



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: Wednesday, January 31st @ 2:30 pm

Year Plan Update

Our fall semester was a success, here are the highlights of the semester:

- Distributed 9943 health supply items from our SHEC space and condom dispenser.
- Posted two social media campaigns: (1) Swipe right on Safety and (2) SHEC's SHECxy Survival Guide.
- Hosted three in-person events: (1) Sip and Paint, (2) Spin with SHEC, (3) Cum One Cum All, (4) Halloween Health Supply Handout.
- We had our first health supply handout event, and it was a success, we distributed over 750+ items.
- Hired and on-boarded 70+ volunteers and executives, our largest number in the past couple of years.
- Collaborated with Maccess, PCC and DEN on a joint exam care package initiative.
- Started posting Instagram reels for the first time, we have posted 10 videos, with one of our videos reaching 195 K views.
- Submitted SLEF and USIF funding applications to help fund additional health dispensers on campus.

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. In the fall we operated from Monday to Friday from 9:30 – 7:30 pm. For the winter semester we opened January 15 with new

operating hours from 9:30 – 5:30 pm. We found that majority of service users visited during those hours.

After fall semester, the PTM team did some space revamps. We added fairy lights and rearranged our furniture set-up.



SHEC week is planned for the week right before reading week and is in progress. I am waiting on our USIF application to see if we are going to receive additional funding.

As of January 22nd, we have distributed 10400+ health items, with ~4900 items being condoms. I am working with Sefa (VP Finance) and our existing suppliers Pamco and City of Hamilton Public Health to ensure we have enough supplies to meet demands for the rest of winter term.

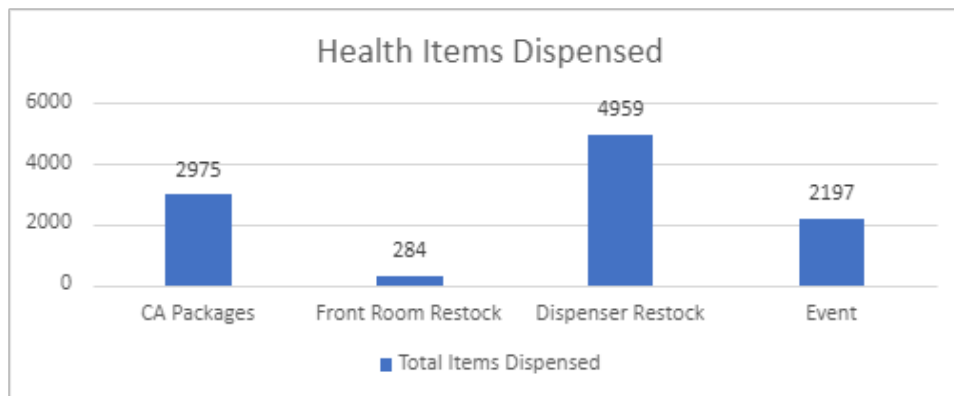


Figure 1: The breakdown of number of health supplies dispensed through various channels.

We are excited to announce we have new ways for service users to access free health supplies! This semester we will have an online and in-person order form as we have received feedback that going into our space and vocalizing health supply needs can be intimidating. New for this semester is that students can access free condoms on the 1st floor of Hatch.



Completed Projects + Events

Projects & Events: Volunteer and Executive Onboarding (Completed)

Formal training for all volunteers including first years happened on Sunday, January 21st from 10 am – 2:30pm and covered aspects of peer-support and our four pillars. Those who could not attend are completing online training assignments.

The training went much smoother than the first semester and we received feedback that it was more engaging.

Projects & Events: PSV Holiday Appreciation Event – November 27th

To celebrate the end of the semester we had a holiday appreciation event!

Projects & Events: Exam Care Packages

In collaboration with DEN, Maccess, and PCC we handed out 200 exam care packages. We had students share their best exam-related tips, strategies and insights and included them in the packages.

On-Going Projects and Events

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

Resource distribution has been going well, with us distributing 4959 items in the dispenser restock, 2197 items through events and 2975 through CA packages, with a total of 10415 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 for winter semester, but they have denied our request as they have other at-risk groups they need to support. I have met the additional needs by ordering health supplies through Pamco, we are very tight on our health supply budget line due to denied request for supplies.

Sefa is aware of our financial constraints in our health supply budget line as 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.

I have applied to USIF for funds for health supply stock and plan on applying to SLEF to gain funds for next year. We are still waiting to hear back.

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

Update: This has been put on pause as we are low on budget. As well, we are waiting for them to sign the memorandum of understanding. [Faculty of Health Science Memorandum of Understanding.docx](#). They have not signed it since our original email from November 2023, and we have not followed up because of financial constraints.

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.

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.

Update: We have booked the campus connect centre for our Valentines handout event.

This is our tentative event plan:

- Monday, February 12th: Fitness Class
- Tuesday, February 13th: Bingo/Trivia
- Wednesday, February 14: Spread the Love not STBBI's Supply Handout + Condom Roses
- Thursday, February 15th: Pee4Pizza Collaboration with SWC

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

Update: The dispenser is currently with Hatch facilities services and is set to be put up by end of week (January 26th, 2024).

