



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

**January 14, 2022**

*Attendees:*

Mark Blake, Charles Epstein, Kevin Ferrarotti (chair), Leigh Goodman, Laurel Regan, Bill Schietinger

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

- The minutes of the December meeting were distributed to the committee without change or discussion.
- The committee reviewed the health and wellness resource guidebook sent by K. Ferrarotti. The group, with additional edits sent in by Chip Darius, made several adjustments to the naming conventions and additional resources needed.
- K. Ferrarotti noted he will adjust over the weekend, and send back to the group. If there are no other comments or edits, the handbook will be sent statewide along with a summarized, one page document that can be used by agencies to post, or otherwise use on electronic tablets, etc. B. Schietinger also asked the documents be shared with CEMSAB members for feedback and further distribution. These documents will be reviewed and updated every six months for re-distribution.
- K. Ferrarotti also 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. More details to follow.
  - Spring 2022: State of CT OEMS health and wellness training. This will be held at Central CT State University – exact dates are TBD.

The meeting was adjourned at 10:30am.

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

Submitted,

Kevin Ferrarotti, Chair