



REPORT

From the office of the...

Student Health Education Centre Director

TO: Members of the Executive Board
FROM: Sheridan Fong
SUBJECT: Student Health Education Centre Report 1
DATE: Thursday, July 13th @ 9:30 am

Year Plan Update

Our year plan is an in-depth outline of our goals, projects and initiatives and team responsibilities. Since, the creation of the year plan we have finished executive hiring and currently have applications open for peer support volunteers. The onboarding of our executive team is going smoothly as we work through their individual executive year plans to match SHEC's pillars and mandates.

Events, Projects, & Activities

General Service Usage

Our service has not started operating for the 2023-2024 school year, but progress is being made on ordering health supplies, planning events, promotions, initiatives and campaigns for the year. As well, peer support volunteers are being hired which is an essential part of our service.

Projects & Events: Executive Hiring (Complete)

Executive hiring was completed on June 13th, 2023, with 60% of our executive team being Health Sciences students. During the interview process we took into consideration student's programs as diversity in SHEC's teachings and programming is important as our service is meant to serve the entire undergraduate body. All executive contracts have been signed and placed in the appropriate folders.

Projects & Events: Service Year Planning (On-Going)

As executive team members get onboarded and acquainted in their roles it's vital, they create a year plan. Our first executive meeting was held on June 23rd where executives became acquainted with the service mandate + plans, their roles, and expectations for the year. Executive team members are transitioning into their portfolios by reading through past year plans, their drive and meeting with us for an executive SHEC-in (check-in). All executive year-plans are due back to the Assistant Director and I by July 21st.

Projects & Events: Inventory + Resource Collection (On-Going)

Prior to Welcome Week it is essential that our health supplies are restocked as Welcome Week serves as one of our busiest distribution times. I have been coordinating with Hamilton Public Health to get restocks on safer sex items and doing inventory of our existing product in the SHEC space.

Projects & Events: New Health Dispensers + Change to Community Advisor (CA) Residence Distribution System (Upcoming)

We recognize that picking up health supplies in a public area such as MUSC 202 (located right beside the MSU office and often a very busy area), can be intimidating and a barrier to accessing health supplies. One of our most successful distribution channels is the health dispenser outside of the MSU office as it is available during non-SHEC operational hours and no SHEC team interaction is necessary to access the supplies. We plan on introducing new health dispensers across campus in collaboration with other student groups. Our aim is to work with other student societies that are located in different parts of campus to help us reach a new demographic and provide alternative channels of supply distribution.

An additional challenge is the lack of equality between health supply access between different residences and floors. CAs are responsible for picking up the health supplies from SHEC's office and placing them in a spot on their floor that is accessible for folks. Currently, it's up to the individual CA to restock the health supplies on their floor leading to disparities between health supply availability. We plan on figuring out an alternative distribution method to CAs where we will provide the supplies to the residences so they can be distributed during the weekly meeting coordinated by the Residence Life Area Coordinator (RLAC), where all CAs must be in attendance.

Outreach & Promotions

Summary

We have posted on [Instagram](#) highlighting our SHEC upper year + returning peer support volunteer applications, as well as contacted our email alert notification sign-up list.

Promotional Materials

Since our last EB report due April 27th, 2023, the following promotional material was created and shared on our social media channels. Below are screenshots of [Instagram](#) posts found @msu_shec.

MSU STUDENT HEALTH EDUCATION CENTRE

New HEALTH SUPPLIES

- HIV self-testing kits
- DivaCups
- A new kettle- feel free to drop by for tea, coffee or hot chocolate!
- New fidget/stress toys
- New harm reduction supplies, including nicotine gum, pipe screens, and cigarette filter tips

Visit us in MUSC 202!

Monday to Thursday from 10:30am-7:30pm
Friday 10:30am-4:30pm

SHEC MONTH

NALOXONE TRAINING WORKSHOP

March 22nd 2:00 PM - 4:00 PM | **University Hall Room 112**

Sign up for a FREE in-person Naloxone Kit Training Workshop now! Kits are included in the training!

