



REPORT

From the office of the...

SHEC Director

TO: Members of the Executive Board
FROM: Celine Sau Ling Chak
SUBJECT: SHEC Report 4
DATE: November 25th, 2024

Yearplan Update

Since the last Executive Board report, SHEC has been operating smoothly and effectively. We recently wrapped up our Harm Reduction Week (November 11th–15th, 2024), featuring a range of programming focused on safe(r) sex, substance use, harm reduction, and the mental and emotional well-being of our students. Overall, the events were well-received and we saw considerable engagement and attendance at these events.

We are currently planning exciting new initiatives to further support and engage our community. These include a volunteer social, designed to foster team bonding and appreciation for our dedicated volunteers, and exam care programming in collaboration with other MSU services.

Our general operations have also been progressing well, with high levels of volunteer engagement and the successful completion of all training initiatives. Volunteers have now completed their MSU Part-Time Leadership Training alongside SHEC-specific modules, ensuring they are fully prepared and equipped to provide exceptional support and service to the student body. We remain confident in our team's ability to meet the diverse needs of our community.

Events, Projects, & Activities

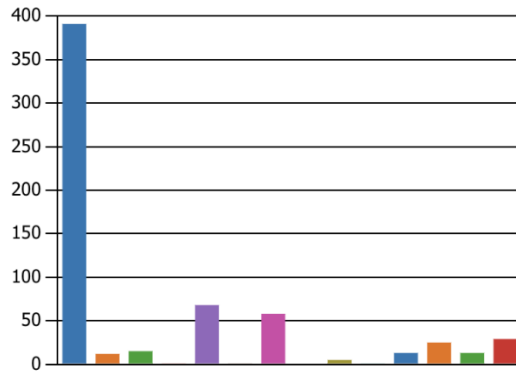
General Service Usage

According to our shift sign-out form that is completed by our volunteers at the end of each shift, here are the figures that report on the frequency of in-person support/services utilised in SHEC. Please note: **this only includes services and supplies from our space in MUSC 202, which excludes events, condom dispensers, or other forms of interaction between SHEC and the student body.**

6. Please select all applicable SHEC service(s) provided

[More Details](#)

● None	391
● Peer support	12
● Referral to an on-campus/McM...	15
● Referral to an off-campus/exter...	1
● Tangible health supplies (ex. pa...	68
● Pregnancy testing (conducted in...	1
● Pregnancy testing (took a packa...	58
● Ion therapy lamp	0
● Health-related pamphlets	5
● Lending Library (looked at, took...	1
● Asking for directions to a differe...	13
● Answered a phone call	25
● Looking for information about S...	13
● Other	29

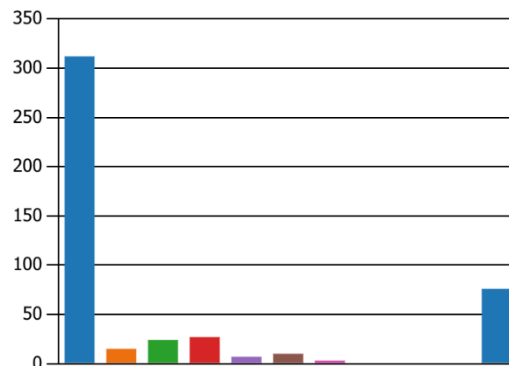


Tangible health supplies and pregnancy tests are the most utilised by our student body. This reinforces the need additional focus on providing tangible health supplies and pregnancy testing.

If any tangible health supplies were taken, please indicate which item(s) were taken below:

[More Details](#)

● N/A	312
● Pad(s)	15
● Tampon(s)	24
● Condom(s)	27
● Lubricant	7
● CA Package	10
● Other safe(r) sex items (ex. digit ...	3
● Detera Deactivation Kit(s)	0
● Rapid Response Fentanyl (FYL) T...	0
● Baby or parenting related item(s...	0
● Other	76

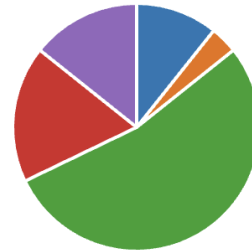


This figure depicts the most popular tangible health supplies within our space. "Other" items, the most popular category, may include hygiene or wellness supplies, such as toothbrushes, soaps, Vitamin C, and earplugs. Condoms and menstrual products are the next m

10. Which method were the supplies "ordered"/"taken"?

More Details

● Online Order Form	15
● In-Person Order Form	5
● User vocalized their request	75
● User grabbed the supplies them...	25
● Other	20



This figure depicts the method of supply delivery/pickup that is most utilized by our service users. Although vocal requests are the most popular, it is important to note that there is a significant amount of service users who use the online or in-person order form, or use alternative methods of asking for supplies. This supports the need to continue offering discreet methods for our service users to express their demands, especially considering the risk of stigma associated with accessing certain supplies.

