



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 6
DATE: Monday, January 30th, 2023

Year Plan Update

Since submitting SHEC's last EB report, our team has worked very hard to complete our ongoing events and campaigns from the Fall semester, including the *SHEC's Series on Support* campaign; *Spill the AnxieTEA* campaign; *Cum One, Cum All!* event, and *Exam Care Programming* initiative. We have also run 2 events already in the Winter semester (*Pups & Painting* and *Sew You Want to Talk Sustainability*) and completed our Winter volunteer refresher training.

Upcoming, we are now focusing on publishing our Body Neutrality campaign from earlier this year and creating a campaign on STBBI education and awareness. We are also planning an event around active living.

Events, Projects, & Activities

General Service Usage

We opened with our Winter full operating hours on Monday, January 16th, 2022. These operating hours will be in effect until the exam period. Our in-person hours are unchanged from Fall semester, but we have reduced our online hours. This decision was informed by the reduced usage (as documented through our volunteer log) that the online warmline receives and made because we do not have enough volunteers to adequately cover full hours on both services. We have reduced online usage to the most frequently accessed hours.

In-Person Peer Support (MUSC 202)

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

Online Warmline (Zoom)

Day(s) of the Week	Hours of Operation (EST)
Monday - Thursday	10:30 AM– 12:30 PM

	5:30 PM– 7:30 PM
Friday	10:30 AM– 12:30 PM

In terms of service usage, our volunteers have logged 125+ interactions, with the two biggest services that are sought continuing to be tangible health supplies and pregnancy testing. 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.

Projects & Events: Series on Support Campaign (Complete)

We posted our *Series on Support* campaign between November 30th – December 3rd. The *Series on Support* campaign addressed themes including when/where students should seek support, myths on support, and what support can look like.

Projects & Events: Spill the AnxieTEA Campaign (Complete)

We posted our *Spill the AnxieTEA* campaign between December 15th – December 19th. The *Spill the AnxieTEA* campaign addressed themes including stress and anxiety, the stigma around anxiety, ways of coping, and burnout.

Projects & Events: Cum One, Cum All! (Complete)

Our extremely popular “*Cum One, Cum All!*” event with Eva Bloom (they/she) and the Pride Community Centre (PCC) occurred on November 25th from 3–5 PM EST. We will be collaborating with the Pride Community Centre on this event. Eva Bloom is a Canadian sexual health educator/researcher and Alum of McMaster and SHEC, and they led a workshop on how to have tenderness, empathy, and respect in casual sex encounters. It was 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 strike situation.

We received an attendance of approximately 20-25 students and had amazing, engaging conversations with Eva and the attendees. Many attendees approached us after the event to express interest in attending future workshop-style events such as this one, which is something that we will take into consideration. Eva has been an amazing friend of the service and her workshops are always well-received!

Projects & Events: Pups & Painting (Complete)

SHEC participated alongside EFRT, WGEN, and the FCC in SWHAT’s *Wellbeing Week* earlier in January. Our event, titled *Pups and Painting* took place on January 19th from 4:30–6:30 PM in LRW 1003. At this event, participants were able to paint to some optional prompts around self- and community care and engage with a therapy dog brought in by Therapeutic Paws of Canada.

This event was *wildly* popular, and by far the most engagement that SHEC has received this year at any event. (Bringing in a dog seems to have that effect on people!). We logged an attendance of 173, but given the chaotic nature of the event, I personally estimate that well over 200 people visited the event over the course of the night. If the service were to run a similar event in the future, I would highly recommend that it book a much larger room and purchase more painting supplies!

Many other clubs and services reached out to us in the days after the event to ask how we sourced our therapy dog. Therapeutic Paws of Canada was very gracious in agreeing to attend on a volunteer basis, but another option for the service in the future could be to contact the McMaster Chaplaincy Centre, which has a therapy dog of its own!

Projects & Events: Sew You Want to Talk Sustainability (Complete)

We ran our *Sew You Want to Talk Sustainability* event in collaboration with OPIRG McMaster on January 24th, 5:30–7:30 PM in KTH B105. The idea for this collaborative event first arose when OPIRG agreed to fund our *Collective Care* initiative (also in collaboration with WGEN) — we thought that it would be a good opportunity to collaborate on an event that tackled an aspect of both of our mandates, menstruation (SHEC) and sustainability (OPIRG). At this event, participants were able to pick up the materials and instructions to create a sustainable fabric pad. Participants could also optionally sign up ahead of time to pick up a DivaCup, which SHEC had recently acquired via donation through DivaCares (more information available below).

