



# REPORT

*From the office of the...*  
**SHEC Coordinator**

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TO: Members of the Executive Board  
FROM: Lynaea Filbey  
SUBJECT: SHEC Report #6  
DATE: January 29th, 2020

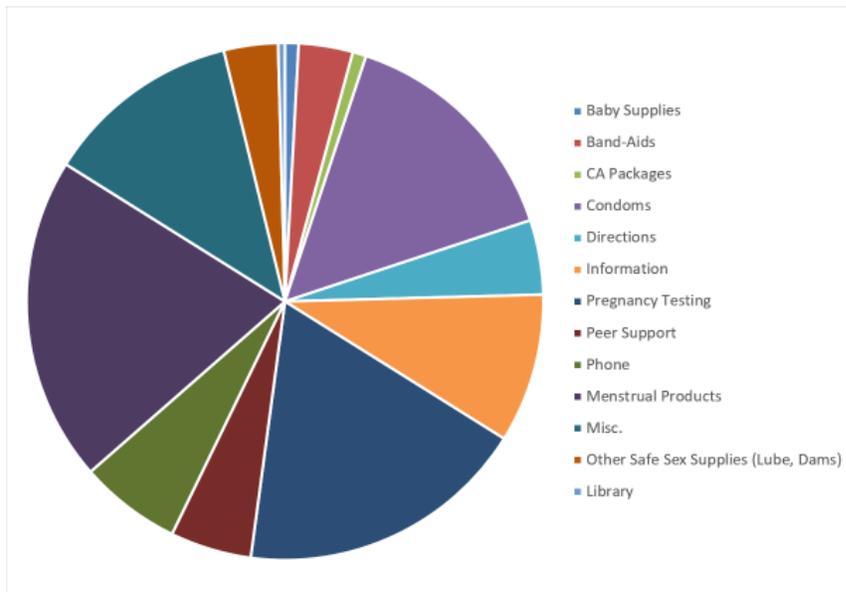
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## UPDATE

Happy new year! I hope you are all having a good start to the semester. I am excited to share with you my first executive board report of 2020 for SHEC.

## SERVICE USAGE

SHEC had 45 space users in December and 182 users in January since my last executive board report.



Baby Supplies	2
Band-Aids	8

CA Packages	2
Condoms	35
Directions	11
Information	22
Pregnancy Testing	43
Peer Support	12
Phone	15
Menstrual Products	48
Misc.	39
Other Safe Sex Supplies (Lube, Dams)	8
Library	1
TOTAL	236

### **Lockers of Love Usage**

Usage for our partnership with FCC’s Lockers of Love is still happening; however, unfortunately I don’t have numbers for this month prepared in time for this report! I will ensure to report on January in my next EB report!

### **VOLUNTEERS**

Volunteers have been starting out really well in the new semester! We have just finished January training and our volunteers are back on shift with a little bit more experience and knowledge which is awesome. Volunteer engagement has been decent, and we have had a lot of engagement on our Research & Advocacy and Events & Programming committees.

### **PAST EVENTS, PROJECTS & ACTIVITIES**

1. *SHECares*: During the December exam season, SHEC executed our annual SHECares campaign where we provide students with exam packages that include tips, treats, and other study aids to help out during exam season. SHECares went very well and we can’t wait to do it again in the spring!

2. *Flu Vaccine Campaigns*: Our flu vaccine campaign was released in early December. The campaign was the “Join the Herd” campaign and was primarily a social media campaign. We provided information on how to get the flu shot, we broke down myths, explained how the shot works, and provided ideas for further flu prevention! This was a more traditional public health campaign than our normal campaigns, but I think it was effective overall! We also had cute “Join the herd” stickers that people really enjoyed!

