
What Some Cops Are Saying As They Transition Back From The War Zone?

- *“I feel like things at home have changed.”*
- *“I feel like I have changed.”*
- *“I wrestle with irritability, anger and rage”*
- *“I feel kind of emotionally numb.”*
- *“I have a hard time concentrating.”*
- *“I have had a tough time sleeping.... sometimes I have nightmares.”*
- *“I feel depressed sometimes.”*
- *“I find that I am drinking more.”*
- *“I find that I blame myself and feel guilty in some way.”*
- *“I know sometimes returning soldiers feel suicidal or they wonder if they have PTSD.”*

What Are Some Cop Families Saying When Their Officer Returns From Deployment?

- *“ I’m scared my spouse has changed.”*
- *“My kids are acting different and I am worried.”*
- *“I feel angry at my spouse for leaving me with all the problems and then complaining about how I handled them.”*
- *“I know my spouse had a tough time, but it was tough for me too!”*
- *“We fight over little things that never used to bother us.”*
- *“I feel like we have withdrawn from each other, our connection is gone.”*
- *“I’m scared my spouse will have to leave again and I don’t know if I can take it.”*
- *“I’ve grown a lot since my spouse has been gone and the new me is not going over real well.”*

08LE6323 Peer Support

Emergency Contact Numbers

SLED Headquarters

Front Desk: 803-737-9000
O.D. Quarters: 803-896-7000 (24/7/365)

Coordinator of Post Deployment Peer Support Team

J. Eric Skidmore
South Carolina Law Enforcement Assistance Program
2501 Heyward Street
Columbia, SC 29205
Work: 803-252-2664
Cell: 803-206-8961
Fax: 803-252-2841
E-mail: ericskid@scleap.org

Emergency: Call SLED O.D. Quarters Listed Above

Assistant Coordinator

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South Carolina Law Enforcement Assistance Program
2501 Heyward Street
Columbia, SC 29205
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About SCLEAP

SCLEAP is a partnership between SLED, SCDPS, SCDPPPS and SCDNR. It provides critical incident stress management services and chaplaincy services to officers and staff of member agencies. Local law enforcement is assisted upon request. (See Web site above.)

Post Deployment Peer Support Team for

South Carolina Law Enforcement Officers and Their Families



“Support on the home front for the soldier, regardless of ethical and political disagreements over the war itself, is essential.”

Achilles in Vietnam
Dr. Jonathon Shay, M.D., PhD.



South Carolina Law Enforcement Assistance Program

803-252-2664 (Business)
803-896-7000 (Emergency)

Why Do Police Officers Benefit From A Post-Deployment Peer Support Program?

Police officers who are deployed to the war zones are just like everyone else. Many experience issues related to separation from family members and loved ones. Some suffer reactions to stress on the battlefield or stress from simply living in the war zone. Others find it difficult to make the transition back to work, family and personal life.

The difference between the average citizen and the police officer lies in the fact that upon return to the civilian world, the officer continues to carry a weapon everyday, they continue to confront hostile forces each day they are on the job and they continue to run the risk of exposure to highly toxic critical incidents.

Through a volunteer cadre of SC Law Enforcement Officers who are also combat veterans, we now have a Post Deployment Peer Support Team. The mission of this team is to support fellow South Carolina cops as they make the transition from the war zone to the local law enforcement agency.

What Is The Scope Of Services Provided By The Post-Deployment Peer Support Team?

I. Post-Deployment Debriefing

Based on the work of the International Critical Incident Stress Foundation, the Post-Deployment Debriefing provides a peer-based group process led by other cops who are also combat veterans. In a 2-3 hour discussion, officers share their experience from the war zone, learn from each other and normalize their reactions. A law enforcement mental health professional provides essential teaching to assist in the transition process. These debriefings are held at least quarterly and sometimes more often. A debriefing may be initiated simply by calling the SCLEAP Offices. (See contact information on reverse side.)

II. One-on-One Peer Support

Using the skills of active/reflective listening and basic crisis intervention techniques, one-on-one support of one law enforcement officer by another officer is often our first line of defense in helping cops get back on the road. In these one-on-one encounters, a police officer can confidentially reach out for resources and support. The peer team member can provide any number of resources, including but not limited to: liaison, advocacy, cathartic ventilation, social support, information, stress management suggestions, problem-solving techniques, cognitive reframing, spiritual support and referral for further assistance.

III. Post-Deployment Seminar (PDS)

The PDS is a model which has been in use by the Federal Bureau of Investigation since the early 1980's. Using an alliance of Peers, Mental Health Professionals and Chaplains, the PDS provides a 3-day seminar format where officers find healing and a sense of resiliency as they work on war zone reactions and transitional issues in the presence of other cops who have traveled the same path. Officers are encouraged to bring their spouse (or significant other) to the seminar.

IV. Referral for Further Services

Neither the Post-Deployment Debriefing, nor one-on-one peer support nor Post-Deployment Seminars could be described as traditional psychotherapy. Nor are they a substitute for psychotherapy. Consistent with the best practices in the mental health field, the Post-Deployment Peer Support Team can help officers get in touch with mental health resources in their area of the state. Issues such as clinical depression, marriage and family conflict, PTSD, alcoholism and a host of other maladies related to deployment can often show improvement if worked on with a licensed mental health practitioner.



Who Can I Call Today?

Peer Team Representatives (Sworn Officers)*

- Tommy Dotson – SCHP (Greenville County)
Tdotson2340@bellsouth.net
Cell: 864-230-6357
- Charles Boone - Columbia F.D.
bfireboone@aol.com
Cell: 803-318-4153
- Darren Wilson - SCHP
dgwilson@schp.org
Cell: 803-609-8385
- Greg Gaskins - STP
GregGaskins@scdps.net
Cell: 803-206-6560
- Naomi Broughton – Charleston PD
Nbroughton2001@yahoo.com
Cell: 843-556-4256

Military Spouse Peer Support

- Debbie Graham – Spouse of SLED Agent/Iraq Contact
palmettoeap@truvista.net
Cell 803-374-0277

Alcohol Abuse Program for Police Officers

- Ricky Grubbs – SCHP
RDG2316@aol.com
Cell: 803-360-8005

Mental Health Contact/Referral

- S.A. Andy Gruler, LISW
U.S. Secret Service (Ret.)
agruler@mindspring.com
Cell: 864-901-0158

SC National Guard Chaplain Contact

- Chaplain Steve Shugart – Iraq Veteran/SCANG
Steven.shugart@us.army.mil
Cell: 803-667-2750

VA Hospital Contact Person

- Faela Maney, LISW – Veterans Administration
Faela.maney@med.va.gov
Work: 803-776-4000 ex.7303

*Full Listing of Peer Team Available Upon Request to ericskid@scleap.org