



REPORT

From the office of the...

Director Student Health Education Centre

TO: Members of the Executive Board
FROM: Sheridan Fong
SUBJECT: Student Health Education Centre Report 1
DATE: Monday, October 30th @ 10:30 am

Year Plan Update

Since the creation of the year plan, we have opened up SHEC for operating hours to full capacity one week earlier than last year. We have expanded our team to ~70 peer support volunteers from 55 last year. This has allowed us to increase our hours of operation.

We have run our first event of the year and had a volunteer social. We are behind on releasing our first campaign due to later onboarding of our promotion executives but are on track to release our second campaign.

As stated in the year plan we are celebrating our 50th year of operation and bringing back SHEC week. I have been working on securing external funding to ensure this event happens in mid-February.

Health supply distribution has been going well; we are on track to dispense more than 2x the number of items last year with a weekly rate of ~560 items through various channels. By the end of year, it is estimated we will have dispensed almost 17 000 items a huge increase from last year's ~8500. We attribute this increase due to word of mouth (larger volunteer team) and through one of Sheridan's personal TikTok's showing her restocking the dispenser which garnered 26,000+ views.

Events, Projects, & Activities

General Service Usage

Our service has started operating for the 2023-2024 school year at full hours as of Monday, September 16th. We operate from Monday to Friday from 9:30 – 7:30 pm.

Once all volunteers are trained on October 1st, we plan to open the space to our full operating hours. We are in the process of evaluating first and transfer student hiring and once that is completed in ~2 weeks we will have our full team!

Opening our space went smoothly, and we have started planning has started for our 50th year anniversary celebration of SHEC by submitting a sponsorship package to the MSU. Our first campaign is set for release in the next two weeks and is about safety on dating applications and called “Swipe Right on Safety.”

As of October 25th, we have distributed over 5000 health items, with 3535 items being condoms. I have worked with our existing suppliers Pamco and City of Hamilton Public Health to ensure we have enough supplies to meet demands.

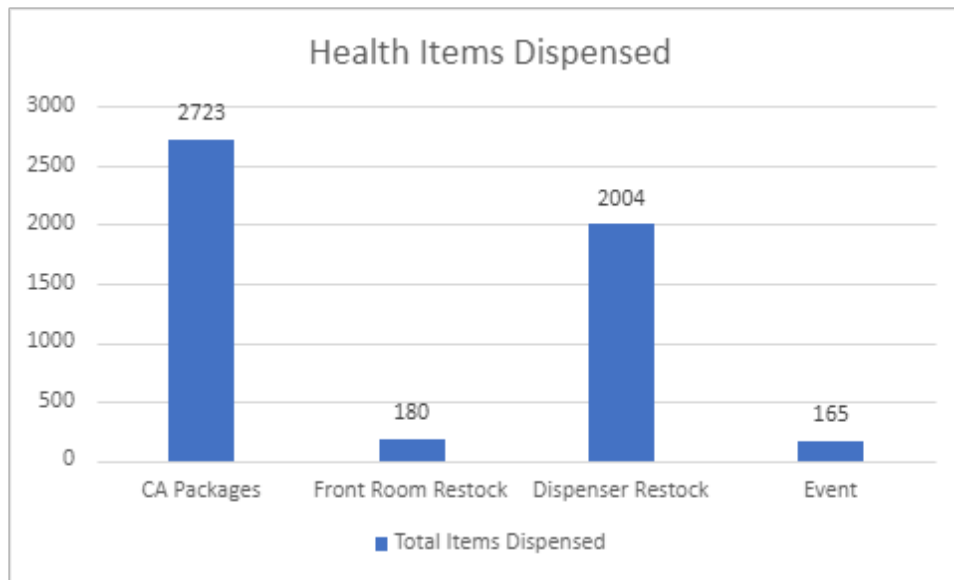


Figure 1: The breakdown of number of health supplies dispensed through various channels.

