



REPORT

From the office of the...

SHEC Director

TO: Members of the Executive Board
FROM: Emily Liang (she/her)
SUBJECT: Student Health Education Centre Report 5
DATE: Tuesday, November 22nd, 2022

Year Plan Update

Since submitting SHEC's last EB report, our team has worked very hard to manage the logistics of peer support operations, run volunteer socials, finalize 2 campaigns, and plan *Cum One, Cum All!*, *Collective Care*, and *Exam Care Programming*.

Events, Projects, & Activities

General Service Usage

Our official operating hours have not changed since our last EB report. Our in-person and online peer support operations are still operating at full capacity. However, as we approach exam season, we will be creating and releasing a reduced capacity schedule to accommodate our volunteers.

Day(s) of the Week	Hours of Operation (EST)
Monday - Thursday	10:30 AM– 7:30 PM
Friday	10:30 AM– 4:30 PM

In terms of service usage, our volunteers have logged 80+ interactions, with the two biggest services that were sought being tangible health supplies and pregnancy testing. In fact, we have or will soon have to make a re-order of pregnancy tests and menstrual products. We receive the most service usage between 2:30 PM – 5:30 PM, but also at the beginning of our hours between 10:30 – 11:30 AM. We have also had continued significant use of our health dispenser and other materials that we display outside our space during open hours. We will use this information to inform the creation of our reduced capacity exam schedule as well as possibly modify our operating schedule for the Winter schedule to accommodate for our shortage of volunteers.

We are also currently exploring the idea of adding board games, crafts, and other activities for volunteers and service users to engage with during shift, as suggested by the EB at the last meeting.

Projects & Events: Volunteer Social (Complete)

Our Volunteer Coordinators and Assistant Director planned and ran a movie night/pajama party social on November 17th in BSB. We did not receive high attendance, but those that attended (including myself) greatly enjoyed ourselves! Originally, our Volunteer Coordinators were also planning to run a pizza party social for early December (this was our prize for the Pumpkin Carving Contest that the VP Admin arranged). However, we received low RSVP engagement, and the MSU is planning on running Eggnog in the near future as well, so we have decided to push this idea and/or combine it with our Winter volunteer training to run it at a time when more volunteers can engage with it.

Projects & Events: Intro to Support Campaign + Spill the AnxieTEA Campaign (On-Going)

Our Resources and Advocacy Executives have two campaigns prepared, and we are just waiting on the design process to schedule their posting! These campaigns are respectively focused on Support in University (addressing when students should seek support, where students can seek support, etc.) and Anxiety (addressing the stigma of mental health/anxiety, what support/coping for anxiety can look like, what burnout is, etc.). We are currently working through design drafts of the Support campaign and will be sending the AnxieTEA campaign to the UG in the near future. We will be spacing out the posting of these campaigns in the next couple of weeks.

We are playing with the idea of releasing a companion Silhouette article with some of our campaigns, but whether we will have one written for either of these campaigns depends on the capacity of our Resources and Advocacy Executives and/or the capacity of their committee.

Projects & Events: Cum One, Cum All! (On-Going)

Our extremely popular “*Cum One, Cum All!*” event with Eva Bloom (they/she) is happening on November 25th from 3–5 PM EST. We will be collaborating with the Pride Community Centre on this event. Our promotional materials were shared on November 21st and have received incredible engagement so far! Eva Bloom is a Canadian sexual health educator/researcher and Alum of McMaster and SHEC! This workshop will be on how to have tenderness, empathy, and respect in casual sex encounters. It will be hosted in-person in MUSC 311/314 and simultaneously livestreamed to accommodate attendees who would appreciate greater anonymity or cannot come on campus due to the ongoing strike situation. Registration is being facilitated through Microsoft Forms and interested students will be emailed the link, toll-free number, and passcode to join the Zoom call on the date of the event.

Projects & Events: Collective Care (On-going)

Collective Care is a remote free-resource-distribution program run by the MSU's Student Health and Education Centre (SHEC), and Women and Gender Equity Network (WGEN). SHEC and WGEN have managed to secure \$500 from the MSU Services Special Projects Fund, and, alongside the \$500 leftover funds that we carried over from last year, we now have enough funds to begin running this project. Because the Fall semester is almost over, we will be spending the near future finalizing logistics and promotions for this program and officially launch *Collective Care* this year at the beginning of Winter semester.

