



Health & Wellness Sub-Committee Meeting Minutes

February 10, 2023

In attendance: Alex Bayer, Chip Darius, Joel Demers, Charlie Epstein, Kevin Ferrarotti, Leigh Goodman, Dr. Rich Kamin, Laurel Regan, Judi Reynolds, Robert Velletri, Peter Zera

The meeting was called to order at 10:05am.

The minutes of the previous meeting were sent out via email with no changes or omissions.

Old Business

- There was ongoing discussion as to the importance of peer support.
- Kevin announced that Hunter's Ambulance has started a peer support program after receiving training through Hartford HealthCare. The program is mirrored after the larger program the system has for hospital and support clinical staff.
- There was follow-up discussion around more robust training for EMS in health and wellness. It was suggested that we don't make anything mandatory through legislative means, the committee will continue to identify 1-2 platforms that can be brought forward for endorsement statewide.

New Business

- Laurel Regan noted she attended a recent Grand Rounds discussion on trauma response and noted the presenter had varying views on EMDR, CISM and CISD. This ensued conversation around the positives of CISM vs CISD as a resource statewide.
- The group raised discussion around a centralized group for peer support (vs peer resources, etc). This is an ongoing discussion as there is a notable difference in programs, and which programs are still active in development vs well-constructed and supported.
- R. Velletri noted he was working with Phyllis DiGioia to have her become more involved, and possibly present at the next meeting. This will be confirmed.
- The group noted the benefit of moving the meeting to the 3rd Friday, vs the 2nd Friday of each month. There was consensus on moving March's meeting to try it, and reviewing thereafter.

The meeting was adjourned at 10:45am.

Respectfully submitted,

Kevin Ferrarotti, Chair

The next meeting will be March 17th via zoom