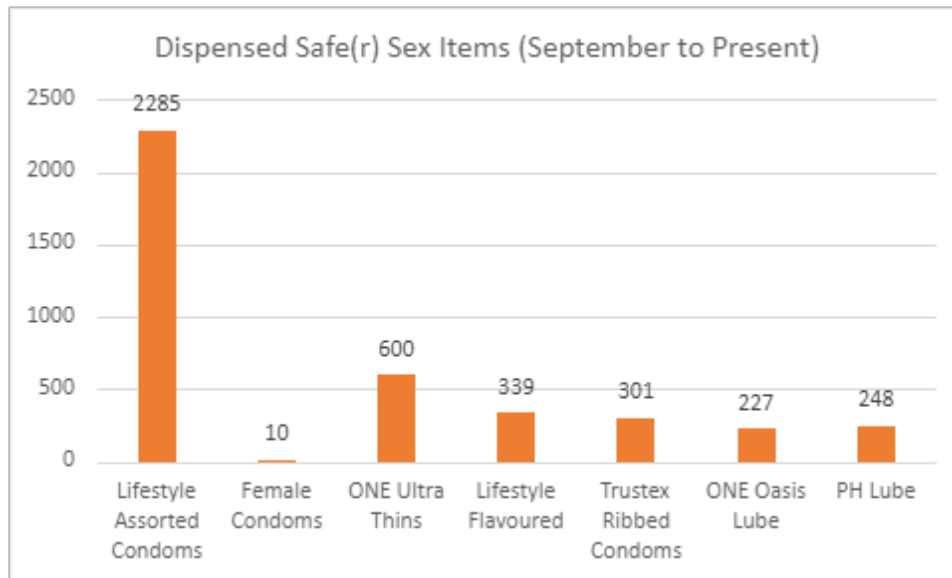


Figure 2: The breakdown of the number of safe(r) sex items dispensed

Completed Projects + Events

Projects & Events: New volunteer identifiers (Complete)

During SHEC events it's hard to distinguish who are volunteers and event participants. All volunteers now receive a lanyard with a nametag. The lanyards will also be worn while on peer support volunteering shifts in our space to help service-users identify SHEC staff.

Executive members and PSVs volunteering at events will receive a t-shirt to wear at events.

Projects & Events: Spin with SHEC (Complete)

We hosted our first event of the year, Spin with SHEC, we had full registration for the event (30 participants) and handed our resources and goody bags to participants.

Overall, a great experience to work with the Pulse and our instructor Dr. Matt Minnick who was very welcoming.

Projects & Events: SHEC Halloween Volunteer Social (Complete)

To bring volunteers together, we hosted a pumpkin painting social on October 25th. Volunteers and executives had the option to paint pumpkins, make bracelets or just chill.

On-Going Projects and Events

Projects & Events: Volunteer and Executive Onboarding (On-Going)

Formal training for all volunteers including first year's happened on October 1st from 10 am – 4pm and covered aspects of peer-support and our four pillars. Those who could not attend online completed training assignments.

The last section of training our volunteers need to complete is the MSU provided training regarding AOP and SVPRO.

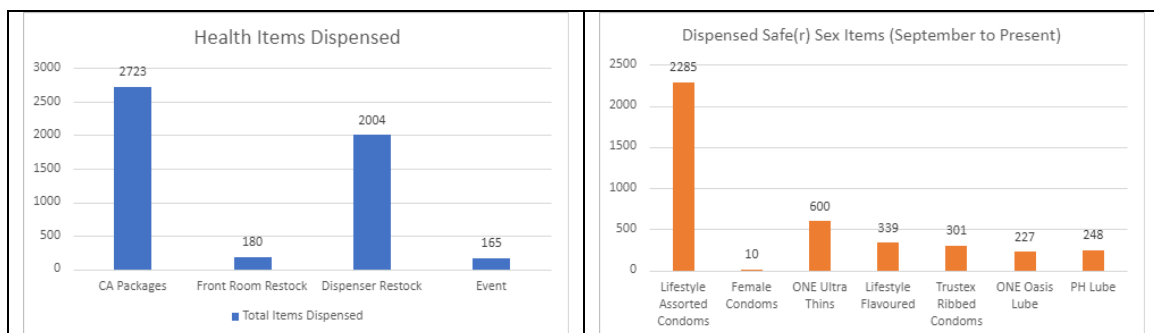
There has been a change to our executive team as of October 12th. We now welcome Shirin Soleimani Nejad as our new Promotions Coordinator! She has been trained by the Underground and Michael Wooder and has been transitioning nicely into the role.

