

Veterans
&
the Criminal Justice System

*Risky Behaviors of
Returning Combat Veterans*

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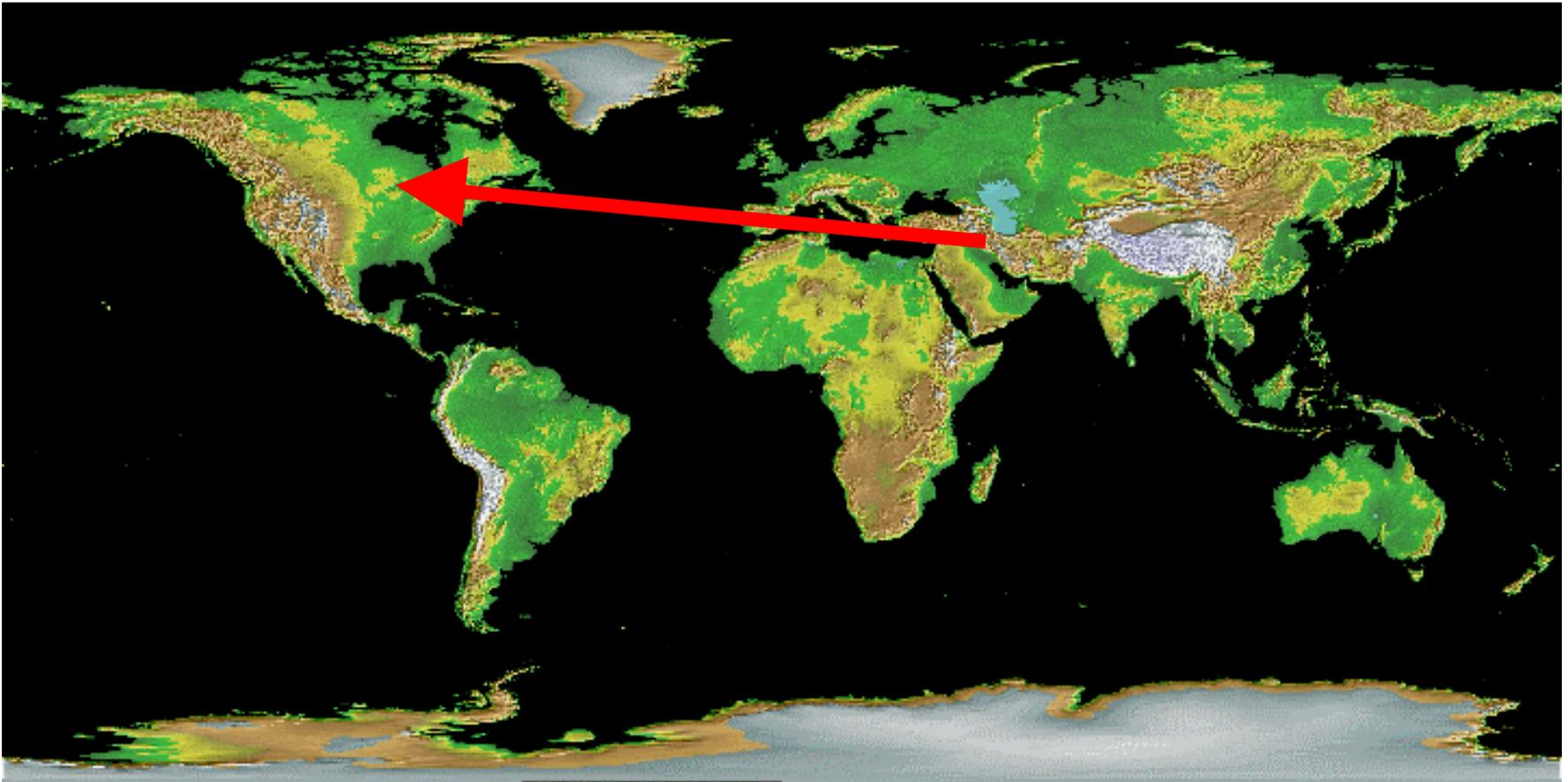


**Mission: Professionalize the
Iraqi Police Service**



MUSTANGS

Then the return home to . . .



Feelings

- “Just visiting” / bubble effect
- Anxiety (driving, fireworks, groups of people)
- Exhaustion (mental, physical, emotional, spiritual)
- Don’t fit in / “Nobody understands”
- Guilt for returning uninjured / alive
- Loneliness
- Depression
- No control / loss of control
- Anger
- Invincibility
- Fear of being crazy – “What’s wrong with me?”
- Fear of being diagnosed with a mental illness

**Post Traumatic Stress
Disorder (PTSD)**

vs.

Post-Combat Stress

Actions and Reactions

- Trouble sleeping / Nightmares
- Flashbacks (sounds, smells, sights, etc.)
- Bouts of forgetfulness
- Over-aggressive driving habits
- Difficulty talking about experiences
- Loss of compassion
- Wild spending sprees
- Emotional simplification – “I’m fine.”
- Bad Language/ Cussing
- Intolerance of certain behaviors
- “In charge” mentality
- Violence

DO's

- Recognize the signs / symptoms
- Respect their service & acknowledge they can handle what you demand from them
- Separate “needs” vs. “wants”
- Establish a “mission” with objective standards (a checklist)
- Demand results
- Use the buddy / team concept (define who is responsible for what)

DO NOT's

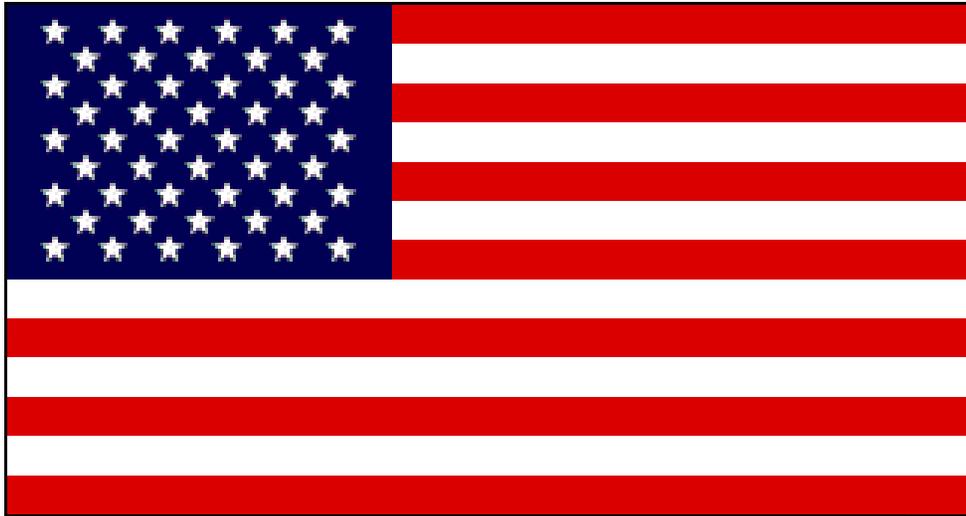
- Victimize
- Condescend
- Focus on emotions / how they “feel”
- Set low standards / expectations
- Allow PTSD or Post-Combat Stress to be used as an excuse for criminal behavior!

WHY?

- Save lives (physical, mental)
- Save money
- Stop violence & abusive behavior
- Achieve real justice

Combat veterans sacrificed for our freedom – we can and must help free them from the negative effects of their sacrifice

QUESTIONS?



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