We received an attendance of approximately 30 at this event. We also received more attendees than anticipated who were seeking to pick up a DivaCup, which will definitely inform our full distribution plan (see below).

Projects & Events: Exam Care Programming (Complete)

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.

This year, we will be collaborating with all of the peer support services (Maccess, WGEN, DEN, and the PCC) in delivering this initiative. We received \$450 of funding from the Student Wellness Centre and \$1000 of funding from the Board of Directors, which allowed us to create 300 care packages and fund 2 giveaway items. Our care packages included the following items: sleep mask, ear plugs, tea, hot chocolate, granola bar, squishy toy, bubble wrap, stickers, handwritten note, and resource card. The resource card contained a QR link to a list of external sources in Hamilton that students could access in lieu of the peer support services while we were closed over the winter break; [the full list can be found here](#). We also ran a social media giveaway that encouraged participants to engage with all 5 of our social media accounts. The winners of that giveaway received a coffee maker and a weighted blanket respectively.

The packages were distributed in Mills Library and Thode Library on December 14th and 15th. We received incredible engagement at each distribution day and all packages were claimed within half an hour on both days. The PCC Director was also kind enough to personally arrange some food distribution at Thode Library as well!

Projects & Events: Winter Volunteer Training (Complete)

Our internal executive team planned and ran our Winter PSV refresher training on January 21st from 9:00 AM – 3:00 PM. This training covered PSV procedure refresher, DivaCups distribution training, bereavement and grief, loneliness, consent culture (provided by CANVAS Arts Action Programs), 2SLGBTQIA+ inclusivity training (provided by the Assistant Director of the PCC), and situationals. These were primarily facilitated by our Training and Development Coordinators and Assistant Director.

Unfortunately, not all of our volunteers were able to attend the synchronous training, so we are currently working on delivering asynchronous components to the rest of the team.

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 \$3000 from OPIRG McMaster. We further have \$500 in leftover funds from last year and PACBIC may additionally fund us in the future. With that being said, we have now posted the promotions for this program and are ready to begin fulfilling orders!

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: McMaster Period Equity Project (On-Going)

SHEC's Director and Assistant Director have been working throughout this year as part of McMaster Okanagan Committee's Period Equity Project committee. The project has finally launched in select washrooms around campus, which we are very happy to see! We hope that this project will lessen some of the menstrual burden that McMaster students may face, in addition to the free menstrual products that we provide from the SHEC space. We will be closely monitoring the progress of this project and have further discussion about possible expansion with the rest of the working committee.

Projects & Events: Body Neutrality + STBBI Campaigns (On-Going)

SHEC's Resources and Advocacy Co-Executives are currently working on a comprehensive campaign around STBBI (sexually transmitted and blood borne infections) education and awareness. We are aiming for this campaign to cover topics including what STBBIs are, common myths around STBBIs and people with STBBIs, ways to reduce your risk of getting an STBBI, and ways to be safe if you have an STBBI. We aim to cover some common STBBIs among the student population as well as some that have historically been severely stigmatized and misunderstood, such as HIV. This campaign will also be 2SLGBTQIA+ inclusive throughout its planning and creation.

Because we have very large goals for this campaign (including possibly creating an infographic series around it), in the meantime, we will be working to publish our previously completed Body Neutrality campaign. This campaign was left over from the 2021-2022 executive team and completed by our current Resources and Advocacy Executives last September, but left unpublished as we couldn't squeeze it into our social media posting schedule at the time. We will be working on designing and posting it during the present lull time as we work on the STBBI campaign in the background!

Projects & Events: Active Living event w/ DBAC (possibly Zumba) (On-Going)

SHEC previously began planning an event around exercise and active living before the Winter break, but ultimately moved it due to lack of capacity. We are now re-initiating the planning of this event for delivery sometime in February. This event will be a Zumba (or some other exercise) class in collaboration with McMaster Recreation. We are currently working on reaching out to potential instructors (a process we started back in November) and securing event details.

