



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

**June 11, 2021**

### **Meeting Minutes**

*Attendees: Colin Bassett, Mark Blake, Kate Coupe, Chip Darius, Joel Demers, Kevin Ferrarotti, Julia Girard, Leigh Goodman*

*Guests: Alicia Kurowski, Laura Punnett, Serena Rice (SHIFT Study at CPH – NEW)*

### **Minutes:**

Meeting called to order at 10:00am

Discussion on messaging health and wellness tips. Chip brought up idea of beginning to send out regular information to service chiefs statewide. Discussion ensued.

#### *Action items:*

- There will be more follow-up as to how to best incorporate ideas and marketing that is generated from the committee members, and sent out to service chiefs and individual providers.

Meeting turned over to team from CPH – NEW (Center for the Promotion of Health in the New England Workforce) to review their grant program and how to incorporate into EMS. There is opportunity to introduce the study and importantly, resources to bring to EMS for workplace health, wellness and safety.

#### *Action items:*

- The group will be reviewing the CPH website and discussing how to best incorporate into our work.
- Kevin to discuss with team from CPH to bring to the HHC EMS Symposium (if possible) as well as looking to create a health and wellness symposium in the spring.

The meeting was adjourned at 11:05am.

Respectfully submitted,

Kevin Ferrarotti  
Chair