



City of Marco Island

City Council Vacancy Application

29 Questions

Your Name

1) Last Name *

Blonna

2) First Name *

Richard

3) Middle Name

Address

4) Number and Street *

1541 San Marco Road

5) Apt. Number

6) City *

Marco Island

7) State *

Florida

8) Zip *

34145

Phone Numbers

9) Home

239 970 6114

10) Cell

908 334 2543

11) Business

12) Email Address *

drrichblonna@gmail.com

13) Organization *

City Council

Other

Current Background

14) How long have you been a resident on Marco Island? *

Less than 1 year

1-2 Years

3-4 Years

4-5 Years

5-10 Years

10-15 Years

More than 15 Years

15) Are you a qualified elector of the City? *

Yes

No

16) Have you previously served on the City Council for more than eight [8] years? *

Yes

No

17) Have you ever been convicted or found guilty of a criminal offense (any level felony or first degree misdemeanor only)? *

Yes

No

18) Would you (or any organizations with which you are affiliated) potentially benefit on a personal level from decisions or recommendations made by this board? *

Yes

No

19) Do you currently hold public office? *

Yes

No

20) Do you now serve, or have you ever served on a Collier County or City of Marco Island board or committee? *

Yes

No

Current Qualifications

21) Please list your community activities and positions held (Example: Civic clubs, neighborhood associations, etc.): *

Former Marco Island City Councilor

22) Why do you want to serve on the City Council? *

I love the City and loved the job when I was a City Councilor. I'd like to continue the good work I did when I sat on the City Council.

23) What issues do you think should be addressed by the City Council? *

Maintaining/upgrading critical infrastructure, preserving more open space, restoring the integrity of our canal water, keeping spending under control.

24) Resume

Curriculum Vitae

Dr. Richard Blonna
1541 San Marco Road
Marco Island, Florida, 34145

Education

5/86	Edd Health Education/ Health Counseling	Temple University Philadelphia, PA
6/76	MA Education/Counseling	Seton Hall University South Orange, NJ
1/73	BS Psychology	William Paterson University Wayne, NJ

Work Experience

'20-24	City Councilor	Marco Island City Council Marco Island, FL
'13 - 23	President	Dr Rich Blonna LLC Marco Island, Florida
'86 - '14	Professor Emeritus	William Paterson University Wayne, NJ
'90 - '13	President	RJ Health Consultants Hillsborough, NJ
'96 - '02	Adjunct Professor	Thomas Edison College Trenton, NJ
'86 - '96	Lecturer	Newark STD/HIV Prevention Education Training Center Newark, NJ
'82 - '86	Instructor	Temple Philadelphia, PA
'84 - '86	Public Health Education Consultant	New Jersey State Dept. of Health
'76 - '84	Public Health Field Supervisor	New Jersey State Dept. of Health
'73 - '76	Public Health Field	New Jersey State Dept.

Investigator of Health

Certifications/Licenses (all in retired status)

- '11- present Board Certified Coach (BCC)
- '07- present Distance Certified Counselor (DCC)
- '07- present National Certified Counselor (NCC)
- '89 - present Certified Health Education Specialist (CHES)

Professional Association Memberships

Association for Contextual and Behavioral Science

ToDo Institute

Honors/Awards

- '05 Who's Who Among America's Teachers (awarded for teaching excellence)
- '00 Who's Who Among America's Teachers (awarded for teaching excellence)
- '94 Who's Who Among America's Teachers (awarded for teaching excellence)
- '90 WPC Merit Award Recipient

Scholarly Achievements (Publications: Textbooks)

- '17 Blonna R., Carter, L. (2017). Healthy Sexuality 4th Edition. DuBuque Iowa: Kendall Hunt Publishing
- '12 Blonna R. (2012). Coping With Stress in a Changing World.5th^d. Edition St. Louis: McGraw Hill Publishing.
- '11 Blonna R., LoSchiavo, J., Watter D. (2011). Health Counseling: A MicroSkills Approach 2nd Ed. Sudbury Mass: Jones & Bartlett Publishing
- '09 Blonna R., Carter, L, Levitan J. (2009). Healthy Sexuality Edition. DuBuque Iowa: Kendall Hunt Publishing
- '07 Blonna R. (2007). Coping With Stress in a Changing World.4th^d. Edition St. Louis: McGraw Hill Publishing.

