



# REPORT

*From the office of the...*

## Director Student Health Education Centre

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TO: Members of the Executive Board  
FROM: Sheridan Fong  
SUBJECT: Student Health Education Centre Report 1  
DATE: Wednesday, March 7<sup>th</sup> @ 2:30 pm

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### Year Plan Update

Highlights since last EB:

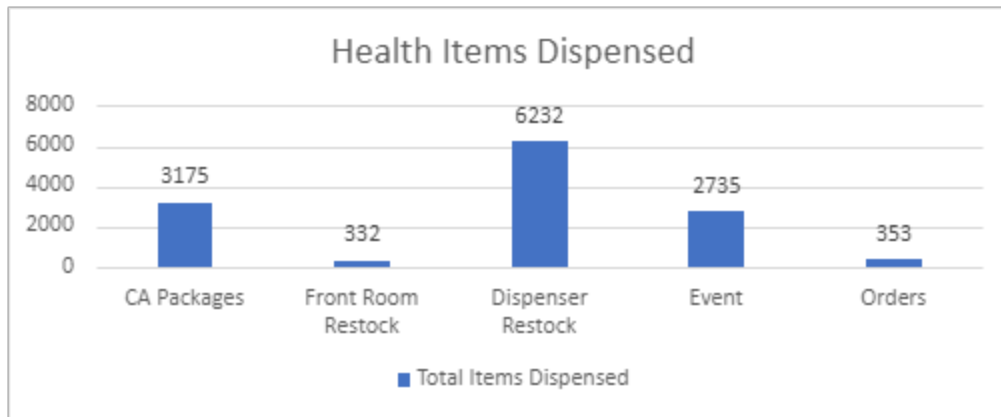
- SHEC week ran for the first time since 2019
  - Consisted of four events over four days (Spin class, Valentine's day handout at Campus Connect, Pee4Pizza and our open house)
  - Campus Connect handout was successful with us handing out over 400+ items to students including our valentines day condom roses
- Executive introductions were posted on social media
- Director hiring for next year is complete as well as budget planning meetings
- We had condom roses for sale (\$1.00 each) and raised over \$50.00 for the community fridge

### Events, Projects, & Activities

#### *General Service Usage*

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.

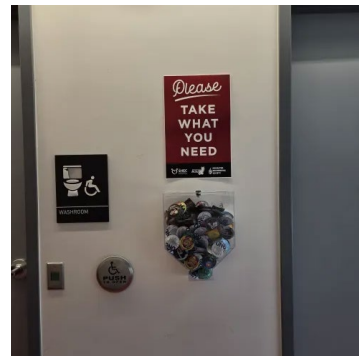
As of March 1<sup>st</sup>, we have distributed 12500+ health items, with ~6200 items being condoms. I am working with Sefa (VP Finance) and our existing suppliers Pamco and City of Hamilton Public Health to ensure we have enough supplies to meet demands for the rest of winter term. Sefa was able to secure EB Special Projects Funding so we could cover the expenses for the health supply needs for the semester.



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

Last month we launched our online and in-person order form as we have received feedback that going into our space and vocalizing health supply needs can be intimidating. We have distributed 353 items since the program launched.

New for this semester is that students can access free condoms on the 1<sup>st</sup> floor of Hatch. The dispenser launched on Monday February 26.



[Instagram Reel](#)

For the first time since 2019 we brought back SHEC week thanks to funding from the MSU Services Special Projects Funding.

## Completed Projects + Events

### *Projects & Events: SHEC Week (Complete)*

To celebrate the 50<sup>th</sup> anniversary of SHEC being SHEC on campus we hosted SHEC week! SHEC week was the week before reading week. The event was successful and shoutout to Sefa for helping us get funding.