Naloxone can temporarily reverse the effects of an opioid overdose and learning how to administer it can be life saving.

SHEC MONTH

BREADS + SPREADS

March 31 9:30 AM - 11:00 AM | **LR Wilson Room 1003**

Drop in and create your own perfect breakfast by choosing from a variety of options such as bagels, croissants, English muffins, yogurt, and more.

We have **vegan** and **gluten-free** options available, so there's something for everyone to enjoy!

Let us know if you have any specific dietary restrictions (and we'll try to accommodate).

Body Neutrality, Fatphobia, and Healthism

Fatphobia: What it is, Where it came from, Why it's a problem

Content Warning: Mention of fatphobia, body shaming, anti-black racism

Fatphobia refers to the fear, dislike, and discrimination of fat bodies due to the false illusion that individuals with higher body weights are unhealthy.

This is an unreasonable perception because health is more holistic than simple numbers or images.

MSU SHEC Executive Hiring

MSU SHEC is now hiring our 2023-2024 executive team!

Positions include:

- 2 Volunteer Coordinators
- 2 Training & Development Coordinators
- 2 Promotions Coordinators
- 2 Events and Outreach Co-executives
- 2 Resources and Advocacy Co-executives

To apply, hit the link in our bio or visit bit.ly/SHECexeciring2023

Deadline: Monday, May 1st @ 11:59PM EST

Email me, SHEC!

Sign up for hiring alerts!

bit.ly/SHECalert

Want to know when MSU SHEC opens up hiring for their peer support volunteer positions? Fill out this form to get an email notification as soon as applications open!

SHEC BONFIRE

April 4th 7:00 pm - 10:00 pm **FREE + DROP-IN**
Altitude Bonfire Pit

SHEC our bonfire out and drop by for some **s'mores, hot chocolate** (bring your own mug!), and **activities!**

Attend for a chance to **WIN a weighted blanket OR sunrise alarm clock!**

STUDENT HEALTH EDUCATION CENTRE

MSU SHEC REDUCED EXAM HOURS

APRIL 13TH - 28TH
10:30 AM - 11:30 AM
3:30 PM - 5:30 PM
All times in ET.

Best of luck with exams!