Our daily service operations are running smoothly, thanks to the dedication and adaptability of our Peer Support Volunteers (PSVs), who have now had a couple of months to settle into their roles. This progress has been greatly supported by the implementation of Exec-on-Call (EOC) shifts, where executive members attend their assigned shifts at least once per month. The EOC shifts have proven invaluable for clarifying expectations, reinforcing proper conduct, sharing updates, and fostering stronger connections between the leadership team and our volunteers. This hands-on approach ensures that our executives remain engaged with day-to-day operations and better aligned with the needs and experiences of our team, ultimately contributing to the overall success of our service.

Projects & Events: Harm Reduction Week (Nov 11th to Nov 15th)

Nov 11 - Harm reduction fair booth: SHEC hosted a booth in the MUSC Atrium as part of National Harm Reduction Week, alongside other MSU services and local community support groups. At the booth, we distributed safe(r) sex supplies, menstrual products, harm reduction resources, and other wellness items while sharing information about our services. Over the course of the day, we recorded 86 interactions, reflecting strong engagement and attendance.

Nov 12 – SHEC Open House: We invited students into our space, prompting students to explore and learn more about the services and resources we provide. The event aimed to raise awareness of our offerings and create a welcoming environment for the student body. As part of the event, we held a raffle featuring a wellness gift bundle filled with supplies and prizes, which proved to be a great incentive for participation. The event successfully increased attendance and

engagement, with approximately 29 students signing up for the raffle.

Nov 13 – Naloxone Certificate Workshop: SHEC partnered with SOPEN Hamilton to host a Naloxone Kit Certification Workshop, where instructors guided students through the proper use of naloxone kits. Participants who completed the workshop received an official certificate and take-home naloxone sprays. While the event had a smaller turnout with 10 participants, the intimate setting fostered a highly engaging and interactive learning environment. The smaller group allowed for personalized instruction and meaningful discussions between the instructors and attendees, resulting in a deeply impactful workshop.

Nov 15 – Bake Sale Fundraiser for Positive Health Network: Originally planned for November 14th, the event was rescheduled due to logistical challenges. Despite the change, the bake sale was a success, with baked goods decorated by our Peer Support Volunteers in our space before being offered to the student body. The event not only helped raise funds for an important cause but also fostered a sense of community among our volunteers, who enjoyed the creative and collaborative experience of cookie decorating. Positive feedback from both volunteers and attendees underscored the event's impact, showcasing the enthusiasm and dedication of our team.

Projects & Events: Grant/Funding Applications (On-going)

SHEC is actively seeking grants and external funding to support our services and the allocation of supplies. Currently, we are in the process of identifying potential sponsors and grant opportunities. We plan to reach out to the Finance Department of the MSU soon to begin the application process.

The funds we secure will be primarily used to purchase safe(r) sex, menstrual, and wellness products, which represent a significant portion of our expenditures. This financial support will enable us to continue providing these essential supplies to the student body at no cost while ensuring that we maintain a sustainable budget throughout the year, allowing us to consistently meet the needs of our students.

Projects & Events: SHEC the Halls (Upcoming)

SHEC will be hosting a Volunteer Social to promote team bonding and provide a fun, relaxing environment for our volunteers. During the event, we will offer a selection of snacks and craft materials so that volunteers can decorate their own ornaments to take home. This event is designed not only as a team-building activity but also as an opportunity for volunteers to destress and unwind. We hope this will help strengthen our community while giving our volunteers a chance to relax and enjoy some creative time together.

Projects & Events: MSU Exam Care Programming (On-going)

SHEC is collaborating with other MSU services on a joint initiative to support students during the upcoming exam season. This programming aims to promote well-being and stress relief during a typically challenging time. Our Events and

Outreach executives, Kriesha and Tresha, are serving as liaisons for this initiative, coordinating efforts with other services and leading the planning of a yoga event in the MSU Hub. We look forward to continuing our collaboration with other services to deliver a successful and supportive experience for the student body.