- Monday, February 12<sup>th</sup>: Fitness Class
- Wednesday, February 14: Spread the Love not STBBI's Supply Handout
- Thursday, February 15<sup>th</sup>: Pee4Pizza Collaboration with SWC and SHEC Open House

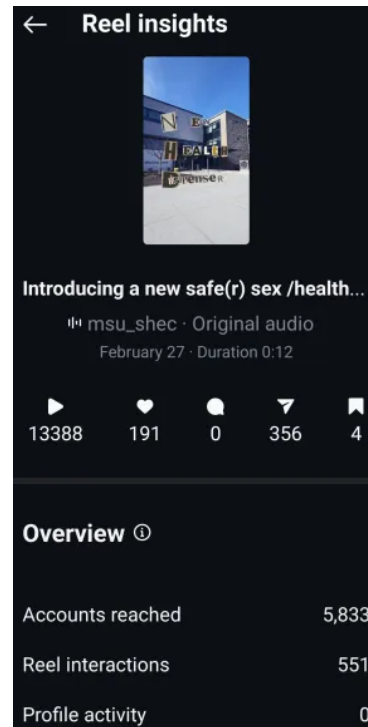
### *Projects & Events: Safe-love Condom Roses (Complete)*

We created condom roses (5 condoms and pipe cleaner stem) and sold them for \$1.00. All money raised is being used to fund the community fridge. We raised over \$50.00.

### *Projects & Events: New Health Dispenser in Hatch! (CA) (Complete)*

**Update:** The dispenser got put up in Hatch on Monday, February 26<sup>th</sup> and is located on the first floor of Hatch. We launched it on social media through an Instagram reel on the MES and SHEC accounts: [Instagram Reel](#)

**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.



*Projects & Events: PSV Holiday Appreciation Event – Week of February 12<sup>th</sup>*

To celebrate Valentine's Day and how much we love our volunteers we had another appreciation event! We encouraged volunteers to come with another PSV and we gave out gifts to all who showed up.

## **On-Going Projects and Events**

*Projects & Events: Collective Care Funding from Okanagan (On-Going)*

WGEN and SHEC in previous years have offered a service called Collective Care, where we give out free gift cards to students to get health supplies and items. We got approved for Okanagan funding for the 2023-2024 school year, however, the Okanagan committee has not transferred over the funds.

The MSU finance team has been working with us to get our money as the school year is ending. The Okanagan team has been trying to get the money to us, but it has not happened yet.

Our \$5000 for Collective Care Funding will most likely be transferred over to the 2024-2025 school year.

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

Resource distribution has been going well, with us distributing 6232 items in the dispenser restock, 2735 items through events and 3175 through CA packages, with a total of 12474 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.

Sefa and the EB were aware of our financial constraints in our health supply budget line as I expected 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.

**Update:** Sefa has given us \$1500 to alleviate our financial constraints and to help us order all necessary supplies for the semester.

*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: Change to Community Advisor (CA) Residence Distribution System and Adding Health Dispensers in Keyes + Centro (Up-Going)*

**Update:** Our SLEF funding application got approved. I will have to meet with Sefa to see how this will work.

**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 implementing health dispensers in key residence locations.

## **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 3<sup>rd</sup> Campaign and Narcan Donation (Upcoming)*

The third campaign will be released by end of month and will cover substance use, it had to be paused in February due to edits and we are receiving a donation of 50 narcan kits. The next campaign is on food insecurity.

### *Projects & Events: SHEC Myth Busters Campaign (Upcoming)*

A social media campaign going over common misconceptions of SHEC and our service.

### *Projects & Events: Art Therapy Workshop (Upcoming)*

An art therapy workshop by Anderson Therapy Services, we plan to have it in early April.

### *Projects & Events: Drag Brunch with Unitta Ask (Upcoming)*

A collaboration with SVPRO, SHEC will be hosting a Drag Brunch to help Maruaders engage with topics concerning sexual reproduction well-being and consent. This event will feature McMaster's Unitta Ask.

## **Outreach & Promotions**

### *Summary*

We have posted on [Instagram](#) with SHEC week and the condom rose promotion as well as executive introductions. 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.

