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## Health & Wellness Sub-Committee Monthly Meeting Minutes

September 8, 2023

Attendees: Colin Bassett, Alex Bayer, Chip Darius, Eric Ducat, Phyllis DiGioia, Kevin Ferrarotti, Pat Gauthier, Leigh Goodman, John Oates, Judi Reynolds, Bobby Velletri, TJ Wain

The meeting was called to order at 10:02

The minutes of the August meeting were approved and sent out prior to the meeting.

Old Business:

- John Oates spoke about the released info sharing from Drexel University on first responder / agency safety / wellness.
  - Discussion on cultural changes to the organization that have a significant impact on wellness and safety.
  - Need for management engagement
  - Identifying generational needs
- Ongoing efforts with peer support / trauma response program
  - *Kevin to send out initial draft documents to work off of.*
- Discussion on legislative initiatives

New Business:

- Info sharing:
  - Honor Wellness Center will be having an open house at 703 Hebron Avenue, 2nd floor, in Glastonbury on Saturday 9/23/23 from 12-6pm.

The meeting was adjourned at 10:55am.

Respectfully submitted,

Kevin Ferrarotti, Chair