

Combat and Operational Stress Control (COSC)

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| COSC | Programs developed and actions taken by military leadership to prevent, identify, and manage adverse combat and operational stress reactions (COSRs) in units. Combat stress includes all the physiological and emotional stresses directly resulting from the dangers and mission demands of combat. |
| COSRs | COSRs are physical, emotional, cognitive, or behavioral reactions, adverse consequences, or psychological injuries of soldiers exposed to stressful or traumatic events in combat or military operations. COSRs vary in severity as a function of operational conditions, such as intensity, duration, frequency of combat exposure, rules of engagement, leadership, effective communications, unit morale, unit cohesion, and perceived importance of the mission. |
| Purpose of COSC | <p>The purpose of the COSC program is to promote soldier and unit readiness by:</p> <ul style="list-style-type: none"> • Enhancing adaptive stress reactions • Preventing maladaptive stress reactions • Assisting soldiers with combating COSRs • Teaching warrior resiliency skills |
| Goal of COSC | This program seeks to optimize mission performance, conserve fighting strength, and prevent or minimize adverse effects of COSRs on soldiers and their physical, psychological, intellectual, and social health. Its goal is to return soldiers to duty expeditiously. COSC activities include routine screening of individuals when recruited; continued surveillance throughout military service, especially before, during, and after deployment; continual assessment and consultation with medical and other personnel from garrison to the battlefield; and the early identification of mild traumatic brain injury. |

Embedded COSC trained assets include:



Relevant Policies:

- ATP 6-22.5, 2016: A Leader's Guide to Soldier Health and Fitness
- ATP 4-02.5, 2013: Casualty Care
- ATP 4-02.8, 2016: Force Health Protection

Relevant Web Links:

- Comprehensive Soldier and Family Fitness csf2.army.mil
- Sexual Harassment/Assault Response & Prevention (SHARP) sexualassault.army.mil
- Deployment Cycle Resilience Training (WRAIR) wrair.army.mil

Reaching Out:

- Make the Connection
- Military OneSource
- Sexual Harassment/Assault Response & Prevention
- The Real Warriors Campaign
- inTransition
- Military Crisis Line