- '05 Blonna R., Levitan J. (2005). *Healthy Sexuality*. Belmont Ca: Thomson/Wadsworth Publishing
- '05 Blonna R., Watter D. (2005). *Health Counseling: A MicroSkills Approach*. Sudbury Mass: Jones & Bartlett Publishing
- '05 Blonna, R. (2005). *Instructor's Guide: Coping With Stress in a Changing World 2nd Edition*. St. Louis: Mosby-YearBook.
- '05 Blonna R. (2005). *Instructor's Guide for Health Counseling: A MicroSkills Approach*. Sudbury Mass: Jones & Bartlett Publishing
- '00 Blonna R. (2000). *Issues in Human Sexuality*. Englewood Co: Morton Publishing.
- '98 Blonna, R. (1998). *Instructor's Guide: Healthy Sexuality*. Englewood Colorado: Morton Publishers.

Scholarly Achievements (Publications: Other Books)

- '25 Blonna R. (2025). *Paddling Marco Island at Sunrise*. IngramSpark Publishing, LaVergne; Tenn.
- '25 Blonna R. (2025). *Paddle, Run, Bike Marco Island at Sunrise*. IngramSpark Publishing, LaVergne: Tenn.
- '19 Blonna R. (2019). *Sunrise Meditations on Marco Island*. IngramSpark Publishing LaVergne: Tenn.
- '19 Blonna R. (2019). *Sexual Mindfulness*. Apocryphille Press: Oakland : CA.
- '14 Blonna R. (2014). *Conquer your stress with the Five R's*. Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Rethink; Conquering your stress by changing the way you think about it*. Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Relax; Conquering your stress by relaxing and short-circuiting the stress response*. Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Release; Using physical activity and orgasm to conquer your stress* . Kindle Edition. Amazon.com
- '14 Blonna R. (2014). *Reduce; Conquer your stress by turning your stressors into challenges*. Kindle Edition. Amazon.com

- '14 Blonna R. (2014). *Reorganize; Using hardy health habits to conquer your stress.* Kindle Edition. Amazon.com
- '12 Blonna R. (2012). *Sex-ACT: Unleash the Power of Your Sexual Mind with Acceptance and Commitment Therapy to.* Bedford, IN: NorLightsPress.com
- '11 Blonna R. (2011). *Maximize Your Coaching Effectiveness With Acceptance and Commitment Therapy.* San Francisco: New Harbinger Press
- '10 Blonna R. (2010). *Stress Less, Live More: Using Acceptance and Commitment Therapy to Live a Busy Yet Balanced Life.* San Francisco: New Harbinger Press
- '06 Blonna R.(2006). *Seven Weeks to Conquering Your Stress.* Charleston SC: BookSurge Publishing

Scholarly Achievements (Publications: Book Chapters)

- '18 Blonna, R. , Antiss, T. (2018). *Acceptance Commitment Therapy (ACT) -Based Coaching .* In English, S., Sabatine, J., Browell, P., (Eds). *Professional Coaching; Principles and Practices.* New York: Springer Publishing.
- '14 Blonna, R. (2014). *An Acceptance Commitment Therapy Approach to Sexual Attraction.* In Luca, M (Ed). *Sexual Attraction in Therapy: Clinical Perspectives on Moving Beyond the Taboo - A Guide for Training and Practice.* London: John C. Wiley Publishing.
- '14 Blonna, R., Antiss, T. (2014). *Acceptance and Commitment Coaching.* in Passmore, J. Ed. (2014). *Mastery in Coaching :A Complete Psychological Toolkit for Advanced Coaching.* London: Kogan Page Publishing.
- '13 Blonna R (2013). *Getting a Line on Online Teaching.* in 2013. *Tools of the Trade, Volume 3* SOPHE eBook. Washington DC, SOPHE.