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](#)

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

Update: Voting for our Student Life Enhancement Fund (SLEF) idea is being run during the President elections, go vote for health dispensers in the North and West quad! For the time being we are pausing the change to community advisor residence distribution.

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.

Up-Coming Projects and Events

Projects & Events: Naloxone Training Workshop (Upcoming)

Next semester SHEC is partnering with EFRT to host a naloxone workshop for all students during wellbeing week. 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 3rd Campaign

The third campaign will be released by end of month and will cover substance use, the next campaign is on food insecurity.

Projects & Events: PSV Holiday Appreciation Event – Week of February 12th

To celebrate Valentine's day and how much we love our volunteers we are having another appreciation event!

Outreach & Promotions

Summary

We have posted on [Instagram](#) with our new campaigns and operating hours. As mentioned, we are posting on Instagram reels and some weeks we've had contests on our Instagram story for folks to guess how many condoms we went through in the last week. Winners have been receiving SHEC prize packages.

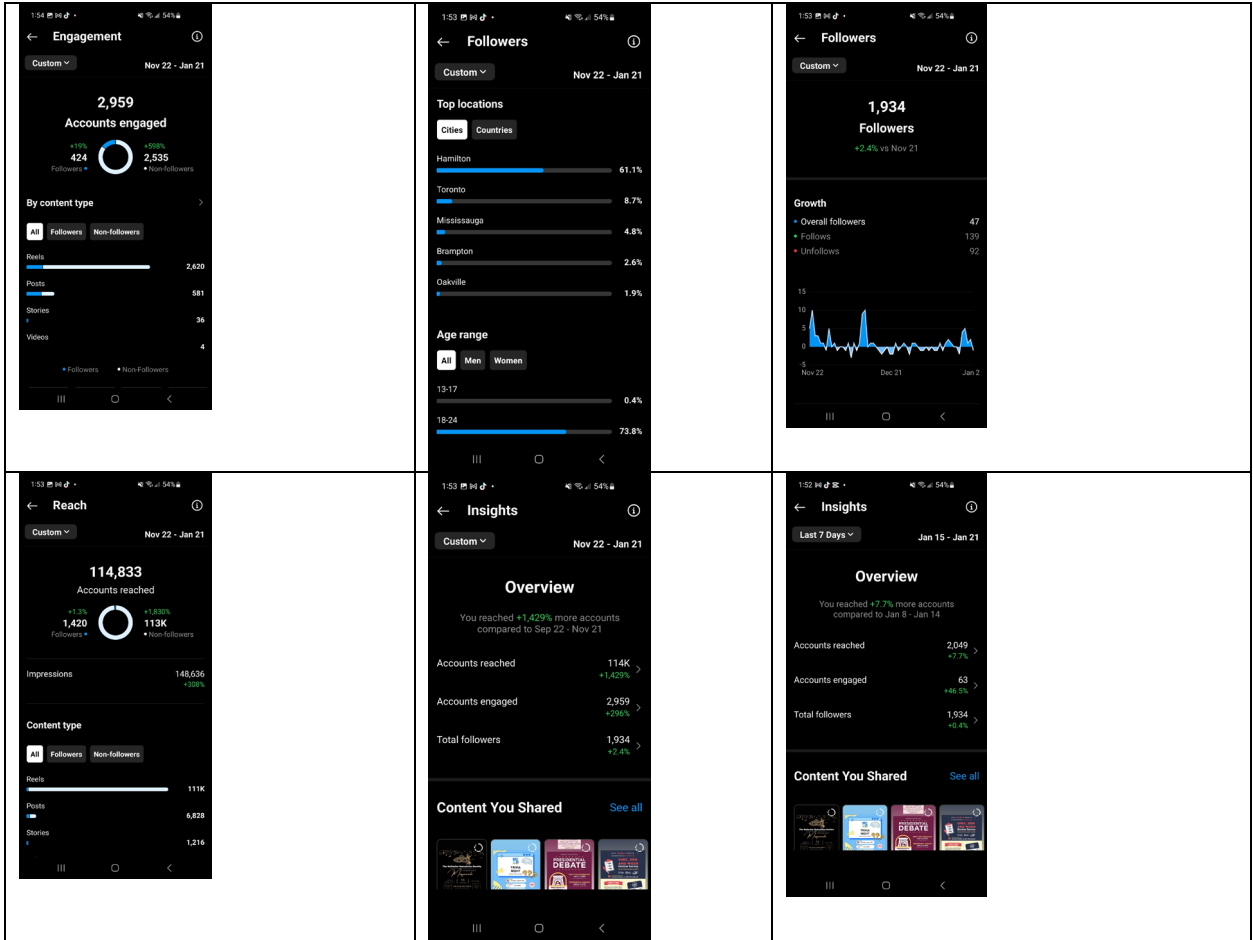
Promotional Materials

Since our last EB report due November 22nd, 2023, there has been three new promotional posts created and shared on our social media channels.