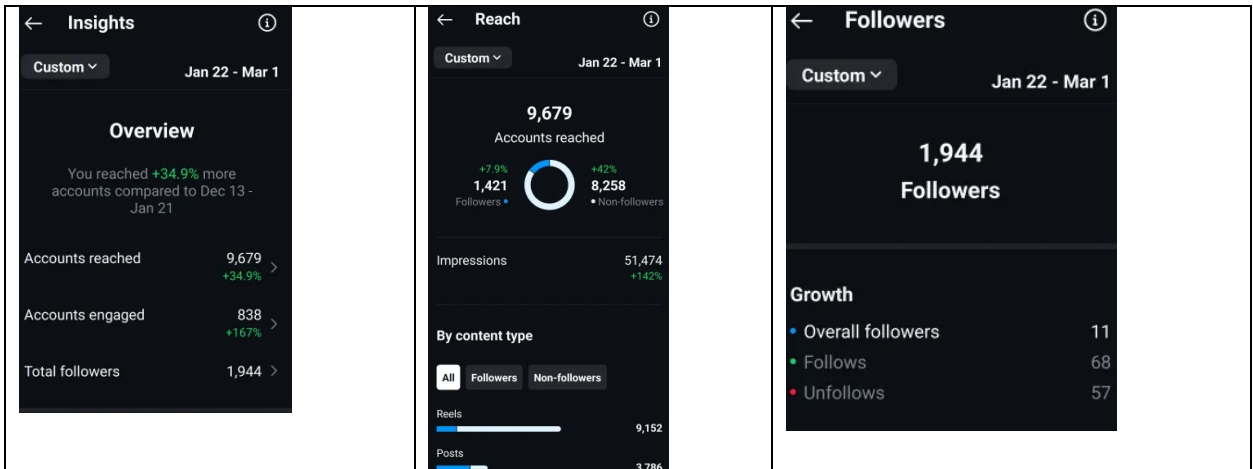
### *Promotional Materials*

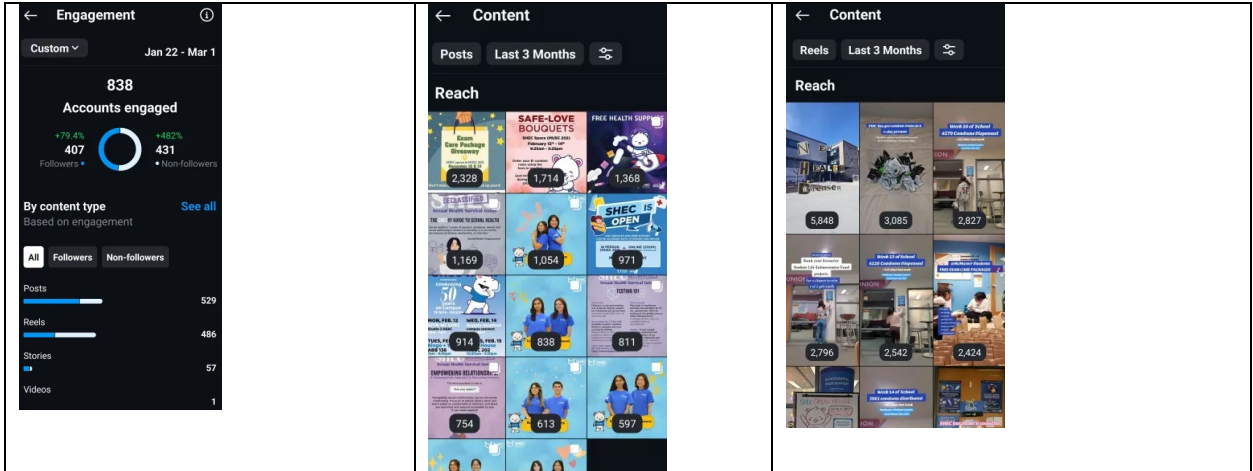
Since our last EB report due January 22<sup>nd</sup> 2024, there has been three new promotional posts created and shared on our social media channels.



**Social Media Engagement since the Previous Report**

From January 22<sup>nd</sup> to March 1<sup>st</sup> 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](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		
5951-0116-0300	SHEC - REFERENCE LIBRARY	SHEC - REFERENCE LIBRARY	\$250.00		
5951-0116-0300	SHEC - REFERENCE LIBRARY	TOTAL SPENT IN LINE	\$0.00		
5951-0116-0300	SHEC - REFERENCE LIBRARY	REMAINING IN LINE	\$250.00		
6101-0116-0300	SHEC - HEALTH SUPPLIES	SHEC - HEALTH SUPPLIES	\$2,125.00		
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 - January 2024 order	\$587.60		130254