This year, as a departure from previous years, we will be requesting that students submit receipts from orders that they make with gift cards received from the *Collective Care* program. This will not be a required aspect of the program; however, we will inform students up-front that having a history of appropriate program usage (i.e. using the gift cards to make the purchases they claimed they would make when they applied to the program) will increase their chances of having future requests approved. We will also always be open to considering cases where students may be unable to send in receipts or used gift cards for non-stated purposes on an individual basis to account for extenuating or unique circumstances. We are trying to strike a difficult balance between keeping this program accessible but also accountable, so if the EB has any suggestions on this front, we would be open to hearing them!

Projects & Events: Exam Care Programming (On-going)

Exam Care programming is a long-standing event run twice annually during fall and winter exams to promote service usage, as well as to encourage folks to take care of themselves and rely on their communities.

Last year, we collaborated with Maccess on this signature SHEC event and receiving funding from the Student Wellness Centre. This year, we will be collaborating with Maccess, WGEN, and DEN. We have so far received \$450 worth of funding from the Student Wellness Centre for this initiative and have further applied for MSU Board financial support.

We are hoping to create 200-300 care packages with small items like teas, earplugs, snacks, fidget toys etc. as well as information detailing places to seek support over the winter break while the peer support services are closed. We have also had remarkable success when offering students several more expensive items that could be won (ex., hiding a Golden Ticket in one of the packages for an Amazon Echo) and may explore a similar idea this year as well.

Projects & Events: Winter Volunteer Training (Upcoming)

Our Training and Development Coordinators have begun planning our Winter Peer Support Volunteer training and reaching out to potential speakers and

collaborators. Because SHEC does not intend to hire new volunteers for the Winter semester, this training will primarily be focused around reinforcing knowledge and offering practice situations. We will also be introducing new modules on bereavement and loneliness.

We have reached out to WGEN who is interested in collaborating on bringing in a speaker for Winter training, and we're currently reaching out to community partners including SACHA, Spectrum, CMHA Hamilton, safeTALK, CAMH, and others. We are still open to collaborating with other peer support services on training and would appreciate any additional suggestions the EB board may have on training topics and/or potential speakers. The PCC (specifically, the PCC Assistant Director) has also agreed to deliver 2SLGBTQIA+ inclusivity training, which we are very grateful for and very much look forward to!

Outreach & Promotions

Summary

This month, SHEC has released our *Cum One, Cum All!* promotional material. We aim to release our Support campaign in the near future and our AnxieTEA campaign a little further out. We will also soon have a post detailing our exam season reduced hours schedule.

Promotional Materials

CUM ONE CUM ALL

Friday, November 25th 2022

Hook-up culture and casual sex is part of college or university for many young adults. It can be fun, exploratory and intimate - But, without knowledge on how to communicate boundaries and name your desires it can get challenging. This workshop covers essential tools to get the most out dating and casual sex!

Topics covered include:

- How to attract kind casual sex partners
- How to identify and communicate boundaries
- How to have amazing, kind casual sex!

Visit bit.ly/CumOneCumAll to register!

MUSC 311/314 or ZOOM
3:00-5:00pm

Trigger Warning:
Mentions of sexual harassment via dating apps.

Accessibility Information:
This event is open to students of all programs, levels, and identities. Closed captioning will be provided.



