

# KAREN WIDMAN FROST

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## LAW ENFORCEMENT CONSULTANT PROFILE

**SEXUAL ASSAULT INVESTIGATIONS | DOMESTIC VIOLENCE INVESTIGATIONS | FAMILY VIOLENCE INVESTIGATIONS | INVESTIGATIONS INVOLVING SPECIAL NEEDS VICTIMS | THREAT ANALYSIS AND THREAT MANAGEMENT**

Highly accomplished and dedicated law enforcement professional with 29 years of distinguished experience. Adept investigator with extensive experience in investigating complex sexual assault, domestic violence and stalking related crimes. Possess comprehensive knowledge of crime classifications, investigative techniques, Victim management and professionalism.

### AREAS OF EXPERTISE

Law Enforcement Policies and Procedures | Sexual Assault Investigations | Family Violence Investigations | Domestic Violence Investigations | Forensic Interviews | Evidence Gathering | Investigations Involving Minors | Pretext Investigations | Client Needs Assessment and Support | Investigations Involving Special Needs or Vulnerable Victims | Other Criminal Investigations

### PROFESSIONAL OVERVIEW

**POLICE DEPARTMENT, Los Angeles, CA**  
**Detective, 2008 to 2023**

**1994 to 2023**

#### Investigative Experience

Conducted thorough investigations in a wide range of criminal activities, but specialized in sexual assault investigations, domestic violence, and threat management.

- Worked as lead investigator on thousands of cases, including high-profile cases in the City of Los Angeles.
- Familiar with best practices of Sexual Assault Response Team (SART) investigations.
- Lead all facets of the investigation, such as evidence collection, analysis, theory development, suspect identification, search warrant execution, interview and interrogation, presentation to the District Attorney resolution of the case in court as Lead Investigative Officer.
- Worked effectively with other Regional, State and Federal Law Enforcement Agencies, in addition to other Investigative Units within the LAPD.
- Additional Investigative Experience involving Gangs, Burglary, Robbery, and Narcotics crimes.

### UNIFORM EXPERIENCE

#### PATROL SERGEANT, SENIOR LEAD OFFICER, DARE OFFICER, AND PATROL OFFICER

- Supervised subordinate staff on daily duties as a patrol sergeant, and supervisor at the Department Operations Center (DOC).
- Directed the implementation of diversified community policing activities designed to reduce public safety issues, such as crime, social disorder, and fear of crime. Played a pivotal role in reducing crimes and enhancing the quality of life for community members by planning and successfully executing Neighborhood Watch Program as a Senior Lead Officer.
- Worked as part of the elite Western Regional Training Cadre as a DARE Officer, and was recognized as a Master Instructor
- Patrolled assigned areas throughout the greater Los Angeles Area to identify and prevent potential crimes and suspicious activities.

### ADDITIONAL EXPERIENCE

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- Secured “Detective of the Year” Award twice in 2011 and 2022 in recognition of successfully leading investigations for multiple cases.
- Obtained various commendations, including “The LAPD Bronze Star Medal”, Unit Citations, and other additional Department and Community Awards.
- Provided executive security services for high-profile clients in the Los Angeles area, and several seasons with the Los Angeles Dodgers.
- Played diversified roles, such as Representative of the Los Angeles Police Protective League, Employee Defense Representative, and Trained Peer Support Member while serving as Columnist for the monthly union newsletter.

## EDUCATION AND CREDENTIALS

**BA Communication Arts** | California Lutheran University

**General Education** | Los Angeles Pierce College

**Professional Development:** Several LAPD Leadership Schools | LA County, Sherman Block Leadership School | Supervisor School | Curriculum Development Training | Tactical Communication and De-escalation | Field Training Officer School | Instructor Development School, Certified as Master Trainer | Basic Detective Course | Advanced Domestic Violence Training | Advanced Sexual Assault Investigation Training | Advanced Training in Threat Management Assessment | Advanced Peer Support Training

**Professional Associations:** Member of the Santa Clarita Valley Soroptimist Club | Member of a Church and Co-Founder of a Parent's Rights Advocacy Group | Member of the Down Syndrome Association of Los Angeles