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## Meeting Minutes

### Health & Wellness Sub-Committee Monthly Meeting

March 8, 2024

The meeting was called to order at 10:02

Attendees: Colin Bassett, Joel Demers, Kevin Ferrarotti, Laurel Reagan, Judi Reynolds

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

#### Old Business:

- Ongoing efforts with peer support / trauma response program
- Discussion on legislative initiatives

#### New Business:

- Laurel discussed "Stress first aid" – there is an opportunity to combine a Suicide Prevention program to help augment the current legislative needs
  - Kevin to follow-up with HHC team to develop the program suitable enough to roll out.
  - Discussion also ensued on combining the "stress first aid" program / content on the backend of human trafficking program. Kevin to follow-up
- Upcoming Events
  - April 26, 2024 – GY6 First Responder Wellness Conference (Bristol)
  - May 17, 2024 – 3<sup>rd</sup> Annual CT First Responder Health, Wellness, Safety Symposium (Meriden)
- Info sharing on therapy dog program (info attached).

The meeting was adjourned at 10:45am.

#### Upcoming meetings (held via zoom)

- April 12<sup>th</sup>
- May 10<sup>th</sup>
- June 14<sup>th</sup>

Respectfully submitted,

Kevin Ferrarotti, Chair