



Student Wellness Initiative Towards
Community Health (SWITCH):
A student-led public health approach to
health and wellness in Saskatoon,
Saskatchewan

Indiana Best
Vice-Chair, SWITCH Board of Directors
May 1, 2019



Land acknowledgment

As we gather here today, we acknowledge that we are on the traditional and unceded territory of the Algonquin Anishnaabeg people. We pay our respect to the Algonquin and Anishinaabeg ancestors of this place, reaffirm our relationship with them and thank them for this opportunity.



Disclosure Statement

I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

About SWITCH

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- Student-led health clinic offering culturally aware, interdisciplinary services to the core communities of Saskatoon
 - Operating since 2005 out of Westside Clinic
 - 1528 20th St West, Saskatoon
 - Compared to other student run clinics in Canada:
 - Longest running
 - Highest number of shifts
 - Most services offered
 - Registered non-profit organization
 - Charitable status

Vision & Mission

Our vision is for all residents of Saskatoon to have equitable access to culturally safe healthcare, nutrition, and education to better equip them with tools to create opportunities for themselves.

Our mission is to augment the training of future professionals while improving the health, education, and skills of people from Saskatoon's core communities, ultimately achieving lasting positive change for everyone involved.



SWITCH volunteer opportunities

Outreach Team

- Any and all students can volunteer
- Undergraduate and graduate students

Clinical Team

- Students from professional colleges:
 - Nursing
 - Social work
 - Pharmacy
 - Occupational therapy
 - Physical therapy
 - Medicine

Board of Directors

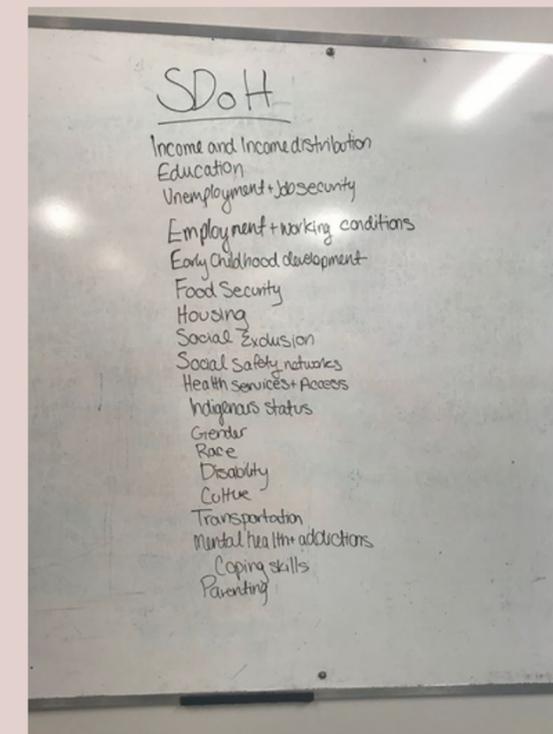
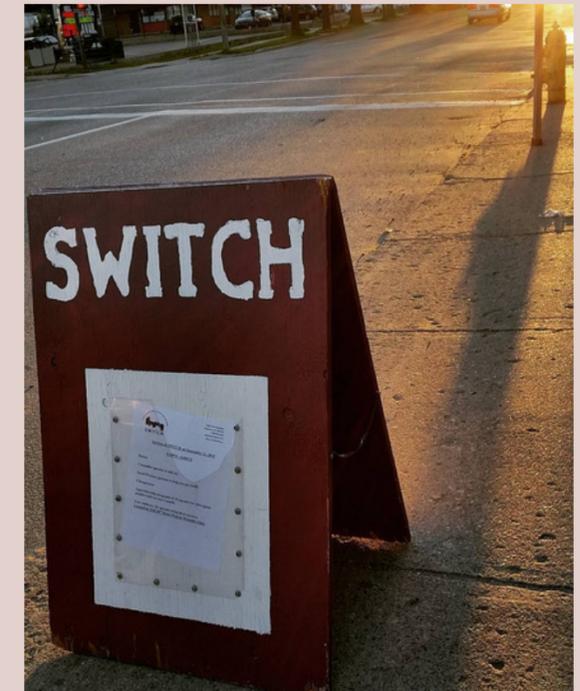
- Any and all students can run to be on the board
- There are 9 portfolios filled by student board members
- Two year terms

Structure of a SWITCH shift

Pre-brief

Outreach & Clinical services

Debrief



SWITCH shift: Pre-brief

Introductory circle

- Name, College and role during shift (Outreach or Clinical team)

Elder leads a smudge and says a prayer to start the shift off well

Clinical Team Leader provides an overview of the shift:

- Services and mentors available
- Educational programming topic
- Red flag situations and what to do
- Fire drill plan

Volunteers are reminded their shift experience is up to them and encouraged to try a new role on shift to expand their skill set

- Reminder of confidentiality and to be respectful of clients as they may have had poor experiences with healthcare services in the past

SWITCH shift: Outreach team

Checklist

- Volunteers welcome clients, inform them of services and programming and collect demographic information

Kitchen

- Volunteers help the Nutrition Supervisor prepare fresh fruits & vegetables and a small hot meal
- Serve snack and meal to all clients throughout SWITCH

Childminding

- Volunteers work with the Childcare Mentor to look after children ages 0-14 years old
- Childcare programming is offered on select shifts

Educational Programming

- Programming provides the opportunity for clients to gain education and skills to help improve their lives



SWITCH shift: Clinical team

Medical mentor

- Nursing and medical students
- Mentors include Nurse Practitioners and Family Medicine Residents

Social work mentor

- Social work mentor is present on every shift
- Social work mentor and students work collaboratively on medical cases

Other professional mentors

- Chiropractic, Physical Therapy, Occupational Therapy, Pharmacy, Nutrition, etc.



SWITCH shift: Debrief

- Volunteers, mentors and staff gather in a circle and share:
 - What went well
 - What they learned
 - Indicate Social Determinants of Health they recognized
 - Healthcare Services & Access
 - Early Childhood Development
 - Income & Income Distribution
 - Mental Health & Addictions
 - Employment & Working Conditions
 - Transportation
 - Age
 - Gender
 - Aboriginal Status
 - Education
 - Aboriginal Status
 - Housing
 - Food Security
 - Social Safety Net
 - Coping Skills
 - Parenting
 - Culture
- Suggestions and announcements
- Volunteers can debrief in a more private setting with the social work mentor or staff if they'd like

Social Accountability

Teamwork & Communication

- Outreach volunteers utilize individual strengths of students from diverse backgrounds, providing better experiences for clients
- Clinical volunteers work within an interdisciplinary team to provide holistic care

Cultural Understanding

- The majority of SWITCH clients are Indigenous; it is necessary for students to gain respect and understanding
- Volunteers are able to talk with clients, discuss stories and expand their worldview

Leadership

- SWITCH is a student-led clinic at all levels
- Leadership opportunities: Outreach Team and Clinical Team Leaders, Board of Directors and Committees



Contact Us

Our website: www.switchclinic.com

Email: info@switchclinic.ca

On Facebook: [@SWITCHClinic](https://www.facebook.com/SWITCHClinic)

On Twitter/Instagram: [@switch_yxe](https://www.instagram.com/switch_yxe)