Projects & Events: Replacing menstrual product brands (On-going)

In response to recent concerns regarding toxic metals in certain tampon brands, SHEC is proactively transitioning towards alternatives that prioritize the safety and well-being of our student body. We have reached out to brands like Cora to explore educational initiative pricing and identify suitable alternatives. Our Resources and Advocacy Coordinators, Anish and Grace, are leading this effort by researching safer options and negotiating partnerships with reputable brands. We are working to ensure that we can provide high-quality, safe menstrual products at an affordable price, demonstrating our ongoing commitment to prioritizing student health.

Projects & Events: DivaCup Promotional Event (Upcoming)

During the 2022-2023 academic year, SHEC launched an informational campaign aimed at educating students about alternatives to single-use menstrual products. In collaboration with local partners, we were able to offer demonstration models and Diva Cup kits to students. The campaign was a resounding success, with Diva Cups running out within just a few days, highlighting the strong demand for sustainable menstrual products. Building on the success of this initiative, we are eager to bring it back. We are currently reaching out to suppliers to secure additional Diva Cup kits so that we can continue to provide students with access to these eco-friendly and cost-effective alternatives.

Projects & Events: November "Continuing Education" Training (On-going)

In line with our year plan goals to enhance longitudinal training, our Training Coordinators, Mellina and Ante, have implemented "Continuing Education" (CE) activities, which all volunteers are required to complete by the end of each month. These activities consist of situation-based scenarios designed to prompt volunteers to refresh and strengthen their peer support skills, ensuring they are best equipped to serve our service users.

After completing the activities, volunteers submit a brief reflection and provide feedback on topics they would like to explore further or any suggestions for improving the training program. All CE materials, along with our asynchronous quizzes and training modules, are easily accessible on the SHEC Avenue2Learn page.

Our October CEs were completed by all volunteers, and we were pleased with the high quality of their work. We've observed that this initiative keeps volunteers engaged and encourages them to research relevant topics that enhance their peer support practices. We have now released our November CEs, which focus

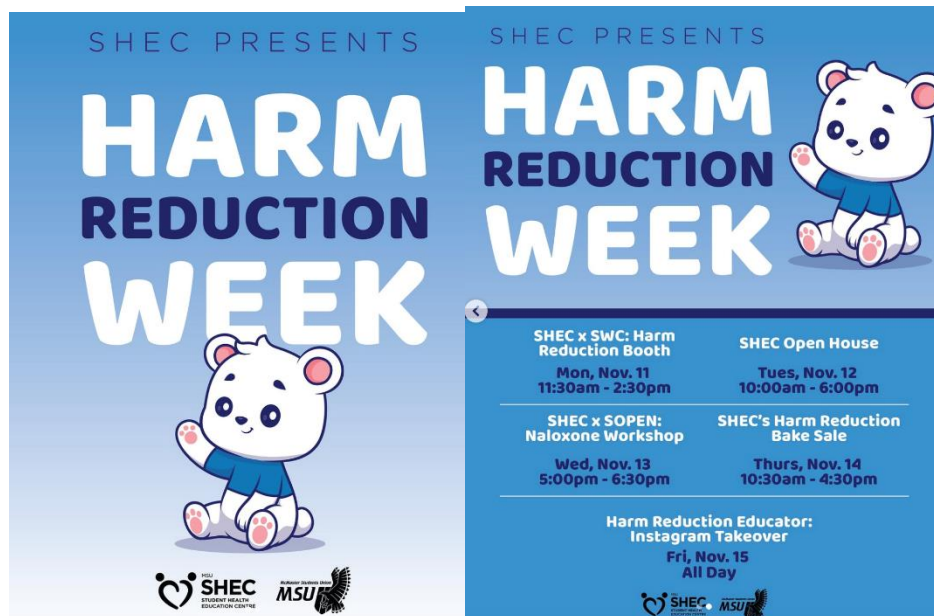
on Harm Reduction and understanding the "Boundaries & Limits" of peer support.

Outreach & Promotions

Summary

Recently, our promotional team collaborated with the MSU Underground to create promotional materials for our Harm Reduction Week programming, helping to spread awareness and engage the student body. Additionally, we shared executive and PTM leadership introduction posts on our social media platforms, giving our followers an opportunity to get to know the team behind SHEC and stay updated on our initiatives. These efforts are part of our ongoing commitment to maintaining strong communication and engagement with the campus community.

