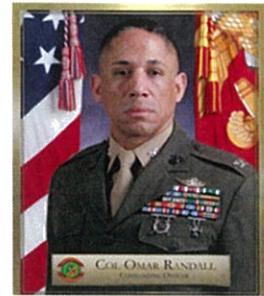




Commanding Officer's Combat and Operational Stress Control Statement



Readiness of the Regiment is one of my top priorities. Our ability to manage the stressors of life is a key component towards maintaining a combat ready force. Implementing the resources and tools to manage combat and operational stress allows us to adapt to the operational environment, become more resilient, and ultimately more effective in our mission.

Combat and Operational stress are the physical and or mental changes in behavior due to the experiences of combat related stressors and its aftermath or other stressors experienced in garrison. Stressors that are experienced in combat or in garrison can be positive and adaptive or they can be negative and lead to distress. As a leader, being able to distinguish these two types of stress and recognize their effects is imperative for knowing when to refer your Marines and Sailors to receive the support they may need to mitigate distress. It is imperative that as a leader to know the resources available to your Marines and Sailors, where those resources are located and how to contact them in order to prevent, manage and recover from distress..

The Combat and Operational Stress Control (COSC) Program is a leadership tool that develops our leader's abilities to employ the five core functions of combat and operational stress control: strengthen, mitigate, identify, treat and reintegrate. This leadership tool promotes peer to peer support and is sustained at the unit by uniformed COSC trainers and team members who are trained to utilize the stress continuum in order to support the overall wellness of the unit as well as individual Marines and Sailors. The unit is also supported by Operational Stress Control and Readiness (OSCAR) enablers including Military and Family Life Counselors, Chaplains, Deployment Readiness Coordinators, Medical Officers, Corpsmen, Combat Stress Platoon providers as well as installation resources. , who, in coordination with the unit's COSC team, are ready to engage Marines and Sailors experiencing operational and combat stress and assist leaders in executing the five core functions of the COSC Program. We will also utilize OSCAR Team Training to support family readiness. Full engagement in this leadership program will enhance individual and collective resilience, and support family preparedness through communication and planning.

It is my expectation that leaders employ the resources and tools of the Combat and Operational Stress Control Program as part of their unit training plans. Similar to other warfighting training requirements, these resources will assist in making our Marines and Sailors more resilient and prepared for today's dynamic and complex operational environment. This resiliency and preparedness is paramount in keeping our Marines and Sailors in the fight and the regiment combat effective. As stated in my Direction and Guidance to the Regiment we must learn to adapt, get better every day, and be ready to fight and win!

A handwritten signature in black ink, appearing to read "O. J. Randall".

O. J. RANDALL
Colonel, U.S. Marine Corps
Commanding Officer