Projects & Events: DivaCups Distribution (On-Going)

Over the past two months, myself and SHEC's Assistant Director have managed to secure a significant donation by Diva International. This donation consisted of 100 DivaCups and brochures, wash kits, menstrual handbooks, demonstration kits, pins, and other materials, totaling to approximately \$4000 in value!

As part of our agreement with Diva, we must provide basic education on how to use the DivaCups to any service user who wishes to pick them up. For this reason, we will not be publicly distributing these supplies from our space until our volunteer team is trained on how to do so. However, we have received *immense* interest from the student population, so we are hoping to start this process in February!

Outreach & Promotions

Summary

Since my last EB report, SHEC has released our *Series on Support* campaign, Chill with SHEC event promotional material, reduced exam operational hours, Exam Care Programming promotional material/giveaway, *Spill the AnxieTEA* campaign, Winter operational hours, SWHAT Safety Week event promotional material, Sew You Want to Talk Sustainability event promotional material, PTM hiring, and Collective Care promotional material.

Promotional Materials

SHEC's Series on Support! 1/3

Mythbusters

"You're on your own in university, no one cares about you, and you're just a number."

It's true that university can feel large and isolating. However, there are still many forms of support that are very accessible — **you are not on your own.**

Professors, academic advisors, and the Student Success Centre (SSC) are all resources that are available to you. They may be able to offer you academic support or redirect you to other places to seek support.

If institutional academic supports do not feel appropriate or accessible to you, there are always peers and fellow students who want to help!

You can find more resources through the link in our bio, or at linktr.ee/msu_SHEC



SHEC's Series on Support! 2/3

Mythbusters

"Others have it tougher, you shouldn't be struggling"

Each person has a different set of experiences and needs. By telling ourselves, *"My needs are not as great as someone else's,"* we invalidate our own experiences and deny ourselves the care and wellbeing that we deserve.

It is impossible to fully put yourself into another person's shoes, and a need for support is the product of a complex interaction of experiences that cannot be compared from one person to the next.

Another person's need for support does not negate our own. The only thing that determines whether you are in need of support is whether you believe you are.











Spill the AnxieTEA 1/4


Debriefing All Things Stress, Stigma, and Support



Content Warning: Mental Health, Anxiety, Stigmatization

Cycles of Stigma




The cycle continues to propagate unless the continuous cycle of stigma is broken at some point along the wheel.

How to Cope (cont.)

5-4-3-2-1 technique - works as an anchor for grounding yourself in moments of high anxiety. Look for 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Avoid food options such as sugar, caffeine - both have been linked to increased symptoms of anxiety. In particular, caffeine is a nervous system stimulant, which can mimic/worsen symptoms of anxiety. Further, it can actually decrease your body's serotonin production levels, leading to heightened anxiety.

Get outdoors - good for both physical and mental wellbeing.



Collective Care ^{1/2}

Together, MSU SHEC & WGEN are giving out virtual gift cards to help students buy the resources they need!



What kinds of purchases are covered?

- Gender-affirming items
- Parenting and pregnancy items
- Safe(r) sex and menstrual items
- Personal care items
- & Much more!

Request your card at:
bit.ly/msucollectivecare

Collective Care

- 1** Visit the online form: bit.ly/msucollectivecare
- 2** Create your anonymous reference code
- 3** Fill out the form with your preferences
- 4** Wait for confirmation from the organizers
- 5** Get your card & treat yourself!

How can I request a gift card?



Card values and wait times may vary based on demand. Requests will be fulfilled on a first-come, first serve basis.












SHEC IS OPEN

OUR SERVICES AND PEER SUPPORT RESUME MONDAY, JANUARY 16TH!

IN PERSON (MUSC 202)	ONLINE (ZOOM) BIT.LY/SHECWARMLINE
MON-THURS 10:30 AM - 7:30 PM	MON-THURS 10:30 AM - 12:30 PM 5:30 PM - 7:30 PM
FRIDAY 10:30 AM - 4:30 PM	FRIDAY 10:30 AM - 12:30 PM




Wellbeing Week 5/6

Pups and Painting

Join us for our Mental Wellbeing and Community Care event, where you can take some time to paint a canvas with intention and spend some time with a therapy pup!

JANUARY 19TH | 4:30 pm - 6:30 pm | 📍 LRW 1003



Come and paint with me!

