



REPORT

From the office of the...

Student Health Education Centre (SHEC) [Your Service Here]

TO: Members of the Executive Board
FROM: Kelsey O'Neill [Your name here]
SUBJECT: SHEC[Your service here] Report 1 [#]
DATE: October 24, 2013 [Date of EB meeting here]

UPDATE

SHEC's had a strong start to the first term. During Welcome Week, we were at Clubsfest and had our first ever "SHEC Ambassadors", where a group of volunteers and I went around campus on Faculty Day talking to students about our services and handing out pamphlets, pins and condoms. This was very well received by welcome week reps and first years alike, and I think it really helped to promote our service to first years. I would definitely recommend this event happening again next year.

We have had several events already, with a couple new events (our booth at Homecoming Expo and SHEC Talks: Mental Illness Support during MIAW) turning out very successfully. Two of our biggest events of the year, Sex 101 and National Addictions Awareness Fair are being organized and will be happening in early and mid November. Over the summer my promo exec designed some wonderful new pamphlets that have just been printed and distributed.

September is always a busy month in terms of usage, we had 259 people use the centre in September since we opened on September 9, which is an increase from last year.

Internally, I am very happy with my volunteers. We have several new volunteers who are eager and enthusiastic to help out. I am also happy with my exec team, they are ambitious and have a strong desire to put new ideas into action or improve our current events from last year.

SERVICE USAGE

251 people used our service in September, which is a significant increase from last September's number of 169. This was a great start to September, but it is usually more busy due to the start of school, so we expect the numbers to dip a little bit in October. Our numbers could also be inflated because we tend to get a lot of people coming in to the centre thinking it is the MSU office or asking questions about health/dental insurance. Our most used services for September were:

- Miscellaneous (asking questions or directions, asking about health insurance, etc): 62 people

- Condoms: 60 people
- CA condom packages: 45
- Seeking information on a variety of health topics: 30
- Menstrual products: 21

We only had 1 peer support recorded, however I do not think this is an accurate number because volunteers may have forgotten to write it down in the logbook. This number could have also been influenced by the launch of the Peer Support Line, as students might have preferred to use the Peer Support Line instead.

From October 1-10 we have had 49 people use our service.

PAST EVENTS, PROJECTS & ACTIVITIES

- Booth at Welcome Day in August
- SHEC ambassadors during Welcome Week
- Booth at Clubsfest
- September training for our volunteers (September 7-8)
- Booth at Mac Supports Take Back the Night (TBTN)
- Marshaled for TBTN march
- Helped promote several blood donation clinics
- The SHEC Show has 5 shows (Topics included: safer partying and hooking up, turkey dump, stress management during exam season)
- Blog is posting regularly and the look has been reformatted
- Two articles written in the Sil (Topics included: importance of donating blood, Thanksgiving)
- Addictions Awareness information table on drugs and alcohol
- Booth at Homecoming Expo (beer goggle obstacle course)
- Peer support training for volunteers with Student Wellness Centre (more detailed and in depth than September peer support training)
- SHEC Talks: Supporting Mental Illness workshop during Mental Illness Awareness Week (GREAT attendance and reception)
- Volunteer Social at 1280
- Designed and printed new pamphlets

UPCOMING EVENTS, PROJECTS & ACTIVITIES

- Sex 101 (November 5, 6 and 13 in two residences and 1280)
- National Addictions Awareness Week Fair (to be titled Above the Influence)
- November volunteer training: attending a MacPride event
- Outreach committee will be making an infographic poster of mental health and other resources that can be accessed when we are not open
- Resources committee is looking to work with Union Market to have a health related question every Friday
- Book reading competition within SHEC
- Stressbusters events (December)
- Booth at Worlds AIDs Day with CANFAR club (December)
- Promo committee is working on SHEC promotional video (to be released in the New Year)

BUDGET

Budget Line	Percentage Used
Office Supplies	26%
Volunteer Recognition	33%
Annual Campaigns	26%
Photocopying	0%
Reference Library	0%
Advertising and Promotions	47%
Training Expense	37%

Our biggest expenses to date have been buying condoms and putting in a standing order at Underground for \$2300. We are on track with our budget and I feel comfortable with the amount we have left to spend.

CURRENT CHALLENGES

We have some of our biggest events of the year coming up in November, which are Sex 101 and National Addictions Awareness Week (NAAW) Fair. We need extra volunteers from outside the organizing committees, but I am concerned that due of the time of year, people will be less inclined to volunteer because of busy schedules. My execs are aware of this, and we are thinking of some incentives to motivate volunteers to help out with these events. The educational programming committee that is organizing Sex 101 just sent out an email asking for help at the events, so this volunteers plenty of notice.

I am also having trouble finding a new supplier for pregnancy test strips because the one I was recommended by Stephanie does not supply them anymore. I already contacted a couple different suppliers but they never responded, but I talked to Kathy from SWC and she gave me the name of the suppliers they used. I emailed one of the companies Kathy suggested yesterday and the sales rep has already replied to me, so this looks promising.

SUCCESES

Our SHEC Talks: Mental Illness Support workshop during MIAW was very well attended and well received. We had approximately 20 people attend the workshop that was co-hosted by Debra Erl from the SWC. Debra, SHEC volunteers and students explored how to support friends and family with depression, anxiety and bipolar disorders. I would definitely like to see this event put on again during MIAW.

OTHER

SHEC has kept my team and I quite busy but I am happy with how things are moving forward!