



Health, Wellness and Safety Sub-Committee Meeting Minutes

March 17, 2023

Meeting called to order at 11:00am

Attendees: Kevin Ferrarotti (chair), Colin Bassett, Alex Bayer, Nancy Brescia, Joel Demers, Charles Epstein, Leigh Goodman, Dr. Richard Kamin, Bobby Velletri

Guests: Phyllis DiGioia and John Lefevre (Honor Wellness Foundation) and Cate Sadler (Thin Line Peer Support)

The meeting minutes were sent out prior to the meeting with no changes or omissions.

Old Business:

- Continued discussion on having a more proactive approach to peer support programs notably the need to continue education of normalizing support and resiliency (before, during and after a call)

New Business:

- There was a presentation by Phyllis DiGioia and John Lefevre from the Honor Wellness Foundation, a 501c3 health and wellness support organization based out of Manchester.
- With continued discussion by Cate Sadler from Thin Line Peer Support Group – please visit www.thinlinepeersupport.org or email thinlinepeerteam@gmail.com.
- Phyllis will be sending out resources that she helped produce and has found valuable across first responder services. These will be distributed.
- Information sharing:
 - March 23rd – 24th Hartford HealthCare EMS Symposium – Hartford, CT
 - May 20th CT First Responder Health, Wellness, Safety Symposium, Meriden
 - May 26th Health and Wellness Fair – Nelson Ambulance, North Haven

The meeting was adjourned at 1150hrs

Respectfully submitted,

Kevin Ferrarotti, Chair

Upcoming meetings for 2023

- *There will be no April meeting*
- May 19th at 11:00am via Zoom