



Injured Officer: Life & Relationships After A Critical Incident

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Day One
(PM)

Scott and Liz Brown



DEPUTY DANNY OLIVER #714

E.O.W. 10-24-2014



Sacramento County Statistics

- Population 1.589 million (2021)
- 994 square miles
- SCSO - Approximately 1,500 sworn deputies, and 2,300 including non-sworn/civilians
- Sacramento is the state capital of California.

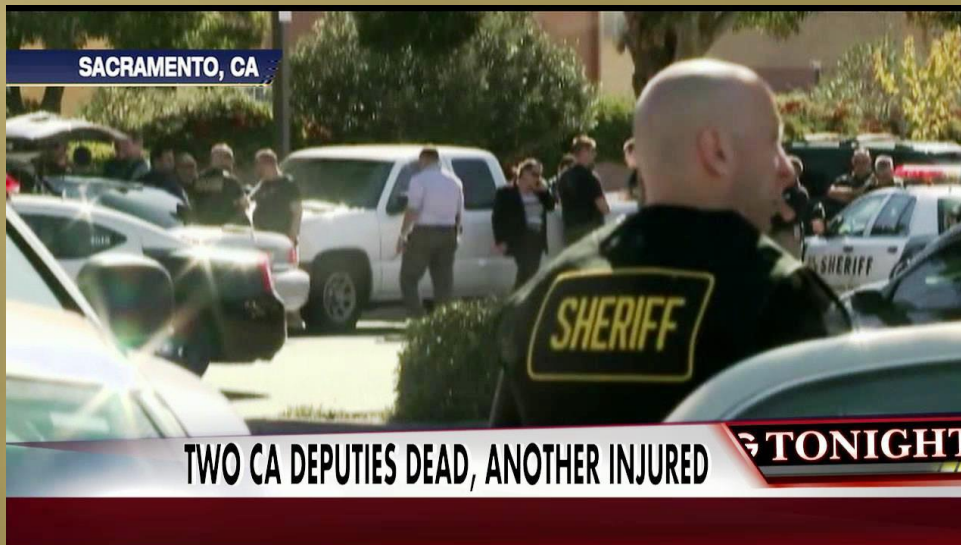


Motel 6 History

- Motel 6 was a frequent stop while on the POP team due to a high concentration of drugs, guns, and prostitution.



