



## Marine Aerial Refueler Transport Squadron 152 Commanding Officer's Policy Statement: COMBAT OPERATIONAL STRESS CONTROL (COSC)

Sumos must always be ready to **"fight and win tonight"**. In order for us to accomplish that **we must protect** those who make it happen: **our Marines, Sailors and families**. We must have the ability to train and sustain a combat ready and resilient squadron capable of accomplishing our mission. Combat and Operational Stress Control (COSC) concepts assist us in maintaining our warfighting capabilities. We will develop totally fit leaders resilient in body, mind, spirit, and social areas of life, enabling us all to assume progressively greater responsibilities.

Stress is the process by which we respond to mental, physical, spiritual, and emotional challenges. Even the most motivated and well trained Marines can find themselves challenged by combat and operational stress. Understanding stress reactions and proactively addressing stressors increases mission readiness, preserves the force, and promotes the long-term health of our Marines and Sailors. We must all find ways to positively address it in order to promote psychological resilience. Operational Stress Control and Readiness (OSCAR) Teams will assist us in maintaining our warfighting capabilities by addressing the impacts of stress.

COSC Representatives, with the support of the MAG-12 Embedded Preventive Behavioral Health Capability Prevention Specialist, are charged with the responsibility of supporting VMGR-152. This will encompass training, developing and reinforcing unit OSCAR Teams and implement UMAPIT skills that will help raise awareness about common risk factors and warning signs associated with behavioral health. Participation in COSC activities will aid in force preservation, readiness, and the long-term health and well-being of the Marines/Sailors and their families.

The five Core Leader Functions will form the foundation for our command COSC program:

- **Strengthen:** Leaders, using their existing tools for training and developing Marines, must strengthen their Marines/Sailors to enable them to successfully endure and manage the stressor they face.
- **Mitigate:** Risk mitigation also applies to stress. Many stressors can be avoided through proper planning, leaders must mitigate the stress of their Marines to keep them functioning optimally.
- **Identify:** Properly identifying the stress zones in which individuals are operating and the stressors by which they are being challenged.
- **Treat:** Treatment is about taking action. Leaders must ensure injured Marines receive a full and adequate course of treatment.
- **Reintegrate:** Regardless of the level of the Marine's treatment, they will be assisted during the process and will be received into the unit completely and respectfully once recovered.

For assistance or question about the COSC, please contact our Sumo COSC Representative at 255-2106.

  
C. T. KOCAB  
Commanding Officer