Promotional Materials

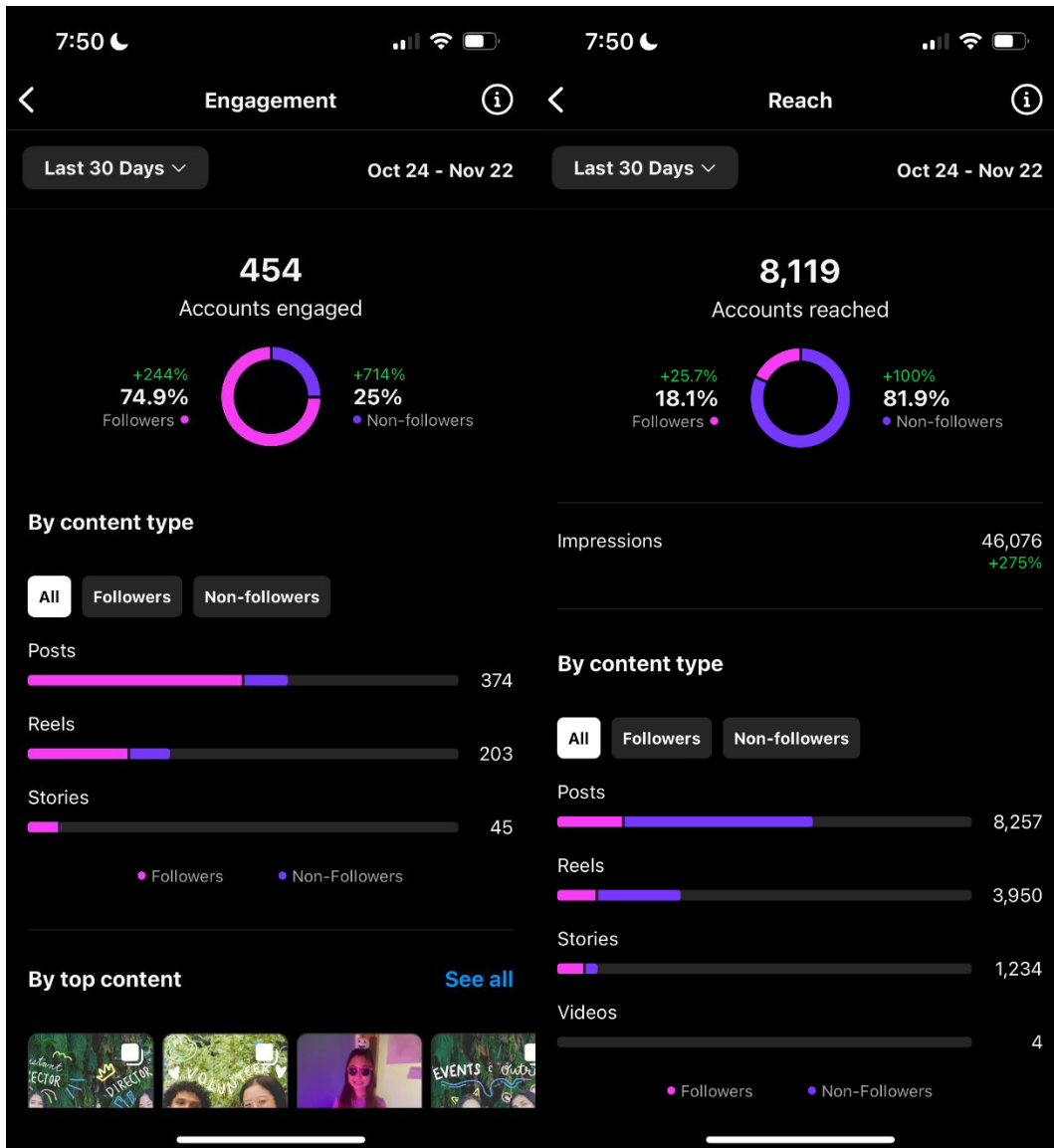


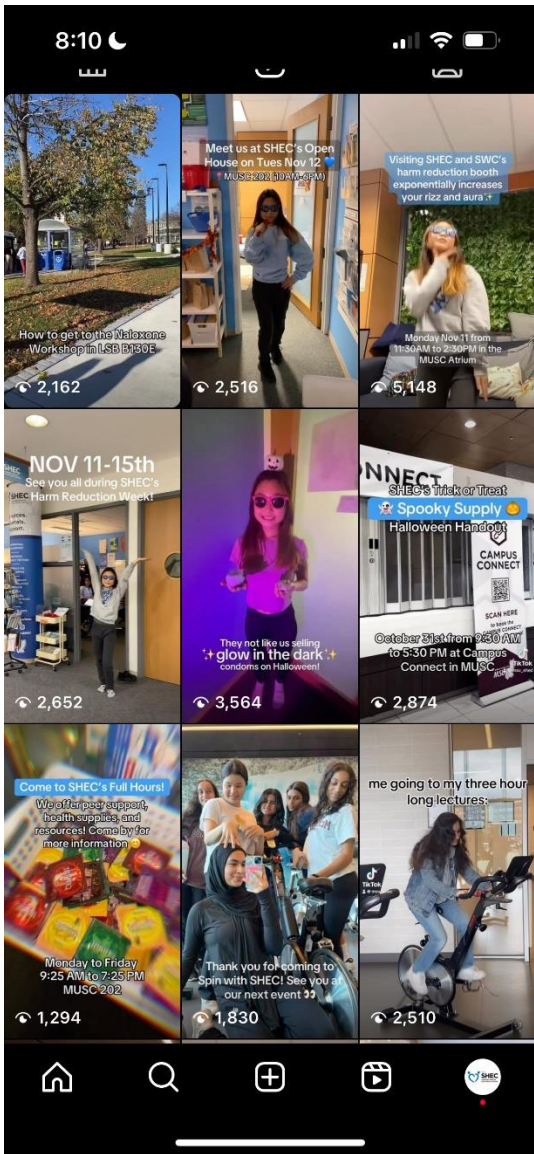


Social Media Engagement since the Previous Report
 Our social media engagement has seen remarkable success recently, largely due to the promotional materials we shared for Harm Reduction Week, as well as our introduction posts that help foster a sense of community and introduce our

team to the student body.

In particular, our short videos on TikTok and Instagram Reels have been a standout success. They strike the perfect balance of being informative, trendy, and entertaining, which has resonated with our audience. This approach has significantly boosted our visibility and engagement, allowing us to connect with students in a fun and impactful way.





Finances

Budget Summary

ACCOUNT CODE	ITEM	BUDGET / COST
6102-0116-0300	Harm Reduction Week Supplies	\$130.00
	Harm Reduction Naloxone Instructor Payment	\$350.00
	TOTAL SPENT IN LINE	\$915.00
	REMAINING IN LINE	\$1,835.00
6101-0116-0300		
	Amazon Nov 18	\$57.26
	Pamco Nov 18	\$457.65
	TOTAL SPENT IN LINE	\$2,101.41
	REMAINING IN LINE	\$6,898.59
TOTALS		
TOTAL BUDGETED DISCRETIONARY SPENDING	\$18,550.00	
TOTAL ACTUAL DISCRETIONARY SPENDING	\$3,166.41	
REMAINING DISCRETIONARY SPENDING	\$15,383.59	

Executives & Volunteers

Our executive and volunteer morale is currently high, with no significant issues observed. One key factor contributing to this positive atmosphere is our new method of tracking attendance, which has proven to be highly effective. We've introduced a "Question of the Day" on a whiteboard, featuring fun ice-breakers or hypothetical questions. Each day, an executive or PTM changes the question, and volunteers are encouraged to take a photo of it and send it to their executive-on-call. While volunteers are not required to answer the question, this simple activity has encouraged consistent attendance at in-person shifts. This method has not only improved attendance but also strengthened team bonding. The questions often prompt light-hearted conversations, allowing volunteers to share their interests and hobbies. We also invite volunteers to suggest questions, fostering a more inclusive and engaging environment where team members can get to know one another better.

