mental conditions taken separately and then ALGEE was reinforced with each disorder.

Delivery, videos, additional resources.

The group work - being a part of the learning.

Creating empathy, very strong presenter, good strong knowledge base.

Love the book.

Very good communicator.

Teaching fantastic and enthusiastic. Material clearly presented. Well organized manual.

**8. What do you consider to be the weaknesses of the course?**

None/left it blank - 8

Would like more time

The group was large but still enjoyed it. /Too big of a group

None - heavy topic - close to home but course is brilliant.

Seemed rushed at times

Long hours

Slow in some parts but that was related to my interest I think.

Lots of information in a short time.

More on suicide - maybe a bit longer - 3 days

Lots of course content maybe expand time frame.

Cell phones & taking of calls & leaving & returning to course at a later time.

**9. Are there any other issues you think should be included in this course?**

Left it blank /nothing comes to mind- 11

Not sure - It's hard to squeeze so much info in.

Dementia - with aging population it is more prevalent.

Other mental health concerns.

Just more information, but the teacher did give us good references for this (suicide).

Slides to follow along with the presenter.

More information targeted toward children and youth.

Need to discuss some of the barriers in mental health system at the present time. Eg. Lack of services, long waiting lists, etc.

List of local resources – who to call re: support groups & victim services.

### 10. How did you hear about the course?

Adult protective services

Community living Huntsville – community participation supervisor – 2

District of Muskoka

From presenter – work relationship

Online – 2

MFF

YWCA Muskoka/Suzanne

Work / Co-worker -7

Friend

Resource centre

### 11. Additional comments:

Loved the instructor – good at what she does!

Enjoyed Suzanne and her willingness to hear all of us! Thanks!

Wonderful learning experience with more tools for my belt. Thank you!

Great info!

Suzanne is wonderful!

Thank you very much! – My new “mission statement”, actually it’s not new but I am calling it that now: Kindness Matters!

Suzanne is such a great teacher – allowed sharing and really helped with understanding issues and the different ways to deal with them.

Awesome Presenter!

Thank you very much!

I would suggest a key chain with ALGEE vs. card for wallet. Everyone carries keys. Wallet is out of sight out of mind. Food/snacks – very grateful to have them available.

Awesome to see through others eyes sharing their stories. Recovery is possible! Thank you!

Thank you!