

# Combat and Operational Stress Control (COSC)

MARINE CORPS

<p><b>COSC</b></p>	<p>Leader actions and responsibilities to promote resilience and psychological health in military units and individuals, including family members, exposed to the stress of combat or other military operations. The policy provides a deployment and psychological health checklist to commanders to determine fitness and the ability to deploy.</p> <p>Operational Stress Control and Readiness (OSCAR) is the primary method of COSC implementation which includes additional training to develop OSCAR teams. Through these teams, commands are able to more easily identify operational stress issues. These team members receive education on stress signs and symptoms, as well as available resources and the proper means of referring someone with a potential stress injury.</p>
<p><b>CSRs</b></p>	<p>Combat stress reactions (CSRs) are changes in physical or mental functioning or behavior due to the experience of lethal force or its aftermath. These changes can be positive and adaptive (e.g. increased confidence in self and peers), or they can be negative, including distress or loss of functioning.</p>
<p><b>Purpose of COSC</b></p>	<p>The COSC program seeks to enable a cohesive ready force and promotes long-term health and well-being among Marines, attached sailors, and their family members. The COSC program assists commanders, Marines, and attached sailors in maintaining warfighting capabilities by preventing, identifying, and managing the impacts of combat and operational stress on Marines and sailors.</p>
<p><b>Goal of COSC</b></p>	<p>To prevent, identify, and reduce stress issues as early as possible in order to promote mission readiness, preserve the force, and support long-term health and well-being among marines, attached sailors, and their family members.</p> <p>OSCAR training received by at least 5% of unit personnel or a minimum of 20 Marines and sailors, whichever is greater of all commands, covers: COSC awareness, the five core leadership functions, application of the stress continuum, after action reviews (AARs) as COSC tools, listening skills, early intervention strategies, operational risk management issues related to stress, coordination between leaders and medical providers, tools to build resilience, mitigation strategies, determination of psychological readiness for deployment, and a leaders panel discussion of personal experiences with combat and operational stress.</p>

## OSCAR teams consist of:



## Relevant Policy:

- MCTP 3-30E, 2016: Combat and Operational Stress Control
- MCO 5351.1, 2013: Combat and Operational Stress Control

## Relevant Web Links:

- Navy and Marine Corps Public Health Center (NMCPHC) [med.navy.mil](http://med.navy.mil)
- Marine Awareness and Prevention Integrated Training (MAPIT) Dashboard [ehqmc.usmc.mil/sites/family/mfc/MAPIT/SitePages/MAPIT\\_Splash.aspx](http://ehqmc.usmc.mil/sites/family/mfc/MAPIT/SitePages/MAPIT_Splash.aspx)

## Reaching Out:

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