



MARINE WING COMMUNICATIONS SQUADRON 18 COMBAT OPERATIONAL STRESS CONTROL POLICY



"The Combat Operational Stress Control (COSC) program promotes mission readiness, preserves the force, and supports the long-term health and well-being among Marines and their family members by empowering leaders in prevention efforts informed by evidence-based behavioral health science." – MCO 5351.1

Stress is the process by which we respond to mental, physical, spiritual, and emotional challenges; we all deal with it in our personal and professional lives. Stress can be used to build strength, but it is important to understand that stress can also have negative effects. *All Marines must use the available resources to address stress for themselves, their Marines, and their families to ensure their health and our squadron's readiness.*

Within MWCS-18, we will train and maintain Operational Stress Control and Readiness (OSCAR) Teams, with the important task of preventing, identifying, and reducing stress issues throughout the formation as soon as possible. This will be accomplished by incorporating the five Core Leader Functions that promote principles of wellness, prevention, early intervention, identification, reintegration, and the reduction of stigma into squadron activities, including family readiness programs.

The Five COSC Program Core Leader Functions

- **Strengthen:** Leaders build strength by setting high standards, demanding excellence, and by giving clear information and guidance, all of which develops technically and tactically proficient Marines.
- **Mitigate:** Leaders should be aware of the effects of stress on their Marines and help them to develop their own coping strategies in order to empower decision making, effective planning, and resiliency building.
- **Identify:** Leaders must promptly identify and address signs of stress in their Marines before they escalate; this is critical.
- **Treat:** This is about taking action, and begins with self-care and peer support, and can also include chaplain or medical care.
- **Reintegrate:** Regardless of the level of a Marine's treatment, they will be assisted during the process and will be received back into the squadron respectfully once recovered.

All squadron Marines and their families are encouraged to use medical experts, mental health professionals, religious ministry teams, and Marine and Family Programs personnel and resources to identify and mitigate the negative impacts of stress in their lives. By doing so the well-being and long-term health of all MWCS-18 Marines will remain the top priority.

Semper Fidelis,

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