

# Toward Zero Death

Samantha Strandberg

About me;

Samantha Strandberg 27 years old

Lakeville Police Department

Degree in law enforcement

Police dispatcher 2015-2019

Police Officer 2019-Current

Patrol, Mental Health, Crime scene Unit, Mobile  
Field Force, Community Engagement

Two children 5 & 8



# Life Story

Raised by my grandparents on a farm  
Parents struggled with substance abuse  
Law enforcement presence  
Domestic violence  
Loss of family members

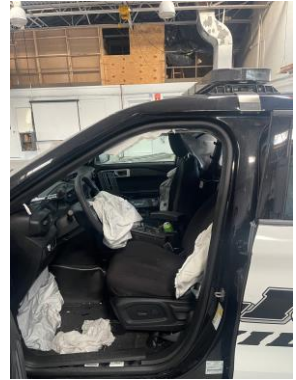
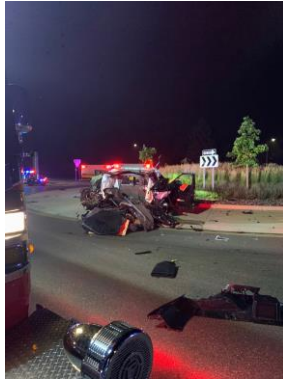
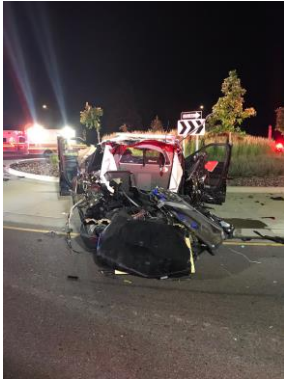


# Event

- July 31st 2021
- First days back after vacation
- Unusual calls
- Eerie feeling in the air
- Agreed to lay low for the night
- Received a call around midnight for a male bragging about drinking and driving
- Located the vehicle with nobody inside
- Shortly after the male left in the vehicle

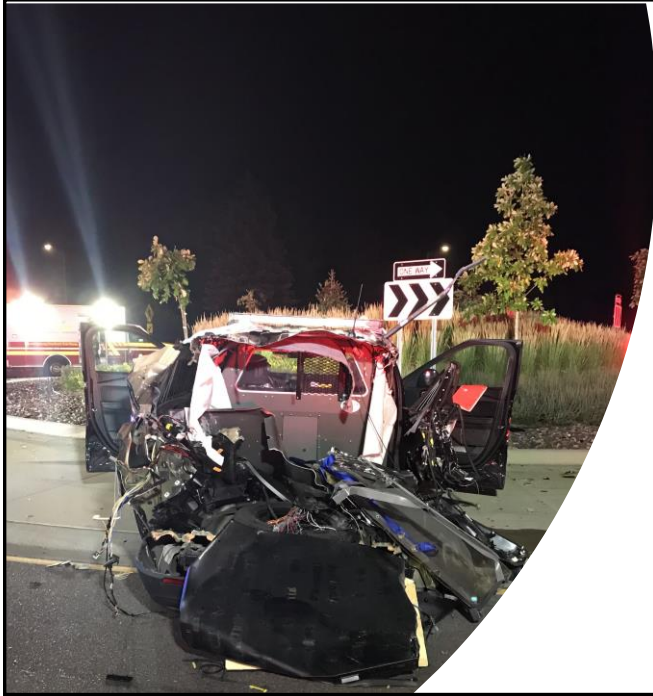
# Crash

- At 136am I spoke to a coworker and we agreed to eat lunch with each other
- Was going to make one more pass downtown to see if the vehicle returned
- At 138am entered the roundabout Westbound when I was side impacted at 100-120mph



# Crash continued

- Unconscious for around 4 minutes
- Removed my seat belt
- Ears ringing
- Disoriented
- Used radio to tell dispatch I needed help
- Squad filled with smoke and lost consciousness again for around 6 more minutes



