John Roma began his law enforcement career in 2000, serving first as a reserve officer for Old Orchard Beach and then as a reserve deputy for the Cumberland County Sheriff's Office. He was hired full time by the Brunswick Police Department in 2004. Since that time, he has served in several roles, including Field Training Officer, School Resource Officer at Brunswick High School and Detective. John has served as a Detective since 2017.

John is a graduate of Unity College with a Bachelor of Science degree in Environmental Sciences with an emphasis in Conservation Law Enforcement.

John is an active instructor at the Maine Criminal Justice Academy where he is a lead instructor and course manager for Impaired Driving Programs. He is frequently asked to conduct trainings at local schools, medical facilities and Bowdoin College on drug impairment.