



Marine Aerial Refueler Transport Squadron 152 Combat Operation Stress Control (COSC) & Suicide Prevention Policy

Sumos,

Our community of Marines, Sailors, and family members form the vital foundation of our squadron. Our readiness, deployability, combat effectiveness, and mission accomplishment all rely on the individual well-being of every one of our Sumos to ensure the squadron functions as a whole, healthy team. To do this, we need to understand that combat and operational stressors are a real threat and they can negatively affect anyone in our unit. No one is resistant to stress. To protect our team, we need to first be able to identify the stressors, then work together to proactively mitigate the negative effects of our stress. Our Operational Stress Control and Readiness (OSCAR) teams and leadership will assist us in effecting positive techniques of stress control.

I request that all Sumos be familiar with MAG-12 GruO 1720.1 and use the five core leadership functions (S.M.I.T.R.) of COSC to ensure our community is strong, resilient, and combat-ready:

- Strengthen:** use training to enforce proactive, positive stress management to ensure our community is strong and resilient to deal with the effects of stress.
- Mitigate:** be able to assess and mitigate the effects of negative stressors by using learned coping techniques and available resources to prevent stress injuries.
- Identify:** understand the stress continuum and be able to identify and address the signs of stress before injuries occur in ourselves, our Marines, Sailors, and family members.
- Treat:** provide support to individuals suffering from stress injuries, and provide proper resources and services to begin treatment at the initial onset of stress injury. The sooner this occurs the better. Watch each other's six!
- Reintegrate:** ensure team members are reintegrated back into the community following treatment. We do not let anyone suffer alone, we attack all threats to our community as a team, and we will circle the wagons to ensure we help our people manage stress and stress injury treatment as a team. One team, one fight!

If the stress seems like it is too much or you are not in a good place, please reach out for help. You are not alone! You can reach out to your chain of command, mental health providers, Chaplains, MCCS Behavioral Health, Military Family Life Counselors, OSCAR team, Applied Suicide Intervention Skills Training (ASIST) Marines, and your fellow Sumos. We are available 24 hours a day, 7 days a week. We will find you the right person to help you work through life's challenges.

I charge every person in our Sumo community to stand watch over our people; get to know those in our community so that when someone is struggling, we will be able to quickly recognize the signs, symptoms, and requests for help to get our teammates the assistance they need. Be on the lookout for personal/family challenges, changes in behavior/attitude, habit changes, changes in performance, or anything else that signals that one of our Sumos is not okay. Also, remember that it is okay to not be okay. Everyone needs help at a point in their lives; please do not hesitate to ask for help. Do not suffer in silence as we are here for you and we need you, each and every day, on our team.

If you need immediate help and no one is around, please reach out: the DSTRESS hotline (0827-94-7734/ 1-877-476-7734 / 315-645-7734 / www.dstressline.com), Military OneSource's 24 Hour hotline (1-800-342-9647 or www.militaryonesource.mil), or call the National Suicide Prevention Lifeline (1-800-273-TALK).

Semper Fidelis,

J. M. PALMER

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