14	Dakota Fire West Main	1:48:44 AM
27	Dakota County Police Main 2Burnsville Lakeville Farmington	1:48:25 AM ★
7	Dakota County Police Main 2Burnsville Lakeville Farmington	1:48:18 AM
12	Dakota County Police Main 2Burnsville Lakeville Farmington	1:47:36 AM ★
5	Dakota County Police Main 2Burnsville Lakeville Farmington	1:47:31 AM 📌
7	Dakota County Police Main 2Burnsville Lakeville Farmington	1:46:45 AM
8	Dakota County Police Main 2Burnsville Lakeville Farmington	1:46:37 AM
36	Dakota County Police Main 2Burnsville Lakeville Farmington	1:45:35 AM ★
14	Dakota County Police Main 2Burnsville Lakeville Farmington	1:45:21 AM
31	Dakota County Police Main 2Burnsville Lakeville Farmington	1:44:15 AM
6	Dakota County Police Main 2Burnsville Lakeville Farmington	1:44:09 AM

2Sec

## Audio

[https://drive.google.com/file/d/1IUnv\\_NdAJWzL3fjiRz\\_9xKi020rhAau6/view?usp=s](https://drive.google.com/file/d/1IUnv_NdAJWzL3fjiRz_9xKi020rhAau6/view?usp=s)  
[here link](#)

# Proceeding days

- Headaches
- Extreme pain in legs and shoulder
- Inability to sleep
- Nightmares
- Constant worry and stress
- Light sensitivity and sound
- Post concussive diagnoses
- Not released for work

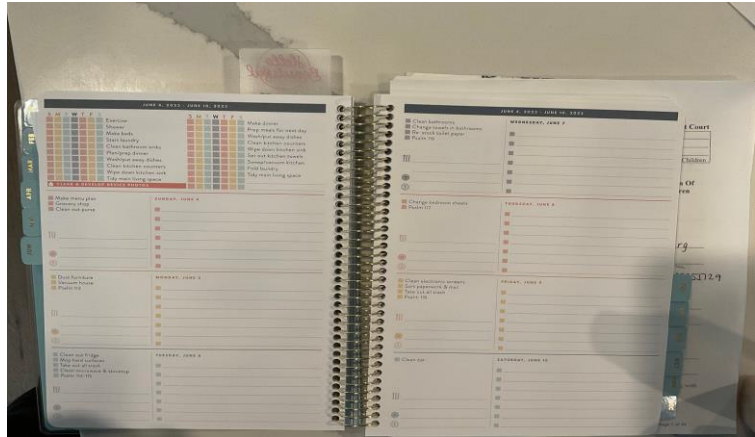


# Diagnoses

- Referred to neurology
- Brain MRI
- Two bulging back discs
- Neck tearing
- Right shoulder tearing
- Diagnosed with a traumatic brain injury

# Lasting symptoms

- Extreme nausea
- Short term memory loss
- Emotional
- Lack of sleep
- Car sickness
- Dizziness
- Struggled with multitasking
- Easily irritable
- Room spinning
- Easily fatigued
- Light sensitivity
- Noise/ smell sensitivity



# Depression

- No answers or timelines
- Was told I wouldn't be a cop anymore
- Was told this was my new baseline
- Felt alone
- Loss of purpose
- Feeling overwhelmed with work/life/medical treatment balance
- Loss of hope for my future
- Coworkers/ friends didnt understand what I was going through

# Treatments

- Vision therapy
- Concussion therapy
- Neurology
- Occipital nerve injections
- Chiropractor
- Physical therapy
- Bicep tendon reattachment
- EMDR
- Medications
- CrossFit
- Service dog



# Life now

- Calendars
- Sticky notes
- Planner books
- Extra time training
- As consistent as possible routine
- Longer processing time
- Difficulty remembering
- Starting to travel again
- Allowing new friendships into my life
- Learning my new personality
- More emotional
- Still dealing with nausea and car sickness
- Hopeful for the future



# Mission

- Raise awareness for those with brain injuries
- Speak around the state
- Awareness for impaired driving
- Spoken for Stillwater prison, online brain injury panels, toward zero death conferences, medical facilities, victim impact panels, mothers against drunk driving and podcasts.
- Be the relatable voice I once needed
- Give hope
- My mission used to be in other avenues of law enforcement, my mission now has become nothing short of being part of a resolution to end drunk driving



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