



CT EMS Advisory Board Health and Wellness Sub-committee

September 10, 2021

Meeting Minutes

Attendees:

Mark Blake, Joel Demers, Charles Epstein, Kevin Ferrarotti, Leigh Goodman, Stephen Johnson, Kaitlyn Standish, Peter Zera

Meeting minutes

- Discussion on previous meeting minutes and business. Introduction of Peter Zera to the committee.
- Joel Demers discussed update of DPH OEMS mental health/wellness training led by Sonny Provetto – VT Wellness.
 - o Goal of 1st of the year to have multi-faceted levels of participation.
 - o Joel is still working through the logistics for an early 2022 rollout.
- Leigh Goodman discussed her upcoming event this evening on suicide awareness – discussion ensued on the topic of awareness / connection to EMS.
 - o Given the resources that Leigh has compiled and distributes within her region, the group discussed spending an upcoming meeting compiling all regional resource guides / brochures and sharing within committee. The interested team members would be considered a “gate keeper” of information for those in the region to go to.
- Kevin Ferrarotti discussed the upcoming HHC EMS Symposium – focused on the “non-clinical” lectures that include health & wellness topics. Forwarded flyer / resources post-meeting to distribute.
- Kevin also discussed the “Save the Date” for Saturday, May 14, 2022, which will be the 1st Annual First Responder Health & Wellness Symposium.
 - o Discussion lead on the benefit of having the committee contribute to program development.
 - o Leigh also spoke to her successful fall mental health event which they are hoping to also make an annual event.

Next meetings:	October 8 th	Virtual
	November 12 th	In person – location TBD
	December 10 th	Virtual

Meeting adjourned – 11:00am

Respectfully submitted – Kevin Ferrarotti, Chair