

FY23-FY24 Disability Inclusion Training Feedback

Number of Responses: 39

- Strategies to Support Mental Health in the Workplace
- Neurodiversity in the Workplace

SURVEY RESPONSES

The training met my needs and expectations.

Strongly Agree/Agree **98%**

The training answered questions I had coming into the session.

Strongly Agree/Agree **94%**

The format and delivery of the content was effective.

Strongly Agree/Agree **100%**

The training content was appropriate for the audience.

Strongly Agree/Agree **100%**

The presenter was knowledgeable and engaging.

Strongly Agree/Agree **100%**

I would recommend this training to others.

Strongly Agree/Agree **100%**

I feel more confident in my ability to understand mental health.

Strongly Agree/Agree **94%**

There was enough time for questions.

Strongly Agree/Agree **96%**

COMMENTS

What other disability-related information could you benefit from learning about?

How to facilitate conversations surrounding mental health, how to be inclusive.

Ways to be active allies.

Learning how to deal with depression and anxiety as a leader.

What did you like best about the training?

Good mixture of content with both current research ideas and employment law considerations intermingled, very knowledgeable and trusted presenter.

The practical information about how mental health issues manifest in observable behavior, and how to respond in a way that is supportive and helpful. The speaker was excellent.

I loved how the presenter connected the diagnostic criteria for Autism Spectrum Disorder and ADHD to the unique skills that neurodivergent individuals could bring to the workplace.

The speaker was incredibly knowledgeable, but also very thoughtful and sensitive about the topic and sensitive towards audience-members' personal sharing.

What did you like least about the training?

Could have been a little more interactive, perhaps with some more concrete examples or case studies.

While the training was educational, it didn't provide many resources in how to support those struggling with mental health.

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MORE COMMENTS

What were the key takeaways?

We can do more to actively communicate that mental health is health (and that we'll treat it that way as employers).

Change the environment for the person rather than changing the person to fit the environment.

A lot of people feel the same way as I do. It can be easy to assume you are alone when dealing with stress and anxiety.

To talk directly to someone we think may have mental health issues. Best is to discuss it openly to show we care.

The statistics provided in the training shone light into how many Americans are struggling with mental health.

What could be done better?

More examples of accommodations and when clear expectations have to be set and no more accommodations can be made.

Maybe have a real-life case of someone who would share what their manager did for them OR what preconceived ideas a manager had and how they learned to work around that and got a benefit from the person.

Information to be accessible to those in higher management and training levels. This would be a great requirement for those who oversee or people manage.

Any additional feedback you would like to provide?

Thank you for this introduction and conveyance of compassion. Until you spend the time to realize all people have "something" going on, you overlook how you can be helpful. The just 5 mins of reassurance that doesn't take much, but is HUGE for some people.

Thank you for this amazing training. It let me know that I am experiencing symptoms at work and plan to see alternative options for support.