

Somers Long Term Recovery Committee (LTRC)

Meeting Minutes

4.13.21

Zoom

7:00pm

1. Jim Ferrelli and Abbey Chase of the Lexington Group, the Town of Somers Employee Assistance Program provider, will share with the committee what they do and what services they provide to all eligible town employees, specifically related to the recently approved Stress Management Training and Assessment implementation.
***Jim and Abbey explained their services as it relates to the subject of mental health wellbeing.**
***Tim and Paul brought up the self- assessment as part of the training and the Lexington group indicated that while their training does not have a separate assessment component, self -assessment questions are worked in throughout the training. Their recent member newsletter also had an assessment in it. They indicated also, that they could accommodate annual mental health/stress management training for all employees, as one nominal fee will cover training for up to 1,000 employees.**
***Jeff asked about Peer Support Counselors. Somers does not currently have anyone trained. There is a cost to that program/training and could be considered as an option in the future. The Lexington group does provide the training.**
***Dave and Allison brought up the issue that few people likely know all the services that are provided through the Lexington group's Employee Assistance Program(EAP) and would be important to send consistent messaging and general knowledge to all town employees.**
***General discussion was had regarding the importance of supporting the EMS/Fire volunteers who are currently not covered under the town's EAP program. Jim had indicated that for \$1.59 a month, volunteers and their families could**

be covered under the EAP program with access to all their services.

Because most volunteers have other jobs, a survey could be done to know if they already have access to another EAP provider through their employer and whether they would be interested in the town's services. The committee is in support of including the town's volunteers having access to the town's program.

***The last discussion was related to the need for someone from the town to be in charge of accountability and compliance as it relates to essential annual training for all town employees.**

2. Review the remainder of the committee's recommendations from short term recovery report. Draft report to the Board of Selectman with regard to implementation. **Tabled**

Next meeting – **5.18.21**