



COMMANDER'S POLICY STATEMENT

COMBAT OPERATIONAL STRESS CONTROL PROGRAM (COSC)



The Marine Corps develops leaders resilient in body, mind, spirit, who seek to constantly improve those areas in faith, strength, and knowledge; enabling them to progress to greater responsibilities – and above all – accomplish the mission as **professional warfighters**.

Stress is the physiological process by which our bodies respond to physical, mental, spiritual, or emotional challenges. It is a daily part of Marine Corps life. We must be aware of the effects of stress, and use its helpful effects to increase faith, strength, and knowledge in order to build resilience and maintain balance in our lives and the unit. Understanding stress reactions and proactively addressing stressors increases mission readiness, preserves the force, and promotes the long-term health of our Marines, Sailors, and their family members.

We must train and sustain a combat ready and resilient force capable of accomplishing any mission. The Operational Stress Control and Readiness (OSCAR) Team will assist us in maintaining our warfighting capabilities. To enhance force preservation and combat readiness, we will each participate in COSC activities to include OSCAR and deployment cycle training. The COSC Core Leader Functions promote the principles of wellness, prevention, identification, early intervention, reintegration, and reduction of stigmas; the five Core Leader Functions listed below form the command's foundation:

Strengthen. Leaders will use existing tools for training and developing Marines and Sailors to strengthen mental, physical, spiritual and social responses to reduce negative effects of combat or operational stress. This includes rigorous, realistic training to develop technical proficiency and increase unit cohesion.

Mitigate. Risk mitigation also applies to stress. Many stressors can be avoided through adequate planning, which is a hallmark of good leadership; leaders should be aware of the effects of stress on each Marine and Sailor and provide the leadership and resources to enable them to develop coping strategies to manage stress.

Identify. Leaders must promptly identify and address stress, before the negative effects escalate. Know and use the stress continuum and decision flowchart, important tools for small unit leadership (pictured above).

Treat. Treatment is about taking action. It begins with self-care, peer support and OSCAR Team members. This may range from addressing personal issues, talking to a Marine or Sailor about an upcoming event to share lessons learned, or referring a member for further assistance from a chaplain or medical resource. Learn the seven "Cs" of Combat and Operational First Aid (COSFA): Check, Coordinate Care, Cover, Calm, Connect, Competence, Confidence.

Reintegrate. Regardless of the level of a Marine or Sailor's treatment, they will be assisted during the process and once recovered, will be received into the unit completely and respectfully. The expectation is that Marines and Sailors with stress issues are and will continue to be effective unit members.

S. P. MULLEN
Commanding Officer
Combat Logistics Battalion 22



Marine or Sailor Under Stress

STRESS CONTINUUM			
READY	REACTING	INJURED	ILL

Green Zone (Ready):

- Good to Go. Continue to monitor for signs of distress or loss of function in the future if concerned

Yellow Zone (Reacting):

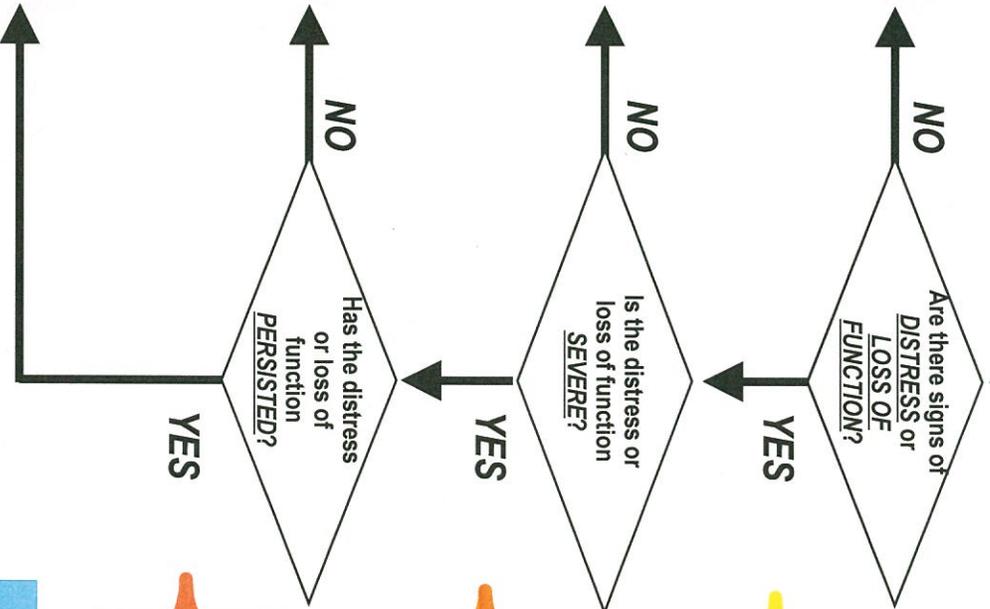
- Ensure adequate sleep & rest
- Manage home-front stressors
- Discussions in small units
- Refer to chaplain or medical if problems worsen

Orange Zone (Injured):

- Keep safe and calm
- Rest & recuperation 24-72 hrs.
- Refer to medical or chaplain
- Mentor back to full duty and function

Red Zone (Ill):

- Refer to medical
- Ensure treatment compliance
- Mentor back to duty if possible
- Reintegrate with unit



- Distress or Loss of Function:**
- Difficulty relaxing and sleeping
 - Loss of interest in social or recreational activities
 - Unusual and excessive fear, worry, or anger
 - Recurrent nightmares or troubling memories
 - Hyperactive startle responses to noises
 - Difficulty performing normal duties
 - Any change from normal personality

- SEVERE Distress or Loss of Function:**
- Inability to fall asleep or stay asleep
 - Withdrawal from social or recreational activities
 - Uncharacteristic outbursts of rage or panic
 - Nightmares or memories that increase heart rate
 - Inability to control emotions
 - Serious suicidal or homicidal thoughts
 - Loss of usual concern for moral values

- PERSISTENT Distress or Loss of Function:**
- Stress problems that last for more than several weeks post-deployment
 - Stress problems that don't get better over time
 - Stress problems that get worse over time

Combat Operational Stress Decision Flowchart