



Commanding Officer
Marine Wing Support Squadron 373
Combat Operational Stress Control Policy



The nature of our business and the support we provide the Fleet Marine Force, will keep our Marines and Sailors in constant motion. This Squadron has a busy Training Exercise and Employment Plan (TEEP). There will be activity surges, followed by lulls. It is the **periods of lulls in which our Marines and Sailors have time to do some self-reflection, ruminate on stressors, and look for other unhealthy activities which impact their personal readiness and ability to fully support the mission.** Together we will **maintain our warfighting prowess by preventing, identifying, and managing the impacts of combat and operational stress on our Marines and Sailors.**

This Squadron will remain vigilant both in garrison and while deployed, **promote the five core leader functions strengthen, mitigate, identify, treat, and reintegrate.** Moreover, we will establish and maintain an environment in which all members can **seek assistance for stress reactions without judgement, fear of reprisal, and ostracism.** We must all be aware that life events affect us differently. **Commonly, it is the Marine or Sailor's closest friend, peer, confidant who is best positioned to identify stressors that are exceeding what can be individually handled.**

We will **strengthen our members and develop individual resiliency through good and effective leadership which inspires, provides a positive example, and demonstrates ethical behavior.** Moreover, we will reinforce our leadership traits, principles, core values, and ethics. Lastly, we will promote the **four cords of Marine total fitness mind, body, spirit, and social.** Our Marines and Sailors will receive Operational Stress Control and Readiness (OSCAR) generation III training. **We will exceed the mandatory five percent or 20 OSCAR certified team members.** We will also **maximize classes such as Prime-4-Life, Safe-Talk, Marine Corps Community Services and Family Advocacy Programs for stress management, domestic violence, and developing coping mechanisms.**

Our OSCAR trained Marines and Sailors, OSCAR team members, Combat Operational Stress Coordinator (COSC), religious ministry team, chain-of-command, support and special staff will **collectively use techniques that minimize the impact of stressors, maintain awareness of risk factors, and exploit opportunities to replenish the force to build resiliency.** All members are capable and encouraged to identify those that are no longer ready but, may be reacting or injured. **Early intervention will accelerate treatment, limit the affects of stressors, and quickly return our Marine or Sailor to a ready state.**

We all go through stressors and life challenges; this is a part of our lives. Some become too much for the individual to handle. I expect that our **Marines and Sailors will offer the assistance, get them to the correct referral or resource so that we can quickly reintegrate the Marines or Sailor into our ranks.** We need every single one of our teammates. The support we provide is important, **"many hands make for light work", you are an important part of the Aviation Ground Support mission.**


Steven B. Dodson