



# SPEAKERS BUREAU



## Presentation Information

Presentation Category	Safety & Wellness
Presentation Title	Supporting Our Officers: Establishing a Proactive Mental Health Wellness Program
Presentation Length	1-3 Hours
Presentation Objective	<p>Providing law enforcement leaders with the benefits of establishing a proactive mental health wellness program which includes regular wellness checks for their officers with a licensed counselor.</p> <p>Discussing lessons learned from already established mental health wellness program.</p>
Presentation Description	<p>As law enforcement leaders, we know our greatest assets are our officers. Are we doing enough to support them during a career that can take a heavy toll on their lives?</p> <p>This presentation is focused on the benefits, challenges, and logistics of establishing a proactive mental health wellness program that includes regular wellness checks for officers. By establishing and implementing a program which provides our officers a way to manage not only the stress of the job, but the stress of life in general, we're able to increase their likelihood of a successful and healthy career. We will discuss lessons learned and goals achieved in a well-established wellness program.</p>
Speaker Name & Session	Braxton Ditty, NA Session 280
Speaker Phone Number	(717) 514-7588
Speaker Email	<a href="mailto:bditty@newberrypd.org">bditty@newberrypd.org</a>
Speaker's Biography	Lieutenant Braxton Ditty is a Central Pennsylvania law enforcement leader with over 20 years of experience in various forms of public safety including Fire, EMS, Police and Emergency

Management. Upon graduating from the police academy, Lieutenant Ditty was hired by the Newberry Township Police Department where he currently serves with the rank of Lieutenant.

Lieutenant Ditty held various ranks and assignments during his nearly 17 years with Newberry Township Police, including patrol officer, detective, patrol sergeant, and Lieutenant. He remains the agency's youngest promoted Sergeant and Lieutenant. Lieutenant Ditty received the 2013 Officer of the Year Award from the Pennsylvania Shield and Square Organization for his role in handling an armed, suicidal subject who was experiencing a mental health crisis. In 2018, Lieutenant Ditty was assigned as the Department's accreditation manager and is responsible for policy development, filing maintenance, and obtaining proofs of compliance for standards in policing. He also serves as Deputy Emergency Management Coordinator for Newberry Regional EMA.

In December 2019, he was promoted to the rank of Lieutenant, where he currently serves. Lieutenant Ditty's responsibilities include the operational oversight of both the Patrol Division and Criminal Investigations Division within the police department. Lieutenant Ditty has attended numerous police supervisory training courses during his career and is a graduate of the 280th Session of the F.B.I. National Academy in Quantico, VA. He is also the current 2nd Vice President for the FBINAA Eastern PA Chapter. Lieutenant Ditty is a certified Municipal Police Officer's Education and Training Commission (M.P.O.E.T.C.) Instructor. He has nearly 15 years of experience as a law enforcement instructor in various areas of policing, including mental health, behavior management, crisis intervention, and officer safety and wellness. Through his experiences in law enforcement leadership, Lieutenant Ditty stays committed to promoting officer wellness and advocating for mental health support for our nation's law enforcement officers.