



**Bravo748 Speakers Bureau**  
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## **SGT Mark DiBona (Ret.)** SPEAKER

### **Presentations**

#### **First Responder Mental Health Issues and Suicide Prevention: 60-90 minutes**

- Suicide statistics
- PTSD, PTSI, Depression and Anxiety while on the job and retirement
- Agency support and lack of support for struggling First Responders
- Peer Support
- Family Support
- Wellness and mental health strength
- Assisting and talking with a First Responder who is struggling, who is or is not asking for help
- Personal story of suicide attempts, mental health illness and his road to recovery

#### **Sworn to Silence:**

#### **An Officer's Struggles in His Personal and Professional Life: 60-90 minutes**

- Growing up in a one-parent home, living at poverty level
- Family issues nobody talked about
- Victim of child molestation - the strength to tell the molester no and stop
- Becoming a Law Enforcement Officer and feeling weak at the job
- Bullying within a Law Enforcement agency
- How to conquer the demons
- Toxic Job Environment: Know when it's time to leave and move on

#### **Leadership NOT Supervision: 60-90 minutes**

- This difference between Leadership and Supervision
- Micromanagement at its best
- Problem employees
- Career development for your employees
- Don't be afraid to say "No"
- Putting your employees' needs first, your needs second
- Positive and happy employees deliver a happy and positive product
- Motivating an unmotivated employee
- Doing the right thing