



Dr. Jeffrey Scot Brzostek

June 14, 1965 - October 22, 2024

Dr. Jeffrey Scot Brzostek was born on June 14, 1965, and with June 14 being Flag Day, Jeff always believed he was being celebrated with flags flying in his honor. Until the age of 11, he was raised in Chicago by his grandparents, who he called Gram and Pa. He then relocated to Lakewood, Colorado, to live with his mother Janice, his stepfather Marlin (who he referred to as “Dad”), and their daughter Marla.

As a teenager, Jeff embraced his passions, playing baseball, capturing life through photography, learning to play guitar, and developing a lifelong devotion to the Dallas Cowboys. While attending the University of Denver for his bachelor's degree in psychology, he became a proud member of the Sigma Chi Fraternity, played football, restored a classic 1965 Mustang, and worked for Berry Fey at Red Rocks Amphitheatre, getting to promote musical acts such as his favorite band - Black Sabbath.

An important date for Jeff was July 25, 1990, the day he got sober. He often said, “Without sobriety, I would have nothing.” In fact, his clinical work in psychology would focus on substance abuse and addiction, a field in which he was classified as an expert. Jeff loved learning. In fact, his parents often joked that he would attend school forever. He got his masters in psychology at Northern Arizona University in Flagstaff.

Jeff's grandparents told him that he needed to be doctor or a lawyer, and he made that decision, with a twist, becoming a doctor in psychology. In the Spring of 2000, he got his Ph.D. at Pacific Graduate School of Psychology in Palo Alto, CA. While onstage at his graduation, he proposed to Lynn.

Jeff had met his future wife Lynn, while they worked at a San Francisco bay area hospital, where they both served people of all ages with mental health needs. While mainly in California, where Jeff completed his degrees, Jeff also spent two years in Wyoming for his residency, where he learned he didn't want to be without Lynn. They were married September 23, 2001, at Addison Oaks, MI. Their daughter Adie was born in 2004, in the bay area. And their daughter Faith was born in 2007, in Michigan, just before the family moved to Austin, TX.

He worked as a psychologist at the VA Medical Center in Temple, TX. His work at the VA centered on substance abuse, where he helped develop national programs, led special projects, was published, and won awards. He was passionate about his work and was most proud when he received accolades from patients.

While he had some symptoms during college, it wasn't until the mid-1990's that he was diagnosed with MS. This would be a lifelong challenge, for him and his loved ones, and ultimately contributed to his death coming sooner in life. His perseverance to continue working and providing for his family despite the difficulties was truly remarkable. Something people commented on for years. Jeff passed away on October 22, 2024, at age 59.

He is preceded in death by his grandparents, Ethel (Gram) and Sam (Pa), as well as his mother Janice, and his stepfather Marlin. He is survived by his sister Marla, her husband Jason, and their kids Ryan and Cassidy. He is survived by his wife Lynn, and their children Adie and Faith.

When Jeff thought about his life, he most valued his sobriety, his family, and his work at the VA. He was proud of his Ashkenazi Jewish ethnicity. He was romantic, loved planning travel excursions with Lynn early in their relationship, loved to get her gifts, and sappy Hallmark cards. He loved Faith's dog Cider. He loved playing UNO with Faith, and enjoyed seeing/hearing about Adie playing competitive volleyball. He and Faith shared an interest in high end fashion designers and poorly made horror films.

He was drawn to WWII stories and enjoyed talking history with Adie. He watched Titanic many times, always waiting for a different ending. He was sentimental about 1980's music, loved watching music videos with Faith, and loved talking with Adie about new music. Jeff always cared about his daughters pursuing a great education, championing their rights to be authors of their own story. He was so proud of them. Jeff's legacy will be in the spirit of passion and perseverance that he applied to his sober living, his interaction and investment into his family, and his work's impact on a community of survivors of addiction.

In lieu of Flowers, if you are interested in making a donation in Jeff's memory, we ask that you consider donations towards the ASPCA.

Tribute Wall

DR

“ I didn't know Jeff well or long. Met him as we worked at the MHCD in Denver in 91 or so. He was such a great person. I thought of him enough to look him up after 33ish years. God Bless you Jeff, and his family and friends. Certainly gone too soon...

Danny Reasons - November 02, 2025 at 01:17 AM

RK

“ Brian Roberts, Dale Benedict and Jeff were always at my house after school. I am Dale's Mom. Jeff was always so proper, dressed in a shirt, tie and sports jacket. They were always together with the late Rob Bilderback. What wonderful memories of them. We are so sorry to learn about Jeff's passing. He certainly will be missed, and knowing that he is gone, but his suffering is over and we share in your sorrow. (I posted earlier, but never saw the posting). Ramona Benedict Kemper. rbkemper@aol.com

Ramona Benedict Kemper - November 16, 2024 at 12:46 PM

MP

Hi Ramona, I'm Jeff's sister and loved reading your memories have him. Thank you for sharing!

Marla Prasch - December 05, 2024 at 12:15 PM

BR

“ Where do I start, well when I met Jeff he just moved to Colorado and moved into the apartments where I lived. He spoke a different language to me. He called tennis shoes Gyms, and the first time I heard the term SODA. To me it was pop. He had this habit only he thought was funny, after eating his bowl of Cheerios for breakfast he would torture me and our click by burping in our face. If you had never experienced the stench oh consumed cheerios you would never forget 😞 in our younger years the fire of us would always play football. All day long. I often played against him only to get aggravated. Here was this tall skinny kid that looks like it hurt when ran, no finesse but he would always beat me. We had a go cart that we had to push it. We went everywhere. I remember Jeff pushing onetime and never said anything. But as I remember he broke his leg and kept doing his turn pushing. Once he got into a cast and using a coat hanger to scratch down in the cast, only to end up in the hospital for a while cause of gain green. The other funny story is that Jeff always expresses his hatred for cats. So one night he was walking home and saw a good opportunity to kick a cat that was in his way..... well he did and it wasn't a cat but a skunk 😭😭 it got him good!! He said that he had to soak in the tub of tomato juice. Anyway we always knew Jeff was going to be successful. He was always studying while the rest of us were just being kids. As we all grew and everyone found there way in life we lost touch. I wish that didn't happen. But I have great memories..... love you Jeff 😭😭

Brian Roberts - November 13, 2024 at 08:06 PM

LY

I was so hoping to hear from you. Thank you. Something funny, when we first started dating I had 2 cats and he told me he hated them. I said you either love them or leave. From there on out he always loved (or acted like) he loved cats.

lynn - November 14, 2024 at 03:15 PM

BR

I would guess that he never showed you the self portrait of him dressed in a suit and tie holding the family cat by the tail 🤔🤔🤔

Brian Roberts - November 15, 2024 at 04:59 PM

BR

*Oh another small story. You know Rob, Jeff, Dale and I always hung around. So one day we were walking back from the mall after trying to pick up some chicks 🤔🤔 like that ever happened. Anyway Rob was on crutches and kept hitting us in the shins. Well it started to get annoying. We were Crossing a busy intersection and Rob hit Jeff again. That was all it took, Jeff flipped out and grabbed Rob's crutches and threw them all the way out of the intersection. Threw Rob to the ground and left him lying in the middle of the busy intersection. It was great!!! kids, it was great. We laughed all the way home 😂😂😂...
❤️❤️🤔*

Brian Roberts - November 15, 2024 at 05:07 PM

MP

Brian - that was my cat Candy and I still have that photo!

Marla Prasch - December 05, 2024 at 12:13 PM