Scholarly Achievements (Publications: Refereed Articles)

- '07 Blonna R (2007). *Getting a Line on Online Teaching.* *Health Promotion Practice*, Vol 8, (4) Oct. 2007, 317-320.
- '07 Blonna R (2007). *Make Your Class of the Web, Rather than on The Web.* *The Reporter*, (78) 1, Summer 2007, pp 17-22.
- '07 Blonna R (2007). *Stressors.* in *Encyclopedia of Social Problems*, edited by Parillo, V. Thousand Oaks , CA. Sage.
- '07 Blonna R (2007). *Sexually Transmitted Diseases.* in *Encyclopedia of Social Problems*, edited by Parillo, V. Thousand Oaks , CA. Sage.

- '01 Blonna R., Shapiro P. (2000). Teaching at a Distance. Health Promotion Practice. 2(3), July.
- '98 Blonna R. (1998) A. Wellness Model of Stress & Coping. The Reporter (Fall)
- '91 Blonna R, Hayden J, Milcetic J. (1991). The relationship between AIDS knowledge, AIDS fear, and condom use among college students. AJCollege Health.15(2) , 1991
- '91 Blonna R, Broadbent L, King P. (1991). Developing a Marketing plan for NJSOPHE. Health Education Quarterly. 18 (2), 191-194.
- '90 Blonna R, McNally K, Grasso C. (1990). Intermediary marketing of family planning `services in NJ. Journal of Healthcare Marketing. 10 (1), 53-55.
- '89 Blonna R, Legos P. Burlak P. (1989).The effects of an STD patient counseling program on compliance with medication taking and return for follow-up. Journal of Sexually Transmitted Disease. 16(4).

Scholarly Achievements (Publications: Non-refereed Articles & Reviews)

- '07 Blonna R (2007). Coping With Stress Using the Five R's. Men's Exercise (3) September, 2007, pp56 - 59.
- '06 Blonna R (2006). Stress and the Pace of Life. Thirty Thousand Days, Vol. 13 (1) Fall 2006. ToDo Institute. Monkton: Vermont
- '04 Blonna R (2004). (Book Review; Chapter 4). (2004). Your Health Today. St Louis: McGraw -Hill. Reviewed chapter on Stress.
- '00 Blonna, R (2000). Students appear more willing to discuss personal-health issues on-line. Chronicle of Higher Education (on-line version, 10/13/2000).
- '96 Blonna R (1996). (Book Review; Chapter 21).Thibodeau, G., Patton K. (1996). Anatomy & Physiology. St Louis: Mosby-YearBook. Reviewed chapter on sexual anatomy & physiology .
- '96 Blonna R (1996). (Book Review; Chapters 27 & 28).Seely R., Stephens T.D., Tate P. (1996). Anatomy & Physiology. St. Louis: Mosby-YearBook. Reviewed chapters on male and female sexual anatomy & physiology
- '95 Blonna R. (1995). A Wellness Model of Stress. Mosby's Health Exchange, (Fall) pp 1-4.

- '90 Blonna R. (1990). Just Say No: Imperfect & Imprecise. Family Life Matters, (Spring) pp 1-4.
- '89 Blonna R. (1989). A Critical Review of the Methodological Issues in Research on Stress & Genital Herpes. Wayne, NJ. Published Conference Proceedings, An Adaptation Approach to Stress/Coping.
- '88 Blonna R. (1988). The Condom; A Contraceptive Whose Time has Come, Again. Men's Reproductive Health, (2) 2, pg 1.