Successes

Our volunteer engagement is something we are particularly proud of! By taking a more participative approach, we've created an environment where our Peer

Support Volunteers (PSVs) feel heard and supported. Allowing volunteers to provide constant feedback on training, choose the Question of the Day, and share their thoughts and opinions with their executive-on-calls has been instrumental in fostering a sense of ownership and inclusion within the team. This approach has clearly resonated with our volunteers, as reflected in our volunteer feedback forms and the positive atmosphere we've observed in the SHEC space. Overall, the level of engagement and the enthusiastic attitude of our volunteers showcase the success of these initiatives and their impact on morale and team cohesion.

Current Challenges

We encountered a few logistical challenges while planning our Harm Reduction Week event programming. One significant issue was with our Bake Sale fundraiser, which had to be postponed due to a mistake in reserving the space. This unexpected change meant that volunteers who had signed up to help were no longer available at such short notice, leading to a gap in volunteer support. From this experience, we've learned the importance of booking and verifying event details well in advance to avoid scheduling issues and last-minute complications. This will be especially critical for our upcoming SHEC Week campaign in February, which will feature a week of events. Given the scale and time constraints of such a comprehensive program, we understand the need for meticulous planning and coordination. Our team is committed to ensuring everything is in place ahead of time to minimize any disruptions and ensure the success of the campaign.