MSU STUDENT HEALTH EDUCATION CENTRE

shec is HIRING

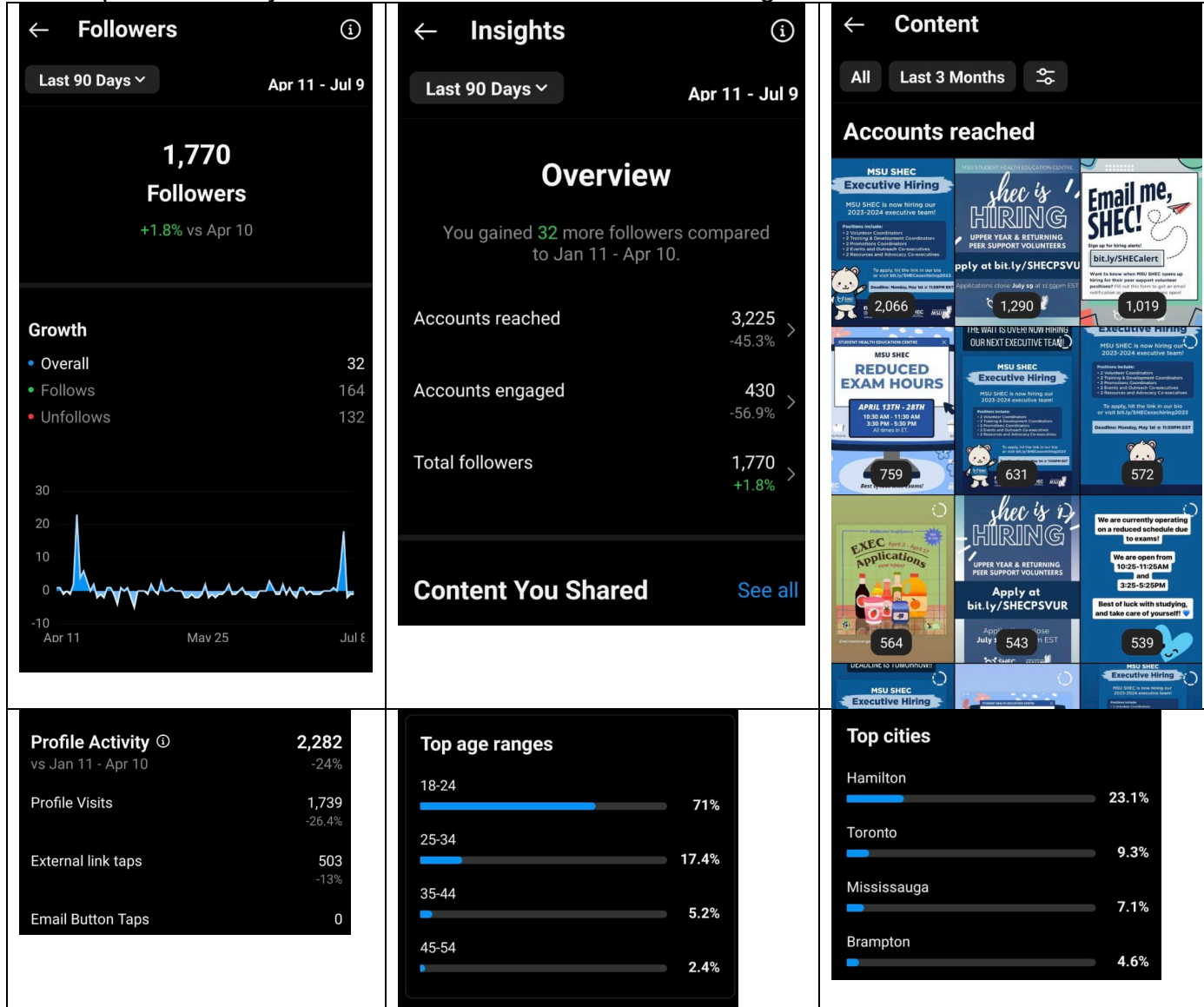
UPPER YEAR & RETURNING PEER SUPPORT VOLUNTEERS

Apply at bit.ly/SHECPSVUR

Applications close **July 19** at 11:59pm EST

Social Media Engagement since the Previous Report

Since April 11th to July 9th these are the statistics for our Instagram.



Finances

Budget Summary

No money has been spent since the June 30th 2023 budget due date.

ACCOUNT CODE	ITEM	BUDGET / COST
ex: 5003-0101	Masking Tape	-
SUPPLIES	TOTAL SPENT IN LINE	-

	REMAINING IN LINE	-
	TOTAL SPENT IN LINE	
	REMAINING IN LINE	
	TOTAL SPENT IN LINE	
	REMAINING IN LINE	
	TOTAL SPENT IN LINE	
	REMAINING IN LINE	
	TOTAL SPENT IN LINE	
	REMAINING IN LINE	
TOTALS		
	TOTAL BUDGETED DISCRETIONARY SPENDING	\$9700
	TOTAL ACTUAL DISCRETIONARY SPENDING	\$9700
	REMAINING DISCRETIONARY SPENDING	\$0.00

Executives & Volunteers

Executives have been hired and are currently being onboarded. We are checking in with our executives through SHEC-ins and by hosting summer meetings. We plan on hosting executive meetings with all team members to help build community and reduce the separation between internal + external executive members and activities.

Successes

Completing executive hiring two weeks ahead of last year's schedule. We believe that having more time for planning and executive transition is vital to a successful year.

Current Challenges

Delay in hearing back from Hamilton Public Health on supply pick-up.