SHEC **PRIDE** **MSU**

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3 - 5pm

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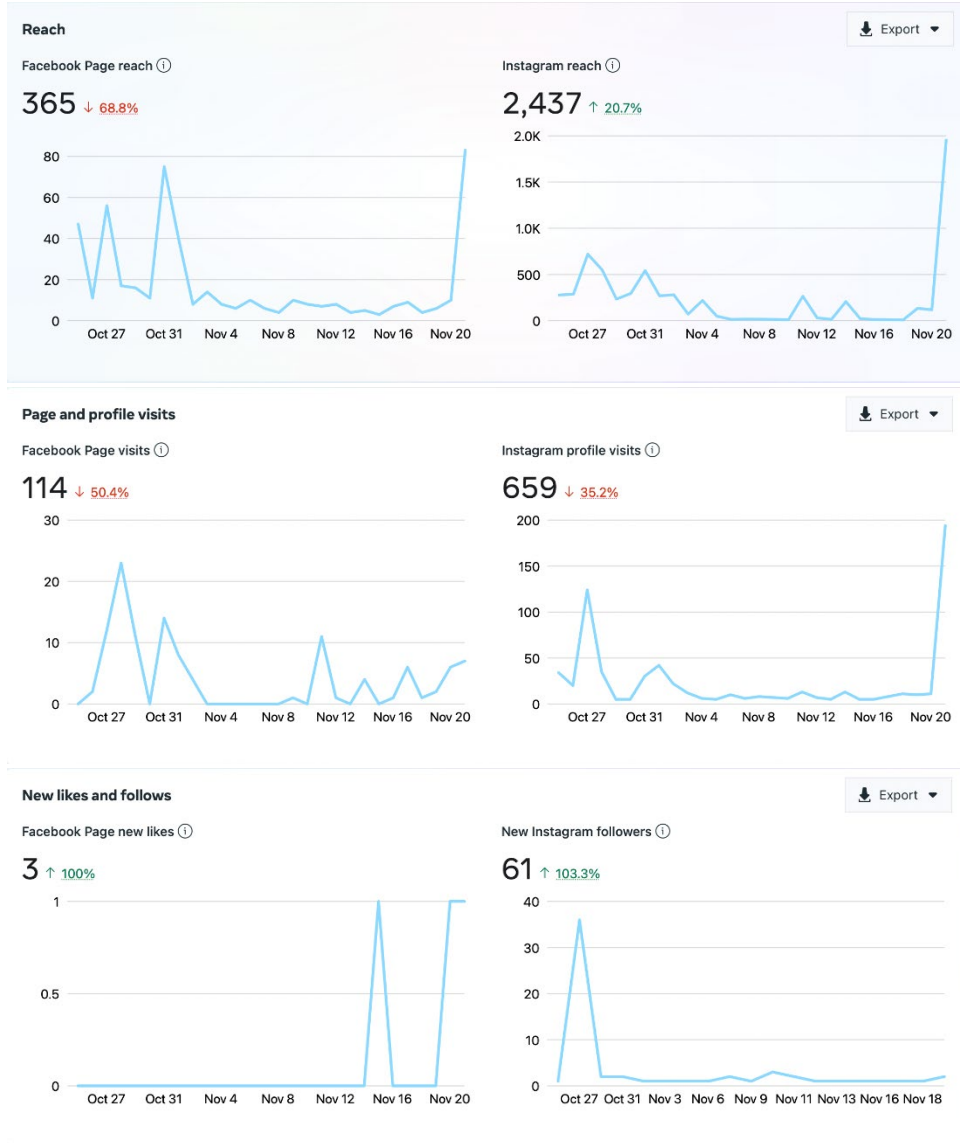
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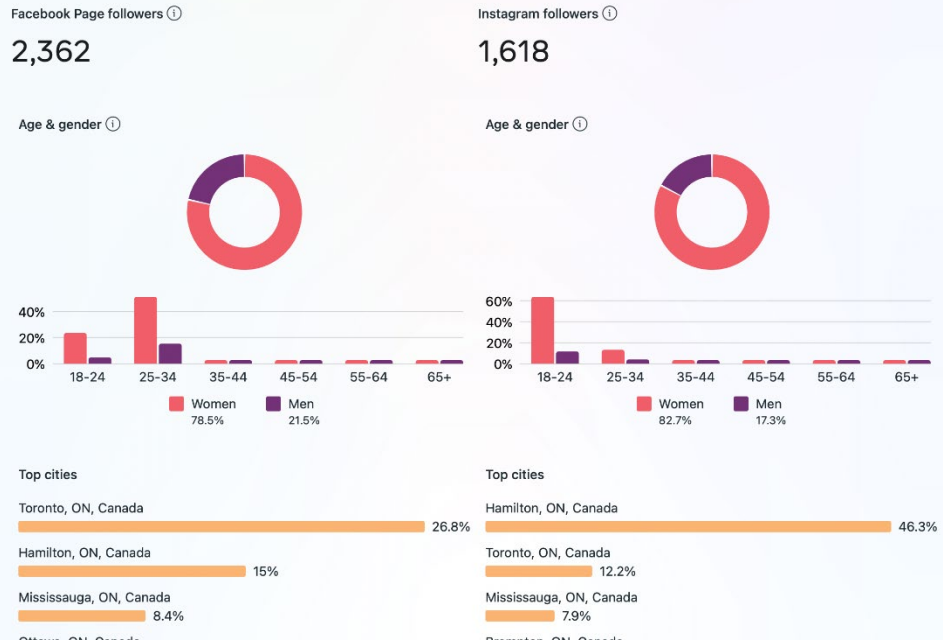