Ambush

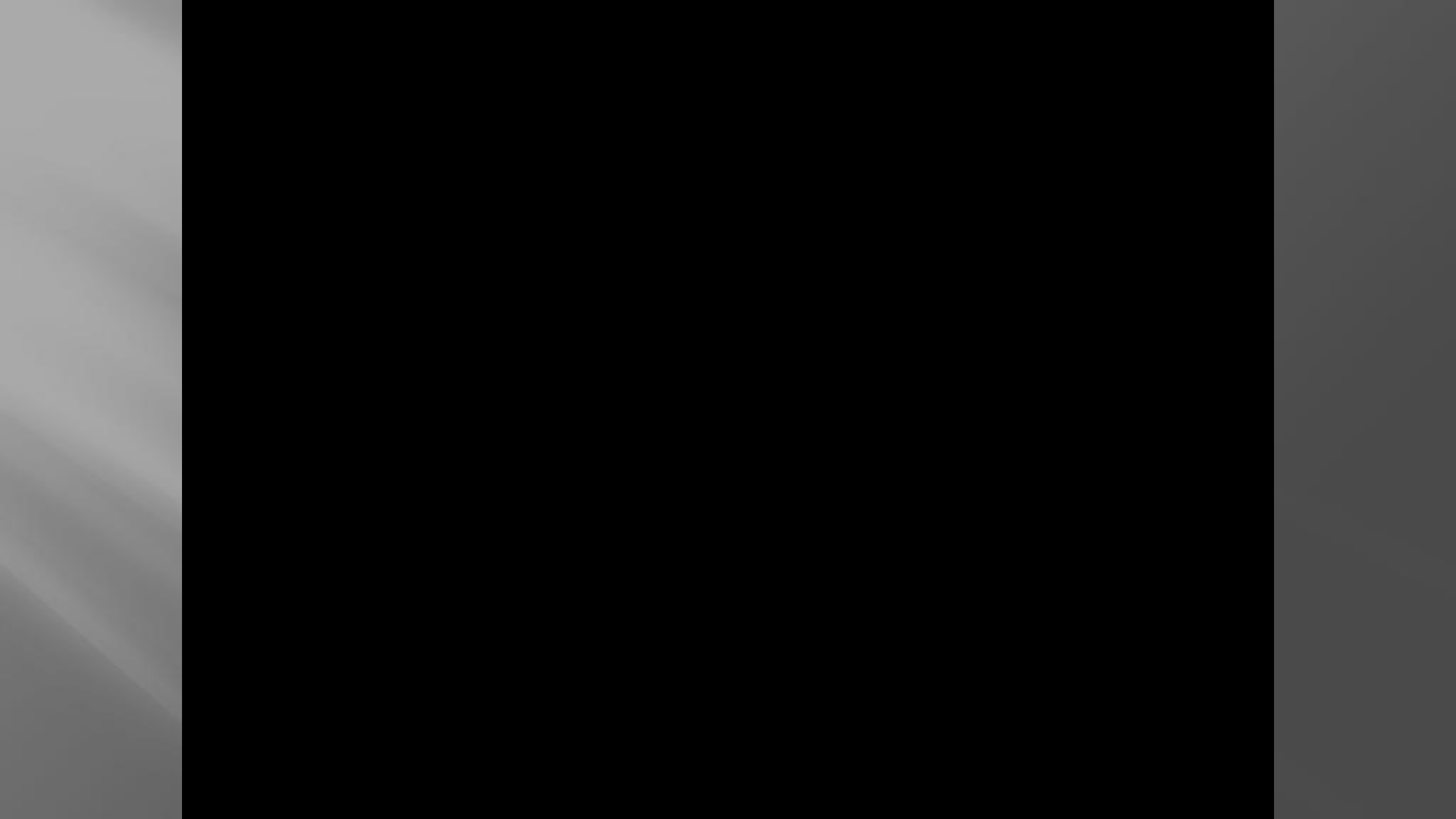


- Suspect Luis Bracamontes opened fire killing Danny
- Bracamontes fired 9 rounds at me from 10 feet (missed)
- I returned fire striking Bracamontes through his vehicle
- Bracamontes produced an AR-15 and I took cover
- Bracamontes fled scene
- Danny pronounced dead

Continued Day of Terror



- Bracamontes shoots civilian multiple times
- Bracamontes carjacks female
- Bracamontes carjacks male
- Bracamontes shoots at PCSO & takes their patrol vehicle
- Bracamontes shoots at PCSO deputies
- Detective Michael Davis is killed
- Second PCSO deputy is shot in arm
- Bracamontes taken into custody.



The Call Home

- “Scott’s physically ok, but mentally he is not”
- Ride to Centralized Investigations Division (CID)
- Pick up Susan Oliver at Airport
- Coroner’s Office



Death Penalty Trial



- Three Years till trial
- Relived shooting
- Facing killer
- Found Guilty
- Wife sentenced to life



Coping with Traumatic Incident

- Who should I talk to:
 - co-workers involved in incident
 - agency psychologist
 - clergy/ members of your church



Coping with Traumatic Incident

- Who should I talk to:
 - your family members
 - Having family members understand your situation and the emotional changes
 - Retreats
 - co-workers that have experienced similar events.
 - WCPR, SOS, COPS, PCIS and others
- THEME... TALK



Physical/Mental Trauma Response

- ❖ No TIME LIMIT
- ❖ Physical Symptoms
 - ❖ Sleepless Nights, Nightmares
 - ❖ No appetite, then too much appetite!
 - ❖ Headaches, Stomach Problems, heartburn
 - ❖ Holding breath, tense muscles, shakes
 - ❖ Fatigue, Low Energy, Low Motivation
- ❖ Secondary/Vicarious Trauma



Physical/Mental Trauma Response

- ❖ Mental /Emotional Symptoms
 - ❖Mood Swings, Anger Issues
 - ❖Depression
 - ❖Loss of short-term memory
- ❖ Spiritual Symptoms
 - ❖Faith issues / Higher Power Issues
 - ❖Confrontation of own mortality



Coping as a Spouse

- ▣ Survival Sex
- ▣ My “Give a shit” stick changed.
- ▣ Community (Church, MOPS, Book Club, Family, other Spouses)
- ▣ Mentor Couple
- ▣ “It’s Not About Me” Mentality



Coping as a Spouse

- ▣ Importance of EOW Packet
- ▣ Know your officer's partner(s)
- ▣ Accept Help (Food, cleaning, kids)
- ▣ Know the Red Flags
- ▣ Encouraging Hobbies, Time Off



Life After with a Spouse/Significant Other



- Give a little latitude, things are going to change, but not always for the worst.

- *Communication!*

- Couple's counseling
- Letter, e-mail...
- Spending time together with & without kids, leave town.
- Code words or signs



Your Children Feel it Too!

- Your kids are more aware than we give them credit for.
- They see you: Your body language, posture, when your gone....



Your Children Feel it Too!

- THE POWER OF INFORMATION. Ask them questions?
- Try to include them in functions, memorials, and anniversaries.
- Be ready for a child's honesty and innocence.



Life After Traumatic Incident

- You may never forget your incident/loss (where you were, who notified you, their words, smells, noises) but you will likely learn to cope with your feelings.



Life After Traumatic Incident



- I would encourage you to remember that you have other family members, friends and co-workers that are going through the same event as you.

Life After Traumatic Incident



- SURVIVOR'S GUILT. In time, and with help we have come to realize that the events were (unchangeable) and that God has a greater plan for me.

Life After Traumatic Incident

- Your family and friends rely on you being healthy (mentally and physically).
- You carry out your life in a positive way that represents the lifestyle of your fallen hero!
- Help others on their first steps of the same terrible road you found yourself on earlier.



Life After Traumatic Incident

- BE OPEN to Suggestions... therapist, EMDR, brain spotting, writing in a journal, retreats, meditation...get out of your comfort zone.



- Helping others in turn helps you heal!

Resources

- ▣ Concerns of Police Survivors
- ▣ The Wounded Blue
- ▣ Deputy Sheriff's Association
- ▣ Chaplains/Peer Support
- ▣ Spouse/ Family Association
- ▣ Employee Resource Officer
- ▣ Local LEO Competent Counselor

Count Your Blessings!



Contact Information

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