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

Resource distribution has been going well, with us distributing 2004 items in the dispenser restock, 165 items through events and 2723 through CA packages, with a total of 5072 items dispensed.

Majority of our resources have come from either Pamco and City of Hamilton Public Health. As mentioned previously, the City of Hamilton Public Health (CHPH), has significantly reduced the number of items they are providing us.

As of September 2023, they have provided us with 3410 items for the Fall semester. I have asked for more health supplies to meet future needs, but they have denied our request as they have other at-risk groups they need to support. In total since September, we have dispensed over 4700 items. I have met the additional needs by ordering health supplies through Pamco. I expect us to go over our anticipated budget for health supplies as we previously relied on City of Hamilton PH to supply our safe(r) sex items.



<p>Figure 1: The breakdown of number of health supplies dispensed through various channels.</p>	<p>Figure 2: The breakdown of the number of safe(r) sex items dispensed</p>

Projects & Events: Faculty of Health Science (FHS) Collaboration - New SHEC x FHS Health Dispenser (On-going)

The FHS has agreed to a collaboration with us! We will be setting up our second health dispenser outside of their student lounge located in HSC. They are paying for the initial cost of the dispenser, first 1000 condoms and installing and doing necessary maintenance. After the first 1000 condoms, SHEC plans to continuously restock the dispenser. We are excited to expand our presence to the South side of campus.

With the help of VP. Admin, we have drafted up a memorandum of understanding that both of us will sign.

[Faculty of Health Science Memorandum of Understanding.docx](#)

Projects & Events: SHEC Week Planning (On-Going)

To celebrate the 50th anniversary of SHEC being SHEC on campus we are hosting SHEC week! SHEC week is planned for the week in February before reading week.

I applied for the Wealthsimple Foundation Community Fund and we received no funding. I have now applied for sponsorship (\$2200) from the MSU, and our application is under review.

We are also looking for other funding opportunities within the University to support this celebration event. Additional funding would help us incorporate more physical and mental wellness events such as a pole fitness class at Allure Fitness as SHEC supports forms of alternative fitness.

This is our tentative event plan:

- Two drop-in events:
 - Spread the Love not STBBIs Supply Handout + Valentines Day Card Making

- Sustainable Period Products + Painting or Therapy Pups and Painting
- Two timed events:
 - Bingo and/or Trivia where students can win health gift cards
 - Sexy Science Show & Tell with Eva Bloom

Projects & Events: New Health Dispenser in Hatch! (CA) (On-going)

Spirit: 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.

Past Actions: We have identified the Gerald Hatch Centre as a potential area where a health dispenser could be of use as there are no dispensers in the South side of campus. SHEC is collaborating with the McMaster Engineering Society (MES) to co-fund this initiative. We have submitted an MES special project request; when approved, the MES will cover the initial cost of the dispenser and first 1000 condoms and SHEC will service the dispenser moving forward.

Presentation: [SHEC Funding Application.pptx](#)

Future Actions + Updates: The dispenser is no longer getting funded by the MES Special Project's Fund as they've changed their scope to only support individual student projects related to engineering. Sheridan is presenting to the MES council on Monday, October 30th to get the initiative approved.

Up-Coming Projects and Events

Projects & Events: Change to Community Advisor (CA) Residence Distribution System and Adding Health Dispensers in Keyes + Centro (Up-Coming)

Spirit: 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.

Actions: I am in coordination with the RLACs to see if this is possible, if not, we are considering getting additional health dispensers installed in Keyes and Centro Commons through funding with the Undergraduate Student Initiatives Fund.

