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

**April 8, 2022**

### **Meeting Minutes**

Attendees: Colin Bassett, Mark Blake, Nancy Brescia, Joel Demers, Charles Dunn, Kevin Ferrarotti, Leigh Goodman, Rich Kamin, MD, Laurel Regan, Peter Zera

Meeting was called to order at 10:02am

The meeting minutes from the March meeting was distributed prior to this meeting.

### **Review of the EMS resiliency handbook**

- Group ask was to identify any updates as well as any legislation that is applicable to mental health, wellness and safety.
- Next update will be re-distributed mid-June

### **CT First Responder Health, Wellness and Safety Symposium**

- May 14<sup>th</sup>
- 1 – day symposium
- MidState Medical Center – Meriden, CT
- Free of charge
- Local / national speakers on health/wellness and safety related topics
- Group ask – review program and see if there is opportunity to identify additional topics (preliminary agenda attached).

### **CT EMS Resiliency Training**

- June 25 – 30
- 6 – day symposium
- Quinnipiac University
  - o Day 1: Up to 100 people – general EMS population - recognition of on the job challenges/etc
  - o Day 2: Up to 100 people – supervisor level recognition / training
  - o Days 3-6: 50 people – developing trauma “responders” – 10 / region
- Funded from EMS Block Grant and multiple agencies / health systems
- RSVP is mandatory
- First two days will be taped and posted virtually for opportunity going forward and open for those as well who cannot attend the event.



General updates:

- Mark reviewed recent Region 1 health and wellness training and the best “next steps” to how to capitalize on the EMS resiliency training. General discussion ensued.
- Kevin / Laurel spoke of and reminded group of CT Clearinghouse for resource flyers / posters / handouts.

No other discussion was raised and the meeting adjourned at 10:42.

The next meeting will be held on May 13<sup>th</sup>.

Respectfully submitted,

Kevin Ferrarotti  
Chair