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## CEMSAB Health and Wellness – Sub-Committee Monthly Meeting Minutes

September 9, 2022

Attendees: Colin Bassett, Alex Bayer, Joel Demers, Kevin Ferrarotti, Leigh Goodman, Kelly Lynch, Terence Wain, and Peter Zera

Call to order at 10:05am

There were no changes raised to the August meeting minutes.

Old Business:

- Update on current initiatives – Terence spoke about the emails and ground work being performed on current state of peer support programs that were sent to the committee for awareness, review and vetting.
- There was extensive discussion on two platforms
  - o Peer support program development. It was agreed upon by the committee that continued efforts should be made to develop a peer support program / group within the committee that can be offered statewide. Ongoing efforts will continue including opportunities to join / integrate into existing regional / state programs.
    - Terence is going to continue to look at policies around how to create & implement a peer support program.
    - Kevin is going to connect with the Fairfield Resiliency Team to join the committee call in October to further discuss their program and opportunities.
  - o Clinician vetting for referrals
    - There was in depth conversation from the committee about the vetting process going forward of information and also clinicians. Ideas that will continue to be included:
      - The need for cultural competence
      - Assuring there is a variety of resources / therapy options as a “one size fits all” approach does not work
      - The need to have an updated list of those clinicians accepting new referrals.
        - o Kevin has the list / emails of those included in the Health and Wellness resource listing – and will reach out to those listed for updates to their practice on a monthly basis. The committee will have the most updated guidance and used as a resource moving forward.
- Kelly forwarded and discussed the list of the “terrible 10” incidents that effect and impact first responders the most.



New Business:

- Information sharing & upcoming events
  - Upcoming EMS Symposium – September 23 – 24, in Hartford includes 7 health, wellness or safety lectures – please email Kevin with more information (OEMS CME credits approved)
  - Suicide Prevention Month info (sending separately)
  - Upcoming follow-up discussions from statewide resiliency / peer support training
    - September 12<sup>th</sup> at 1400 hours
    - October 17<sup>th</sup> at 1400 hours
      - *Please connect with Joel for log-in information*
  - September 19<sup>th</sup> – Mental Health Training at Trumbull EMS by Guest Presenter James Boomhower

The next meeting will be held via zoom on October 14<sup>th</sup>

The meeting was adjourned at 11:00am.

Respectfully submitted,

Kevin Ferrarotti, Chair