6101-0116-0300	SHEC - HEALTH SUPPLIES	Pregnancy Test (50)	\$20.32		130352
6101-0116-0300	SHEC - HEALTH SUPPLIES	Pads and Liners	\$25.98		130376
6101-0116-0300	SHEC - HEALTH SUPPLIES	TOTAL SPENT IN LINE	\$2,103.93		
6101-0116-0300	SHEC - HEALTH SUPPLIES	REMAINING IN LINE	\$21.07		
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	SHEC Week Open House	\$0.00	6-Feb	130422
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	SHEC Week - Food	\$63.33	12-Feb	130441
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	SHEC Week - Biking	\$65.00	13-Feb	130434
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	TOTAL SPENT IN LINE	\$1,058.88		
6102-0116-0300	SHEC - ANNUAL CAMPAIGNS	REMAINING IN LINE	\$441.12		
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	SHEC - VOLUNTEER RECOGNITION	\$500.00		
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	SHEC t-shirts	\$305.10	16-Aug-23	129705
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	SHEC PSV February Social	\$114.57	24-Jan	130311
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	TOTAL SPENT IN LINE	\$419.67		
6494-0116-0300	SHEC - VOLUNTEER RECOGNITION	REMAINING IN LINE	\$80.33		
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 Custom Lanyards* (Lena Wang)	\$446.70		
6501-0116-0300	SHEC - ADV. & PROMO.	*SHEC Rave Cards 2023* (Sheridan & Lena)	\$240.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*Sip & Paint Night Promo* (Lena)	\$100.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*SHEC Nametags* (Stephanie)	\$13.64		
6501-0116-0300	SHEC - ADV. & PROMO.	*Spin with SHEC Promo* (Stephanie Aleluya)	\$150.00		

6501-0116-0300	SHEC - ADV. & PROMO.	*Frights, Delights & Better Nights Promo* (Sheridan Fong)	\$100.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*Cum One, Cum All Promo* (Stephanie Aleluya)	\$150.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*Swipe Right on Safety Campaign* (Stephanie Aleluya)	\$385.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*Resource Postcards* (Wantong & Zahra)	\$30.40		
6501-0116-0300	SHEC - ADV. & PROMO.	*SHEC Custom Stickers* (Sheridan Fong)	\$246.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*Guidebook, Admin Docs, Paper Order Form prints* (Sheridan Fong)	\$19.76		
6501-0116-0300	SHEC - ADV. & PROMO.	*Pregnancy Test Brochures* (Sheridan F)	\$151.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*SHEC Declassified Campaign* (Stephanie Aleluya)	\$275.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*Exam Care Package Giveaway Promo* (Stephanie A)	\$100.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*Share the Care Promo* (Stephanie A)	\$150.00		
6501-0116-0300	SHEC - ADV. & PROMO.	*SHEC Dispenser Poster* (Sheridan F)	\$15.00		
6501-0116-0300	SHEC - ADV. & PROMO.	Condom Rose - pipe cleaners + duct tape	\$44.83		130351
6501-0116-0300	SHEC - ADV. & PROMO.	SLEF Uber eats gift card + Starbucks	\$50.00		130427 + 130432
6501-0116-0300	SHEC - ADV. & PROMO.	Ribbon for Condom Bouquets	\$24.00		130433
6501-0116-0300	SHEC - ADV. & PROMO.	Wellbeing Week SWHAT Graphic	\$33.33		
6501-0116-0300	SHEC - ADV. & PROMO.	TOTAL SPENT IN LINE	\$2,744.66		
6501-0116-0300	SHEC - ADV. & PROMO.	REMAINING IN LINE	\$1,055.34		
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 for winter training day	\$254.00		130298
6804-0116-0300	SHEC - TRAINING EXPENSE	Snacks for winter training day	\$56.29		130303
6804-0116-0300	SHEC - TRAINING EXPENSE	TOTAL SPENT IN LINE	\$1,236.89		
6804-0116-0300	SHEC - TRAINING EXPENSE	REMAINING IN LINE	\$188.11		

## 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 borrowed from the library.

We will be having an exec social before the end of the year.

### **Winter Semester Successes**

- Health dispenser in Hatch has been installed
- SLEF funding approved
- Anonymous ordering system has been going well
- SHEC week has returned

### **Fall Semester Successes**

- 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.

### **Current Challenges**

Figuring out how SLEF funding will work and getting money for Collective Care from Okanagan.

### **Miscellaneous**

N/A