Scholarly Achievements (Productions)

- '24 Blonna R (2025) Sexual Mindfulness, Sexual Enhancement CD, Marco Island FL, <https://music.apple.com/us/album/sexual-mindfulness/1270026121>
- '06 Blonna R (2006). Seven Weeks to Conquering Your Stress. Relaxation CD. Hillsborough NJ: RJ Health Consultants.
- '05 Blonna R (2005). Choosing Community Health 2ND ED. Wayne, NJ: WPU Media Services (videotape) [produced and narrated]
- '03 Blonna R (2003). Choosing Community Health . Wayne NJ: WPU Media Services (videotape) [produced and narrated]
- '03 Blonna R (2003). Orientation to Online Learning. Wayne NJ: WPU Media Services (videotape)[produced and acted in]
- '96 Blonna R. (1996). Relaxation Techniques for Effective Stress Management. St. Louis: Mosby-YearBook (audiotape)[wrote script]
- '89 Blonna R. (1989). Introduction to Your Internship. Wayne NJ: William Paterson College TV Studio (videotape)

Scholarly Achievements (Juried Presentations)

- '12 Blonna R (2012). 3 Presentations; Maximize Your Coaching Effectiveness with ACT, Sex-ACT- Unleash the Power of your Sexual Mind With ACT, Ignite: Sex ACT.10th World Conference of the Association for Contextual and Behavioral Science. Washington, DC.
- '12 Blonna R (2012). Managing Stress Using Naikan and Morita Therapy. Thirty Thousand Days; The Time of Your Life. 1st World Meeting of the ToDo Institute. Burlington, VT.
- '10 Blonna R (2010). ACT & Stress Workshop. ACT ; 6th Annual Summer Symposium for the Association for Contextual and Behavioral Psychology (ACBS). Reno, Nevada.

- '08 Blonna R (2008). ACT on Managing Your Stress. ACT IV; 4th Annual Summer Symposium for the Association for Contextual and behavioral Psychology (ACBS). Chicago, Illinois.
- '05 Blonna R (2005). Health Counseling; A MicroSkills Approach. Annual Mid-Year Scientific Meeting, National SOPHE and Society for Behavioral Medicine. Boston MA., 4/16/05.
- '05 Blonna R. (2005). Coping With Stress in a Changing World; Challenge and Psyching in Sport. Annual Meeting, NJAAHPERD, 3/06/05.
- '03 Blonna R. (2003) Using Small Group Instruction to teach online. Presented at the Annual National Meeting of the American Public Health Association. Philadelphia PA (11/12/03).
- '03 Blonna R. Teaching Health Online; A three hour workshop for faculty. Presented at the Annual National Meeting of the Society For Public Health Education. Philadelphia PA. (11/11/2003)
- '96 Blonna, R. (1996).The Effects of Faith, Spirituality & Religiosity on Coping With Stress. Research paper presented at the 71st. Annual Convention of The Eastern District of the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD). Stamford, CT. 3/21/96
- '95 Blonna, R. (1995).A Pyramid of Risk for STD/HIV. Paper presented at the 70th. Annual Eastern District AAHPERD Conference. Springfield, Mass. 3/4/95
- '93 Blonna, R. (1993). Stress Management Classroom Strategies K-12 Annual Meeting of the New Jersey Education Association. Atlantic City, NJ. 11/4/93
- '88 Blonna, R. (1988). Using Socio-Marketing to Increase Awareness of Family Planning Services. 16th. Annual Meeting of the National Family Planning & Reproductive Health Association. Washington, DC. 3/2/88
- '87 Blonna, R. (1987). Using Public Service Advertising to Increase Awareness of Family Planning Services. 115th. Annual Meeting of the American Public Health Association. New Orleans, LA. 10/22/87
- '86 Blonna, R. (1986). Increasing Male Involvement in Family Planning. Keynote speaker at New Jersey State Health Department Annual Meeting. Atlantic City, NJ. 9/19/86.

Scholarly Achievements (Invited Lectures)

- '08 Blonna R (2008). Healthy Sex Concerns. Berkeley College, West Paterson NJ.

