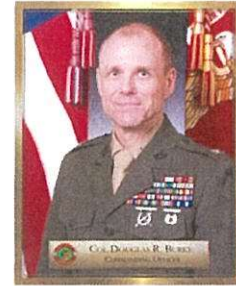




## Commanding Officer's Combat and Operational Stress Control



CLR-37 will improve behavioral health, reduce harmful levels of operational stress, and facilitate leadership awareness of Combat and Operational Stress Control (COSC) principles in order to improve individual and unit combat readiness. 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. We need 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, Sailors, and their Family members. The COSC program is a leadership tool that develops our ability to employ five core principles.

**Strengthen** Marines and Sailors mentally, physically, spiritually, and socially against the negative effects of combat or operational stress. This includes the training we are already conducting to improve mission readiness, morale, and unit cohesion. Unit cohesion includes our families.

**Mitigate** stressors through planning. We can more rapidly recognize the effects of stress on each Marine and Sailor through direct involvement. We can help them develop their own coping strategies in order to empower decision making and build resilience.

**Identify** and address signs of stress in our Marines and Sailors before it escalates.

**Treatment** begins with self-care and peer support. Address personal issues, talk to a Marine or Sailor about an upcoming event to share lessons learned, or refer for help from a chaplain or medical professional. Stay involved!

**Reintegrate** Marines and Sailors integrated back into their unit completely and respectfully once recovered. Mentor and understand any limitations imposed by their recovery.

*End States: Combat ready Marines and Sailors. An effective Operational Stress Control and Readiness (OSCAR) team comprised of trained Marines & Sailors, Navy Mental Health Professionals, Religious Ministry Personnel, Medical Personnel, and Embedded Preventive Health Capability (EPHC). OSCAR personnel are trained, maintained, and documented in the Marine Corps Total Force System or NAVPERS 1070/604 for Navy personnel.*

D. R. BURKE  
Colonel, U.S. Marine Corps  
Commanding Officer