Projects & Events: Cum One Cum All (Upcoming)

We will be hosting our signature annual event with speaker Eva Bloom (she/they), they were a part of SHEC in their undergraduate studies. We have gotten support in the form of sponsorship from the McMaster Engineering Society Wellness, McMaster Engiqueers and the SWC.

The event is Thursday, November 2nd from 3-5 pm and you all should come out!



Projects & Events: Frights, Delights and Better Night: Safe(r) Sex Health Supply Handout (Halloween Themed) – (Up-coming)

On October 31st, we will be handing out our version of candy at the campus connect booth in MUSC! We will be there from 9:30 – 5:30 pm handing out safe(r) sex supplies, pregnancy tests, menstrual products and more!



Projects & Events: Naloxone Training Workshop (Upcoming)

By end of semester, we are planning on hosting a naloxone workshop for all students. An external partner will be coming in and training students. We plan to target student leaders as our main audience (specifically those who run social events where substances are present).

Projects & Events: Release of Campaign and First Event (Upcoming)

Our Research and Advocacy Execs (RAE) and their committee will launch their first campaign “Swipe Right on Safety” end of September/early October. The campaign will focus on dating app safety. The Events and Outreach Executives (EOE) and their committee will have our signature event, “Cum One Cum All”, with Eva Bloom. They will be presenting on how to attract compassionate casual sexual partners.

Both RAE and EOE have decided to combine their committees together and will start weekly in-person meetings on Friday, September 29th.

Outreach & Promotions

Summary

We have posted on [Instagram](#) highlighting our SHEC upper year + returning peer support volunteer applications. We have been actively promoting other McMaster opportunities and initiatives.

