



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

February 11, 2022

*Attendees:*

Colin Bassett, Mark Blake, Nancy Brescia, Charles Dunn, Kevin Ferrarotti (chair), Dr. Richard Kamin (OEMS), Peter Zera

Meeting called to order at 10:00am by Chair Kevin Ferrarotti.

- The minutes of the January meeting were distributed to the committee without change or discussion.
- The committee reviewed the health and wellness resource guidebook sent by K. Ferrarotti. There is general consensus on continuing to add resources to the handbook – the next revision will be sent out in late June and we'll look for committee support on additional resources prior to.
- K. Ferrarotti raised the following upcoming events:
  - May 14, 2022: 1<sup>st</sup> Annual First Responder Health and Wellness Symposium. This will be held at MidState Medical Center. Takeaway: K. Ferrarotti asked that if the committee has particular speakers / presenters on H&W, resiliency or safety, to please email ASAP.
  - Spring 2022: State of CT OEMS health and wellness training. This will be held at Central CT State University – exact dates are TBD (due to COVID precautions).
- Conversation ensued around current practices around traumatic incident response and the need to advocate for standardized processes to be in place that are accepted and followed by all departments / agencies regardless of type.
- 2022 goals discussed. Takeaway: K. Ferrarotti formalize and distribute to group.
  - Identify measurable goals for success (key performance indicators)
  - Continued social media and basic level provider education / awareness
  - Development of department level and system level goals for resiliency and safety.
  - Streamline and distribute assessment tools for anxiety, wellness, resiliency (such as PHQ-9)
  - Commitment to produce, approve and present to CEMSAB board monthly one actionable resource / guide that is approved and subsequently distributed statewide.

The meeting was adjourned at 10:40am.

The next meeting will be held virtually on Friday, March 11, 2022 at 10:00am

Submitted, Kevin Ferrarotti, Chair