



COMMANDING OFFICER'S STATEMENT ON COMBAT OPERATIONAL STRESS CONTROL



Marine leaders are fit, smart, and resilient in body, mind, and spirit. As leaders we must instill the traits and characteristics in our Marines which ready them to assume progressively greater billets and responsibilities. One of the key steps in leadership development is the mastery of one's ability to manage themselves through stressful situations. Stress is a normal part of everyday life; understanding stress and proactively dealing with stress is an integral part of mission readiness and will positively affect the Marines, Sailors, and Family Members of MCLB Albany.

We will train to sustain a combat ready and resilient force capable of accomplishing any mission. Operational Stress Control and Readiness (OSCAR) teams will assist us in maintaining our warfighting capabilities by addressing the impacts of stress in the unit. We will participate in Combat Operational Stress Control (COSC) activities to include OSCAR training and Deployment Cycle Training to enhance force preservation and readiness.

The five core leader functions of COSC are; Strengthen, Mitigate, Identify, Treat, and Reintegrate. These functions will form the foundation for MCLB Albany's COSC program, and promote principles of wellness, prevention, early intervention, identification, reintegration, and reduction of any perceived stigma.

Strengthen. We will train to strengthen our will to fight mentally, physically, and spiritually. This will be accomplished through realistic training designed to increase our technical and tactical proficiency, our lethality, and ensure our survivability.

Mitigate. Individuals can avoid unnecessary and unproductive issues associated with stress and can efficiently work to preserve our force through effective risk mitigation. Leaders must remain cognizant of the negative effects of stress on our Marines and Sailors, and must work diligently to preserve our force, in order to remain ready to fight and win.

Identify. It is essential that leaders promptly identify, address, and support Marines and Sailors who display signs of operational stress. It is imperative that our Marines and Sailors know the warning signs of operational stress and that the command climate enables leaders to proactively confront issues.

Treat. Treatment is taking action to prevent or reduce operational stress. It is about taking care of one's self and taking care of your peers. This includes increasing unit awareness of upcoming training, deployments, family readiness opportunities, and support systems and personnel like the Chaplain, MCCS programs such as Military One Source and Marine Corps Family Team Building, as well as medical programs and personnel who can assist.

Reintegrate. Marines and Sailors must never feel excluded while receiving treatment. They must be given the same opportunity to rejoin their unit post treatment, which must be the goal of every Marine and Sailor.

If you have any questions about the OSCAR program or the other resources available to help learn to deal with the stress in a healthy manner, contact your chain of command, Chaplain, OSCAR representative, or medical provider.

Thank you for your efforts to make MCLB Albany a strong unit.

Semper Fidelis,

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