



Laughlin AFB, Del Rio, Texas

## Airmen response to THE RESILIENCY MISSION

# The RESILIENCY MISSION

is a perfect training program for:

- |   |                      |
|---|----------------------|
| New Year Commander Calls and Safety Stand-Downs | ( JANUARY)           |
| R3SP Events and Trainings                       | ( ANNUALLY)          |
| Pre-St. Patrick's Day Events                    | ( MARCH)             |
| Sexual Assault and Prevention Month             | ( APRIL)             |
| Wingman Day or Safety Day Events                | ( MAY)               |
| Pre Memorial Day Training Events                | ( MAY)               |
| 101 Critical Days of Summer                     | (JUNE, JULY, AUGUST) |
| Pre- 4th of July Holiday Training               | ( JULY)              |
| Suicide Prevention Month                        | (SEPTEMBER)          |
| Domestic Violence & Abuse Month                 | ( OCTOBER)           |
| Pre-Thanksgiving Holiday Break Training         | ( NOVEMBER)          |
| Drunk, Drugged and Driving Month Events         | ( DECEMBER)          |
| Pre- Christmas and Holiday Break                | ( DECEMBER)          |

# BERNIE

## McGrenahan



Delivered to over  
100 military bases  
world-wide!

AN ENTERTAINING AND POWERFUL TRAINING PROGRAM  
**THE RESILIENCY MISSION**

For Booking Info: 702.362.3300 [www.TheResiliencyMission.com](http://www.TheResiliencyMission.com)



# The RESILIENCY MISSION

is a one-hour training program which opens with a clean professional comedy show and ends with a powerful personal testimony targeted at preventing high-risk and destructive behaviors. Our goal is to keep service members resilient, healthy and mentally fit for duty by providing tools and resources to combat stress and challenge. *Alcohol (substance abuse), DUI prevention and suicide prevention are the programs main targets. This includes Safety, Respect and Bystander Intervention.*

\* Sexual assault, domestic violence and abuse training segments available upon request



## The RESILIENCY MISSION winning formula:

**\*30-minutes of laughter followed by 30-minutes of training!**

Bernie is the pioneer of this successful combination. It is no secret that alcohol and substance abuse, DUI prevention and suicide prevention topics are not attractive subjects to an audience. Laughter, on the other hand, is! Bernie opens 'The Resiliency Mission' with thirty-minutes of professional, clean stand-up comedy. This relaxes the audience and cracks the door of 'educational willingness' open. Once a relationship is formed with the audience, Bernie then flawlessly segues into the training segment of the program. His testimony is powerful and compelling. Resilience helped Bernie overcome growing up in a home where domestic and violence abuse was present. Years later Bernie's three DUI arrests and the suicide of his 19-year old brother Scott would again test his mental stability and stress coping skills. After years of self-destructive behavior Bernie turned to mental health resources and chaplains for professional support. The result: Bernie is now thirty years clean and sober, happy, healthy and one of the most requested resiliency speakers in the world.



**Delivered to over 100 military bases world-wide!**

**Leaders, Personnel and Departments who have hired Bernie:**

### ARMY



Garrison Commanders, Generals and Colonels  
Alcohol and Substance Abuse Program (ASAP)  
Suicide Prevention Coordinator (SPC)  
Risk Reduction Coordinator (RRC)  
Army Community Services (ACS)  
Family Advocacy Program (FAP)  
Sexual Assault Response Coordinator (SARC)  
Victim Advocacy (VA)  
Resiliency Center - Vogel  
Chaplains

### AIR FORCE



Wing Commanders  
Vice Commanders  
Safety Chief (Ground, Occupational and Air Mobility)  
Community Support Coordinator  
Community Programs Specialists  
Sexual Assault Response Coordinator (SARC)  
Alcohol and Drug Abuse Treatment (ADAPT)

### NAVY



Fleet Resilience Training Coordinator  
Fleet Suicide Prevention Coordinator  
Navy Alcohol and Drug Abuse Program (NADAP)  
Drug and Alcohol Program Advisors (DAPA)  
Fleet and Family Services  
Fleet Alcohol and Drug Control Officer  
Chaplains

### MARINES



Prevention Specialist  
Prevention Analyst  
Embedded Prevention Behavioral Health Capability  
Training Specialist

**Contact THE RESILIENCY MISSION to present at your ANNUAL DEPARTMENT CONFERENCE**

*\*Reduced Fee Available*

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