SHEC **PRIDE** **MSU**

Social Media Engagement since the Previous Report

Facebook and Instagram





Finances

Budget Summary

Since the last EB report, SHEC has spent some of our budget on our volunteer social, on promotional material, and on our *Cum One, Cum All!* Event.

We have received \$450 of funding from the Student Wellness Centre for our Exam Care Programming and \$500 from the MSU Special Projects Fund for our *Collective Care* program. (These are not indicated in the below budget summary)

ACCOUNT CODE	ITEM	BUDGET / COST
5003-0116	SHEC – OFFICE SUPPLIES	\$100
	TOTAL SPENT IN LINE	\$100
	REMAINING IN LINE	\$0
5951-0116	SHEC – REFERENCE LIBRARY	\$300
	TOTAL SPENT IN LINE	0
	REMAINING IN LINE	\$300
6101-0116	SHEC – HEALTH SUPPLIES	\$2000
	TOTAL SPENT IN LINE	\$1084.39
	REMAINING IN LINE	\$915.61
6102-0116	SHEC – ANNUAL CAMPAIGNS	\$2500
	TOTAL SPENT IN LINE	\$923.50

	REMAINING IN LINE	\$1576.50
6494-0116	SHEC – VOLUNTEER RECOGNITION	\$750
	TOTAL SPENT IN LINE	\$27
	REMAINING IN LINE	\$723
6501-011	SHEC – ADVERTISING & PROMOTION	\$2800
	TOTAL SPENT IN LINE	\$1500
	REMAINING IN LINE	\$1300
6804-0116	SHEC – TRAINING EXPENSE	\$1000
	TOTAL SPENT IN LINE	\$240
	REMAINING IN LINE	\$760
TOTALS		
TOTAL BUDGETED DISCRETIONARY SPENDING		\$9450
TOTAL ACTUAL DISCRETIONARY SPENDING		\$3874.50
REMAINING DISCRETIONARY SPENDING		\$5575.50

Note: Promotional spending listed here is an estimate. I will check in with the UG to confirm the exact amount we have spent before the end of the semester.

Executives & Volunteers

Our Resources and Advocacy and Events and Outreach Executives have begun meeting with their respective volunteer committees. Unfortunately, we have had severe scheduling difficulties with the volunteer committees, but we are hoping this will be alleviated once the Winter semester begins. New this year, volunteers have also been given the option to indicate whether they would like to be involved in SHEC promotional videos and reels on Instagram.

Successes

MSU SHEC has received a huge number of requests for collaboration and interviews over the past couple of months. This is awesome, because it means that the student population is curious about the services we offer, and more importantly we are reaching a larger audience.

Current Challenges

We are still occasionally having trouble keeping shifts staffed, especially when volunteers are unable to attend shifts last minute due to external factors, because of our shortage of volunteers compared to the number of shifts (both in-person and online) that have to be staffed. As well, we have had 4 volunteers leave our team this year for various reasons and have had to make adjustments accordingly. As of now, some Executives-on-call (EOCs) have had to take on a more active role in their shifts if there are not enough volunteers available on shift, just to ensure the safety of our team. We are hoping to alleviate this in Winter semester by making adjustments to our operating hours, especially of our online Zoom space that tends to receive less usage.