3. *January Training*: We ran our second semester volunteer training on January 19th and it ended up being a wonderful success! The materials and activities we did at training are as follows:

1. SHEC Reminders ~ we provided our volunteers with reminders on expectations and protocol, while also facilitating a short reflection on last semester. We also reviewed emergency and crisis protocol and cleared up a few questions on SVRP.
2. Nutrition & Active Living ~ we divided the group of volunteers into their pods and each exec facilitated a critical discussion on health. We also facilitated a fun painting activity during this discussion to keep things fun, engaging, and creative; because health is so personal, asking volunteers to creatively express what health meant to them was a really valuable activity.
3. Sexual Health ~ we facilitated a game to review some key sexual health topics, focusing on contraception. Our exec team designed a super fun sexual health version of Codenames which volunteers really enjoyed!
4. Referral Resources ~ in their pods, volunteers would split in smaller groups and research different referral resources. They would then present their findings to the rest of the group. This was an effective and engaging way for volunteers to learn new things about key on and off campus resources.
5. Situationals ~ we did three main peer support situationals to ensure volunteers were practicing their skills as peer supporters. We did a one-on-one scenario where volunteers would pair up and play out a light peer support situation. We also did a small group scenario where volunteers practiced performing a pregnancy test. Finally, each exec facilitated a discussion about providing peer support in the SHEC space.
6. Review Activity ~ to wrap up the day, we did a review jeopardy that focused on health-related content, SHEC itself, and providing peer support :)

Overall, I think this was an incredibly effective and engaging training! While September training was very content heavy, we wanted to make things more practical and engaging for volunteers in the second semester. I think we succeeded in making training more fun, while still ensuring it was useful and applicable to their role as a peer support volunteer. We have sent a feedback form to volunteers and it has so far yielded very positive results :)

## **UPCOMING EVENTS, PROJECTS & ACTIVITIES**

1. *Naloxone*: We are waiting for the MSU lawyers to review the documents so we can hopefully have this up and running as soon as possible. The process has been slower than we had expected but hopefully we can still have the program started shortly.

2. *Hiring*: As coordinator hiring is in the process, I have started to think about executive and volunteer hiring which will happen later in this semester. Once the new coordinator is hired, we will begin planning the exec hiring process and reflecting on the ways in which hiring can be improved from last year!

3. *Party Culture Event*: In the new year, we will be executing a Party Culture event targeted at first year residence students. It will be a trivia held in one of the residences (potentially PGCLL) and will aim to debunk myths and speak about party culture in a way that is both engaging and prioritizes harm reduction education. Our Events & Programming

coordinators have been collaborating with residence life to plan and execute this event! This new partnership is looking like it could be sustainable and continue into the future :)

*4. Re-usable Fabric Menstrual Pad Making Event:* Our Events & Programming committee will be hosting a fabric menstrual pad making activity to help facilitate discussions of sustainability in regards to health and health products! This is a smaller scale event but should be really fun and will allow us to look at the intersection of health and the environment a little bit more!

### **CURRENT CHALLENGES**

Last semester, I had struggled to keep up with inventory because of the high demand for key products like pads, tampons, gloves, and diapers. Because of that, I was finding myself running to the store almost weekly, and it was becoming really hard to manage. So, I went in and spoke to Alex at the beginning of the month about the difficulties I had been having with inventory. We decided to start using the new Costco account in order to manage SHEC's inventory and we placed a large order that will likely last us until the end of the year. I am feeling really good about this new system and I am really happy that we came up with a solution!

### **SUCSESSES**

While I spoke about volunteer training in general in an earlier portion of the report, I wanted to speak a little more about how I feel as if the training was a really large success! In the past, volunteers have often felt like training has not been super engaging, has gone overtime, and has been mostly lecture based. By focusing on creating an engaging training and ensuring to only cover a manageable amount of content, we created a really positive environment for volunteers in training. We also really prioritized hearing the questions, experiences, and advice from different volunteers; sometimes, in training it can be easy to just provide volunteer with information, but we wanted to focus on learning from volunteers as well! Volunteers themselves are an amazing resource and hold a ton of knowledge, so providing them a forum to speak, share, and ask questions, I think training was more interesting and informative.

Thank you so much for reading my report!

Lynaea Korol-Filbey