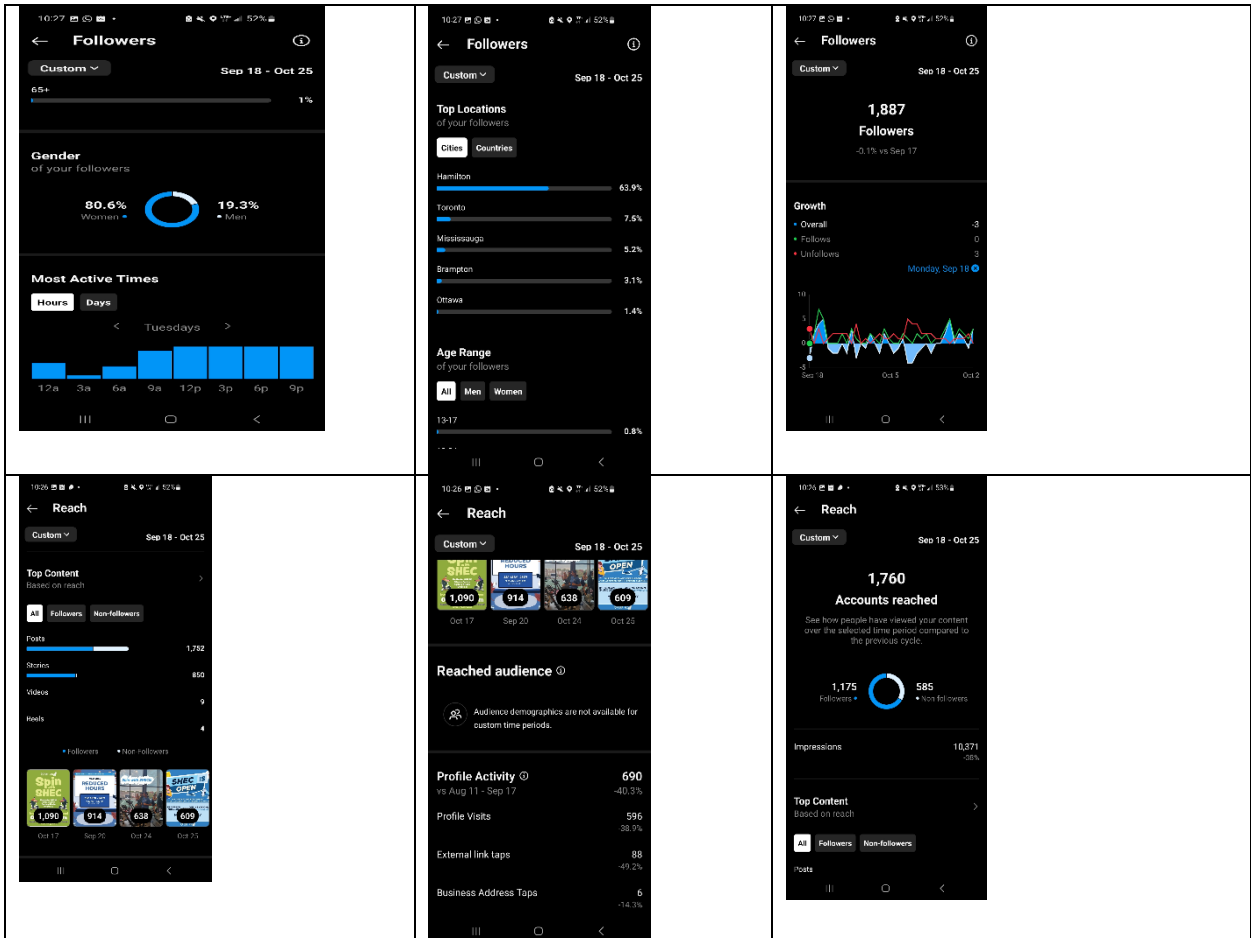
Promotional Materials

Since our last EB report due September 25th, 2023, there has been three new promotional posts created and shared on our social media channels.



Social Media Engagement since the Previous Report

From September 18th to October 25th these are the statistics for our Instagram.



We also started our TikTok account, currently I just post time lapses of myself refilling the dispenser each week: https://www.tiktok.com/@msu_shec

Finances

Budget Summary

ACCOUNT CODE	ITEM	BUDGET / COST
5003-0116-0300	Labels + Name Card Holders	\$39.55
Office Supplies	TOTAL SPENT IN LINE	\$39.55
	REMAINING IN LINE	\$60.45
6101-0116-0300	Condoms – ultra-thin, textured, non-lube and latex free	\$737.79
Health Supplies	TOTAL SPENT IN LINE	\$737.79
	REMAINING IN LINE	\$1262.21
6102-0116-0300	WW Event – Paint set, canvases, snacks	\$135.65
	Emergency Collective Care Request	\$30.00
SHEC Annual Campaigns	TOTAL SPENT IN LINE	\$165.65
	REMAINING IN LINE	\$1334.35
6494-0116-0300	SHEC T-Shirts	\$305.10
SHEC Volunteer Recognition	TOTAL SPENT IN LINE	\$305.10
	REMAINING IN LINE	\$305.10
6501-0116-0300	Clubsfest	\$20.00
	SHEC Lanyards (Via UG)	\$446.70
	Sip and Paint Graphics	\$100.00
	Team Photo Photographer Payment	\$30.00
	Rave Cards	\$240.00
	Stickers	\$246.00
	TOTAL SPENT IN LINE	\$1082.70

SHEC – Adv + Promo	REMAINING IN LINE	\$2717.30
SHEC – Training Expense	Pizza and Snacks for training day	\$361.60
6804-0116-0300	TOTAL SPENT IN LINE	361.60
	REMAINING IN LINE	1138.40
TOTALS		
TOTAL BUDGETED DISCRETIONARY SPENDING		\$9700
TOTAL ACTUAL DISCRETIONARY SPENDING		\$2692.39
REMAINING DISCRETIONARY SPENDING		\$7,007.61

Executives & Volunteers

We have been hosting weekly in-person joint meetings as internal and external executive members. This is the first time SHEC has had in-person meetings since pre-covid. Meetings have been going successfully and everyone seems to be getting along well!

Volunteers are starting their committee meetings soon. The SHEC space now includes a tea/coffee station for volunteers.

Successes

Partnering with the Faculty of Health Science to get our second dispenser!
Having collaboration partners such as Engiqueers, SWC, and McMaster Wellness for our Cum One Cum All event.

Current Challenges

Getting funding for the dispenser in the Gerald Hatch Centre and for SHEC week.