



**2D COMBAT ENGINEER BATTALION
COMMANDING OFFICER'S
COMBAT AND OPERATIONAL STRESS
CONTROL POLICY STATEMENT**



We are professionals in the most demanding, lethal, and rewarding field of study: the profession of arms. We must expect mental, physical, spiritual, and emotional challenges every day. This requires us to develop the tools necessary to mitigate stress and sustain our ability to train, deploy, and improve as a combat ready and resilient force. The Operational Stress Control and Readiness (OSCAR) teams within our unit are a force multiplier for maintaining our warfighting capability. We will leverage the tools they provide and conduct OSCAR training and deployment cycle training to enhance our force preservation and readiness. Every Marine is expected to engage in the five core leader functions of Combat Operational Stress Control (COSC) activities to enhance the resiliency, long-term health, and well-being of our Marines and Sailors and their families. The five Core Leader Functions are:

- **Strengthen:** Leaders must draw from both their experience and the arsenal of tools available for training and developing their Marines and Sailors. They must arm their personnel to engage in the mental, physical, spiritual, and social challenges they will encounter in order to reduce the negative effects of combat and operational stress. This requires hard training to develop technical proficiency, increase confidence, and build unit cohesion.
- **Mitigate:** Risk mitigation planning is a crucial element of stress reduction. Most stressors can be reduced, or avoided completely, through careful planning. Carefully planned training induces positive stress and results in stronger individuals, teams, and units. Good leaders do not remove stress, instead they plan for it and implement necessary mitigation plans.
- **Identify:** It is critical that leaders know their Marines and Sailors to be able to promptly identify and address stress as it escalates.
- **Treat:** Treatment requires action, and it begins with self-care and peer support. Developing self-awareness and a support network is a foundational requirement to best enable successful treatment. Depending on the scope and effects of stress on individuals, varying levels of treatment can be made available.
- **Reintegrate:** Regardless of the level of treatment, Marines will be cared for during the treatment process and welcomed back into their unit completely and respectfully once recovered. We will not leave our Marines or Sailors to fight stress alone.

The number one priority in the Marine Corps is Mission Accomplishment; the number two priority is Troop Welfare. If we fail to take care of our Marines and Sailors, we will fail to accomplish our mission. We must be an active, visible, engaged presence in the lives our Marines and Sailors to create a command climate that fosters interaction, togetherness, and the courage to intervene when a Marine, Sailor, or Civilian demonstrates at-risk behavior. Always remember that our lives are in each other's hands 24/7. There is no "off duty" when it comes to taking care of each other!

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