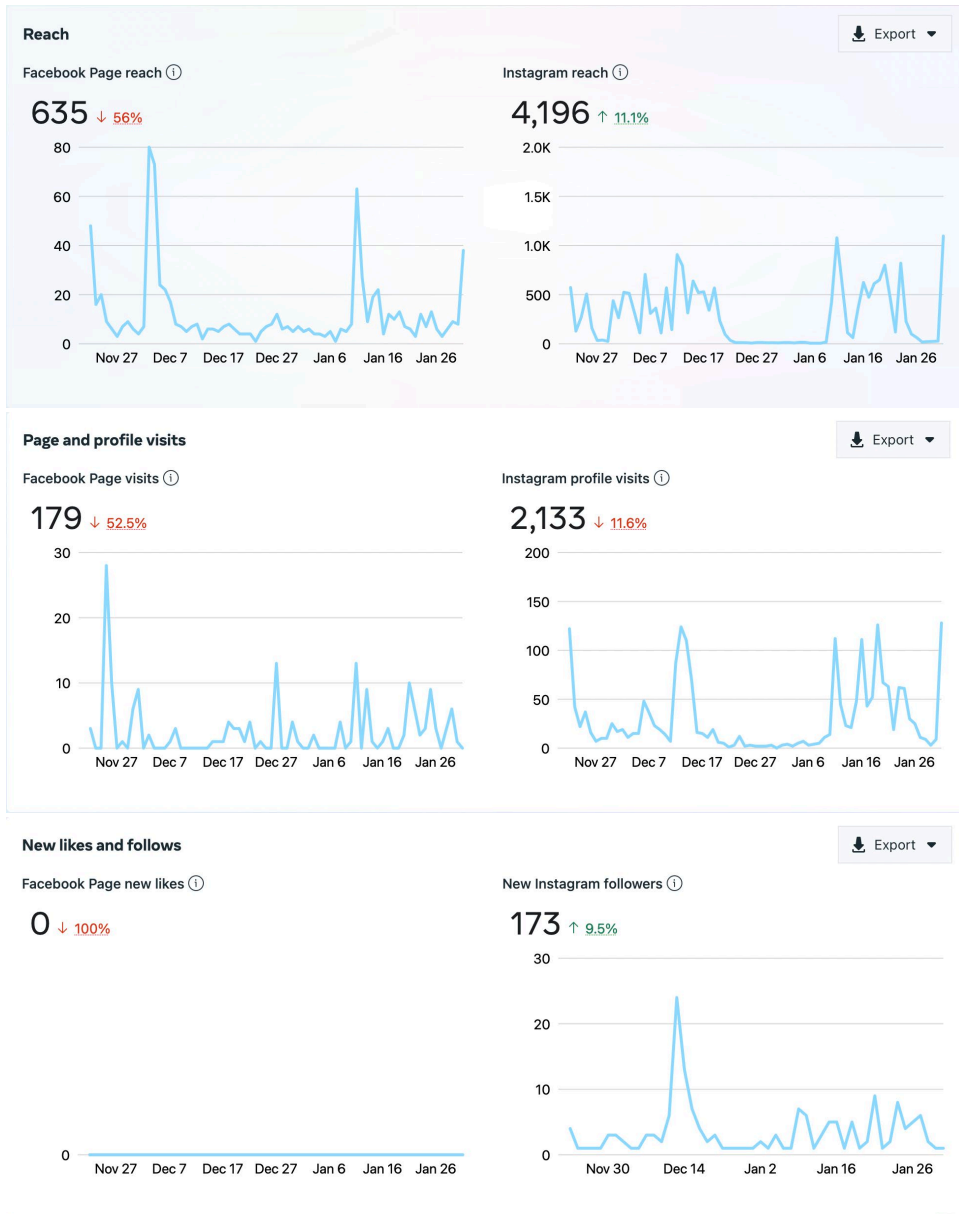


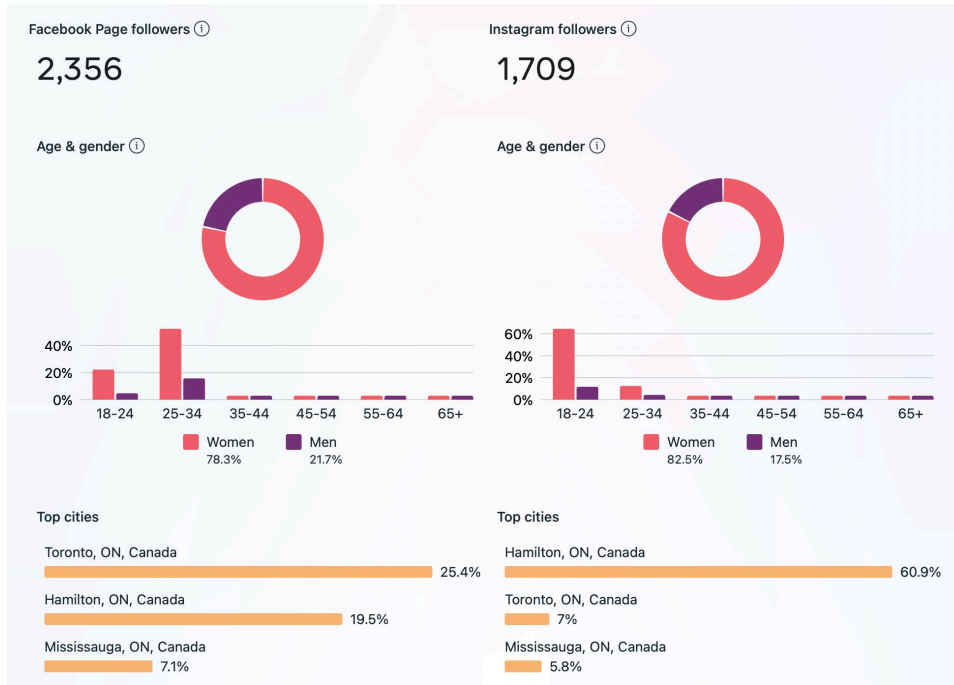




Social Media Engagement since the Previous Report

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 and \$1000 of funding from the Board of Directors for our Exam Care Programming. We also received \$500 from the MSU Special Projects Fund and \$3000 from OPIRG McMaster for our *Collective Care* program. (These are not indicated in the below budget summary).

The below summary might be somewhat inaccurate as it is based off submitted POs and not actual spending in some cases.

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	\$134
	REMAINING IN LINE	\$146

6101-0116	SHEC – HEALTH SUPPLIES	\$2000
	TOTAL SPENT IN LINE	\$1376
	REMAINING IN LINE	\$623
6102-0116		
	SHEC – ANNUAL CAMPAIGNS	\$2500
	TOTAL SPENT IN LINE	\$1257
	REMAINING IN LINE	\$1242
6494-0116		
	SHEC – VOLUNTEER RECOGNITION	\$750
	TOTAL SPENT IN LINE	\$124
	REMAINING IN LINE	\$625
6501-011		
	SHEC – ADVERTISING & PROMOTION	\$2800
	TOTAL SPENT IN LINE	\$2517
	REMAINING IN LINE	\$283
6804-0116		
	SHEC – TRAINING EXPENSE	\$1000
	TOTAL SPENT IN LINE	\$1000
	REMAINING IN LINE	\$0
TOTALS		
TOTAL BUDGETED DISCRETIONAR Y SPENDING		\$9450
TOTAL ACTUAL DISCRETIONAR Y SPENDING		\$6529
REMAINING DISCRETIONAR Y SPENDING		\$2920

Executives & Volunteers

Our Resources and Advocacy and Events and Outreach Executives have opened a second round of volunteer recruiting at our Winter training and are currently in the process of beginning committee meetings again.

Successes

We have been receiving amazing engagement in the past month at our events and initiatives! Many students have expressed interest in us running similar programming in the future, which will definitely inform the future direction of the service.

Current Challenges

On the External (Director, Resources and Advocacy, Events and Outreach, Promotions) side of the executive team, we are having immense difficulty in finding a meeting time that everyone is able to attend. We may have to switch to biweekly alternating meeting times, or meeting with portions of the team at a time, but neither solution is ideal because the team works best when everyone is able to hear what everyone else is currently working on, especially with our events, campaigns, and promotions are often interrelated. I would love to hear any suggestions the EB might have, but otherwise I am also working with the team to try out different solutions!

Miscellaneous

N/A