- '06 Blonna R (2006). Seven Weeks to Conquering Your Stress. Paper Presented at Hillsborough Public Library, Hillsborough NJ 11/06.
- '95 Blonna, R. (1995). Conducting Focus Group Research. Paper presented for the Somerset/Hunterdon County AIDS Consortium. Flemington, NJ. 8/3/95
- '95 Blonna, R. (1995). Conducting HIV Focus Groups. Paper Presented for the New Jersey State Department of Health. Trenton, NJ. 3/23/95
- '91 Blonna, R. (1991). Health Education Update. Paper Presented at statewide NJ SOPHE meeting. Montclair, NJ. 12/11/91.
- '91 Blonna, R. (1991). Getting Your First Job in Public Health. Lecture Presented to New Jersey SOPHE. New Brunswick, NJ. 3/22/91
- '90 Blonna, R. (1990). Men's Sexuality; Implications for Health Education. 41st Annual Meeting. Society for Public Health Education. New York City, NY. 10/5/90
- '89 Blonna, R. (1989). Socio-Marketing in Community Health. Paper presented at annual NJ SOPHE Meeting. Montclair, NJ. 6/8/89
- '89 Blonna, R. (1989). STD Risk Assessment. Lecture presented at the Newark STD Training Center. Newark, NJ. 5/1/89
- '89 Blonna, R. (1989). AIDS Epidemiology. Paper presented to the NJ Family Life Education Network. Newark, NJ. 3/16/89
- '88 Blonna, R. (1988). Sexuality & STD Risk. Lecture presented at the Newark STD Training Center. Newark, NJ. 12/5/88.
- '88 Blonna, R. (1988). STD Epidemiology Update. Paper presented to the Robert Wood Johnson Medical School staff. New Brunswick, NJ. 11/21/88.
- '88 Blonna, R. (1988). Sexuality & STD Risk. Lecture presented at the Newark STD Training Center. Newark, NJ. 11/18/88
- '88 Blonna, R. (1988). STD Patient Counseling. Lecture presented at the Newark STD Training Center. Newark, NJ. 10/18/88.
- '88 Blonna, R. (1988). AIDS Epidemiology. Paper presented to the New Jersey Family Life Education Network, Sewell, NJ. 9/29/88.
- '88 Blonna, R. (1988). AIDS Epidemiology. Paper presented to the New Jersey Family Life Education Network, Newark, NJ. 7/7/88

- '88 Blonna, R. (1988).AIDS Epidemiology. Paper presented to the New Jersey Family Life Education Network, Newark, NJ. 5/5/88
- '88 Blonna, R. (1988).Sex, Drugs & AIDS. Lecture presented at the statewide Drug-free Schools Conference. So. Orange, NJ. 4/27/88.
- '88 Blonna, R. (1988). Eroticizing Condom Use & Safer Sex. Workshop presented at Rutgers University Safe Sex Week. New Brunswick, NJ. 4/13/88.
- '88 Blonna, R. (1988).Stress Management for Human Service Workers. Lecture presented for the New Jersey Division of Youth & Family Services. Paterson, NJ. 2/29/88.
- '87 Blonna, R. (1987).STD/AIDS Prevention. Paper presented to students at Rutgers University. Newark, NJ. 10/28/87.
- '87 Blonna, R. (1987).Credentialing & You. Paper presented at NJ SOPHE Statewide meeting. Princeton, NJ. 10/23/87.
- '87 Blonna, R. (1987).Human Sexuality & STD Risk. Lecture presented at the Newark STD Training Center. Newark, NJ. 10/20/87.
- '87 Blonna, R. (1987).STD/HIV Prevention. Workshop presented at the Somerset County Youth Shelter. Bridgewater, NJ. 10/6/87.
- '87 Blonna, R. (1987).AIDS Prevention. Lecture presented to the Board of Trustees for the Somerset Family Planning Services. Somerville, NJ. 9/8/87.
- '87 Blonna, R. (1987).Human Sexuality & STD Risk. Lecture presented at the Newark STD Training Center, Newark, NJ. 8/21/87.
- '87 Blonna, R. (1987).STD/AIDS Prevention. Workshop on STD/HIV prevention for central Jersey public school teachers. Parlin, NJ. 8/18/87.
- '87 Blonna, R. (1987).Condoms & Safe Sex. Workshop presented at Close Encounters of the Sexual Kind; Safe Sex Week. Rutgers University. New Brunswick, NJ. 4/17/87
- '87 Blonna, R. (1986).Human Sexuality & STD Risk. Paper presented at the Newark STD Training Center. Newark, NJ 10/24/86.
- '86 Blonna, R. (1986).Maximizing Compliance with Family Planning. Workshop presented to family planning educators from the Northeastern United States of America. Mt. Snow, VT.9/25-9/26/86.

