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## CT EMS Advisory Board Health and Wellness Sub-committee

March 12, 2021

### Meeting Minutes

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Attendees: Kevin Ferrarotti, Colin Bassett, Mark Blake, Kate Coupe, Joel Demers, Charles Epstein, Bill Fitzmaurice, Leigh Goodman, Steve Johnson, Laurel Regan, Karin Stewart, Steve Wilcox

#### Meeting Minutes

- Meeting opened at 10:03am by Chair Kevin Ferrarotti.
- The group reviewed the initial ideas that were generated by the health and wellness break out group.
- The group felt the development of provider safety is key to the long term improvement of EMS care. There is, however, a need to further understand the challenges of legislative changes (“unfunded mandates”) vs actionable items and recommendations to work with insurance carriers, workers compensation carriers, and individual departments to implement training and education for sustained improvement to the system.
- Regarding mental health and wellness, the group reviewed the “think tank” ideas:

#### Actionable next steps:

- o Create a shared Google drive for the committee to begin sharing best practice documents
  - o Initiate the development / standardization of social media messaging of provider wellness. Kevin to work with Kate Coupe to initiate how these ideas are messaged – how they are controlled, released, and to what sites it is sent out. Mark Blake recommended the possible creation and management of an EMS provider health and wellness social media page dedicated specifically to this.
  - o Kevin will begin working on the development of a health and wellness resource guide for statewide resources. There was additional conversation that needs to be further developed specifically around post-intervention procedures and recommended guidance for acute traumatic events.
  - o Stephen Johnson asked that the group also explore the role of EMS Chaplaincy as an opportunity for health and wellness. Stephen will present on this role and benefits as an opportunity to explore/recommend further statewide at the next meeting.
- The meeting was adjourned at 10:57am.

Respectfully Submitted,

A handwritten signature in black ink, appearing to read "Kevin Ferrarotti".

Kevin Ferrarotti, Chair