Social Media Engagement since the Previous Report

From November 22nd to January 22nd 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	PO SUBMITTED (DATE)	PO APPROVED
5003-0116-0300	SHEC - OFFICE SUPPLIES	SHEC - OFFICE SUPPLIES	\$100.00		
5003-0116-0300	SHEC - OFFICE SUPPLIES	Labels + name card holders	\$39.55	6-Sep-23	129792
5003-0116-0300	SHEC - OFFICE SUPPLIES	TOTAL SPENT IN LINE	\$39.55		
5003-0116-0300	SHEC - OFFICE SUPPLIES	REMAINING IN LINE	\$60.45		

6101-0116-0300	SHEC - HEALTH SUPPLIES	SHEC - HEALTH SUPPLIES	\$2,075.00		
6101-0116-0300	SHEC - HEALTH SUPPLIES	Covers ultra-thin, textured, non-lube and latex free condom purchase from PamCo	\$737.79		
6101-0116-0300	SHEC - HEALTH SUPPLIES	Condom Dispenser, 2000 condoms, 1000 non-lube, 300 latex free, 500 lube	\$642.00		20988
6101-0116-0300	SHEC - HEALTH SUPPLIES	Pregnancy Tests, Gloves, Earplugs	\$90.24		130095
6101-0116-0300	SHEC - HEALTH SUPPLIES	3100 condoms from Pamco	\$587.60		130254
6101-0116-0300	SHEC - HEALTH SUPPLIES	TOTAL SPENT IN LINE	\$2,057.63		
6101-0116-0300	SHEC - HEALTH SUPPLIES	REMAINING IN LINE	\$17.37		
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	SHEC - ANNUAL CAMPAIGNS	\$1,500.00		
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	Emergency collective care request	\$30.00	18-May-23	129402
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	Eva Bloom - Cum One Cum All Speaker Fee	\$734.00	2-Nov	129873
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	Spin Class	\$65.00	13-Nov	130056
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	Exam Care Packages - Amazon	\$101.55	30-Nov	130121
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	TOTAL SPENT IN LINE	\$930.55		
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	REMAINING IN LINE	\$569.45		
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	SHEC - VOLUNTEER RECOGNITION	\$500.00		
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	SHEC t-shirts	305.1	16-Aug-23	129705

6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	TOTAL SPENT IN LINE	\$305.10		
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	REMAINING IN LINE	\$194.90		
6501-0116-0300	SHEC - ADV. & PROMO.	SHEC - ADV. & PROMO.	\$3,800.00		
6501-0116-0300	SHEC - ADV. & PROMO.	Clubsfest	\$20.00		
6501-0116-0300	SHEC - ADV. & PROMO.	SHEC Lanyards (Via UG)	\$446.70		
6501-0116-0300	SHEC - ADV. & PROMO.	Name card printing			
6501-0116-0300	SHEC - ADV. & PROMO.	Sip and Paint	\$100.00		
6501-0116-0300	SHEC - ADV. & PROMO.	Team photo photographer payment	\$30.00	22-Sep-23	
6501-0116-0300	SHEC - ADV. & PROMO.	Rave Cards	\$240.00		
6501-0116-0300	SHEC - ADV. & PROMO.	Stickers	\$246.00	25-Oct	
6501-0116-0300	SHEC - ADV. & PROMO.	Wellbeing week SWHAT Grpahics	\$33.33		
6501-0116-0300	SHEC - ADV. & PROMO.	TOTAL SPENT IN LINE	\$1,116.03		
6501-0116-0300	SHEC - ADV. & PROMO.	REMAINING IN LINE	\$2,683.97		
6804-0116-0300	SHEC - TRAINING EXPENSE	SHEC - TRAINING EXPENSE	\$1,425.00		
6804-0116-0300	SHEC - TRAINING EXPENSE	Pizza and snacks for training day	\$361.60		
6804-0116-0300	SHEC - TRAINING EXPENSE	Canvas Panel	\$565.00		130094
6804-0116-0300	SHEC - TRAINING EXPENSE	Pizza and snacks for winter training day	\$300.00		130298
6804-0116-0300	SHEC - TRAINING EXPENSE	TOTAL SPENT IN LINE	\$1,226.60		
6804-0116-0300	SHEC - TRAINING EXPENSE	REMAINING IN LINE	\$198.40		

Executives & Volunteers

We have been hosting weekly in-person joint meetings as internal and external executive members. We have about 90% attendance for our meetings. One of

our executive members is on co-op, so each week we dial them in with an OWL device.

Fall Semester Successes

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- Posted two social media campaigns: (1) Swipe right on Safety and (2) SHEC's SHECxy Survival Guide.
- Hosted three in-person events: (1) Sip and Paint, (2) Spin with SHEC, (3) Cum One Cum All, (4) Halloween Health Supply Handout.
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- Started posting Instagram reels for the first time, we have posted 10 videos, with one of our videos reaching 195 K views.
- Submitted SLEF and USIF funding applications to help fund additional health dispensers on campus.

Current Challenges

Getting funding to help us stay afloat with health supply costs and the demand for our dispensers.

Miscellaneous

N/A