



# REPORT

*From the office of the...*

## SHEC Coordinator

TO: Members of the Executive Board  
 FROM: Sutina Chou, SHEC Coordinator  
 SUBJECT: SHEC Report #2  
 DATE: November 15<sup>th</sup>, 2016

### SERVICE USAGE (Between October 3<sup>rd</sup> and 31<sup>st</sup>, excluding Reading Week)

Type of visit	CON	LUBE	PAD	DIR	BAND	INFO	LOOK	PEER
# visits	36	2	16	5	15	19	5	6
	BOOK	PREG	MISC	PHONE	CA	EXEC		TOTAL
	0	9	10	5	3	1		132

This averages ~66 visits a week, with the busiest times being in the afternoon and on Thursdays. Usage is up despite from last year despite not being open during Reading Week and no longer having excessive amounts of lube.

### GENERAL UPDATES

#### 1) Events

##### ✓ Sex 101

The event was super successful, with both students and ResLife staff that came out being super engaged. Especially great was the closed session to female-identified folk in Wally – I think that having a safe space was key and would like to see this session continue.

##### ✓ Break Between Books

A nice intimate event that happened outside our space by accident, but ended up being a good way for us to increase visibility for the centre. A number of students stopped by and engaged in activities throughout the night (it was a drop in event)

##### ✓ The Midterm Wire

This event had a low turnout, likely for a few reasons: crowding of other SHEC events (Sex101, Break Between Books, etc.), lack of partnership support (originally supposed to partner with faculty societies and ResLife), as well as midterm season making students more receptive to stress-relieving events as opposed to ones that are more informational.

##### ✓ MacTalks

Just happened on Wednesday, low-key screening of a documentary on suicide in young people that was well-received by those that came.

## **YEAR-PLAN THINGS**

### **1) Best Practices Research/Service Evaluation**

Attended Health Services Review Committee meeting on November 11<sup>th</sup>, chaired by Meg. Will bring up questions that we'd like to see on the survey, likely tailored specifically to SHEC and will take the place of a service-specific satisfaction survey. This data will likely also be helpful to Kevan in terms of services review as well.

### **2) Commuter Hub**

The mental health committee is in the process of gathering information that will ultimately end up in the Commuter Hub, due to launch at the start of second semester. It will include resources that are similar to SHEC in six of the neighboring regions to campus to address needs of commuter students who might not be able to come in during operational hours.

### **3) Online condom pick-up**

A need that we've seen comes from students who are too embarrassed/nervous to come into the space and grab condoms. We're exploring an online ordering system where students can place an "order" for condoms that can be filled and put in paper bags that are numbered outside the space for easy and anonymous pickup. Likely this will be done through Google Forms as we test-drive the system and gauge interest, but suggestions would be appreciated.

### **4) Pamphlet and lending library reorganization**

Cleanout will have been completed over the weekend of November 12<sup>th</sup> – we will have a new organization method for the lending library, and will be throwing out and updating our pamphlet collection.

### **5) Space makeover**

I'm hoping to have an idea of what new furniture I'd like in the space (if not an order placed) before the end of the month. Likely I will order at IKEA and get them to do "home delivery" for us, as I don't have access to a car and there is a lot of furniture that needs moving. I'll be looking at paint swatches soon, apparently, so I will provide an update on how that's looking once we're ready to go.

### **6) Logo redesign**

This has kind of fell to the wayside in the wake of a very busy last few weeks in terms of short-term goals and service programming, but we've decided on a "mission statement" that we'd like to convey with the new logo: "peer-based health support service providing care, resources, and education." I'm in the process of searching for corresponding image components to go with the sentence that will ultimately come together to form the final logo. Let me know if you have any ideas!

## BUDGET

5003-0116	SHEC - OFFICE SUPPLIES	\$100.00
	TOTAL SPENT IN LINE	\$100.00
	REMAINING IN LINE	\$0.00
5951-0116	SHEC - REFERENCE LIBRARY	300.00
	TOTAL SPENT IN LINE	\$300.00
	REMAINING IN LINE	\$0.00
6102-0116	SHEC - ANNUAL CAMPAIGNS	\$2,200.00
	TOTAL SPENT IN LINE	\$564.91
	REMAINING IN LINE	\$1,635.09

6494-0116	SHEC - VOLUNTEER RECOGNITION	\$2,200.00
	TOTAL SPENT IN LINE	\$1,228.75
	REMAINING IN LINE	\$971.25
6501-0116	SHEC - ADV. & PROMO.	\$2,500.00
	TOTAL SPENT IN LINE	\$1,694.82
	REMAINING IN LINE	\$805.18
6804-0116	SHEC - TRAINING EXPENSE	\$1,000.00
	TOTAL SPENT IN LINE	\$458.20
	REMAINING IN LINE	\$541.80

The first two spending categories remain the same, a small amount of spending in all areas except for advertising and promotions (discussed more below). Overall, we're doing good on budget considering we're pretty much halfway through and I've still got about half remaining in-line for most lines. I'm anticipating a small amount of expenditure between now and second semester for Stressbusters, which should be the last main thing left this semester that I haven't finished spending money on yet.

## CURRENT CHALLENGES

### 1) Budgeting

It's not a bad problem to have, but essentially my committees are running a lot of events and need money to promote them, so we're running a little low on that line. Our budget was cut last year more than other services due to a lack of spending, so I will likely be having a meeting with Ryan before second semester to see if more money needs to be added to that line, or if I can just spend out of the "Annual Campaigns" line.

## UPCOMING EVENTS, PROJECTS & ACTIVITIES

### 1) Volunteer social on Friday the 11th

We're getting frozen yogurt and watching *Finding Nemo*. It's going to be very cute and chill, as we know it's a stressful time for our volunteers.

### 2) AA Fair

Will be happening next Friday the 18<sup>th</sup>! Look out for us in MUSC atrium; all committees will be providing programming related to addictions issues for students.

### 3) Stressbusters/Reduced hours

Each committee will be running a Stressbusters event starting on the 9<sup>th</sup> until the 16<sup>th</sup> of December (6 events). We are scheduling for reduced hours for the entire exam period, specific times TBA as we figure out what volunteer schedules look like.