Professional Development

- 07/12 10th World Conference of the Association for Contextual and Behavioral Science. Washington, DC.
- 08/12 Thirty Thousand Days; The Time of Your Life. 1st World Meeting of the ToDo Institute. Burlington, VT.
- 06/10 ACT VI; 6th Annual Summer Symposium for the Association for Contextual and Behavioral Psychology (ACBS). Reno, Nevada.
- 06/09 NJ SOPHE Mid-Year Meeting. Bridgewater , NJ.
- 05/09 National SOPHE Mid-Year Meeting. New Orleans LA
- 03/09 American Counseling Association Annual Meeting. Charlotte NC
- 10/08 Certified Professional Coach (CPC) Certification Training. GROW Training Institute, San Diego California.
- 07/08 Certified Hypnotherapist Certification Training. PeachTree Associates, Atlanta Georgia.
- 05/08 ACT IV; 4th Annual Summer Symposium for the Association for Contextual and behavioral Psychology (ACBS). Chicago, Illinois.
- 05/08 NJ SOPHE Mid-Year Meeting. Bridgewater , NJ.
- 03/08 American Counseling Association Annual meeting, Honolulu, Hawaii.
- 01/08 Acceptance & Commitment Therapy (ACT) Training. Togus VA Hospital, Maine (at –a-distance)
- 12/07 NJ SOPHE Annual Meeting. William Paterson University, Wayne NJ
- 03/06 Distance Counseling Credential Training. NBCC/ReadyMinds Associates. Worcester Mass.
- 04/05 54th Mid-Year Scientific Meeting, Society for Public Health Education, Boston, MA.
- 11/04 54th Annual Meeting, Society for Public Health Education, Washington, DC
- 11/04 Constructive Living Online Course. ToDo Institute; Monkton Vermont
Month-long Constructive Living Japanese Psychotherapy Workshop.
- 10/04 BlackBoard Institute. Five Week Online BlackBoard Course. William Paterson University.

- 04/03 77th. Annual Meeting, American Association of Health, Physical Education, Recreation & Dance, Philadelphia, PA
- 10/02 53rd Annual Meeting, Society for Public Health Education, Philadelphia, PA
- 10/02 130th Annual Meeting, American Public Health Association, Philadelphia, PA
- 12/01 Annual Meeting, American Federation of Teachers; Information technology Conference, Washington, DC.
- 11/00 128th Annual Meeting, American Public Health Association, Boston, Mass
- 11/00 51st. Annual Meeting, Society for Public Health Education, Boston, Mass.
- 03/99 WebMaster Training, WPU IRT Department
- 11/98 126th Annual Meeting, American Public Health Association, Washington, DC
- 11/98 49th Annual Meeting, Society for Public Health Education, Washington, DC
- 03/97 71st Annual Meeting, Eastern District, American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Burlington, VT.
- 11/96 124th Annual Meeting, American Public Health Association (APHA), New York, NY.
- 03/96 70th. Annual Meeting, Eastern District, American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). Stamford CT.
- 03/95 69th. Annual Meeting AAHPERD. Springfield Mass.
- 11/94 National Meeting, American Public Health Association, Washington, DC
- 04/93 67th. Annual Meeting. AAHPERD. Washington, DC.
- 11/92 43rd. Annual Meeting. SOPHE. Washington, DC.
- 11/92 120th. Annual Meeting, APHA. Washington, DC .
- 10/90 118th. Annual Meeting, APHA. Chicago, Ill..
- 11/87 115th. Annual Meeting, APHA. New Orleans, La.