



UNITED STATES MARINE CORPS
I MARINE EXPEDITIONARY FORCE
U. S. MARINE CORPS FORCES, PACIFIC
BOX 555300
CAMP PENDLETON, CA 92055-5300

IN REPLY REFER TO:
5351
CIG
11 APR 2013

POLICY LETTER 2-13

From: Commanding General, I Marine Expeditionary Force
To: Distribution List

Subj: COMBAT AND OPERATIONAL STRESS CONTROL (COSC)

Ref: (a) MCO 5351.1

1. Situation. The Marine Corps develops totally fit leaders resilient in body, mind, spirit and social areas of life; enabling them to assume progressively greater responsibilities. Stress is the process by which we respond to mental, physical, spiritual and emotional challenges. Stress is a daily part of the Marine Corps life. We use stress to build strength. Understanding stress reactions and proactively addressing stressors increases mission readiness, preserves the force and promotes the long-term health of our Marines. All Marines must find ways to address it for themselves, their Marines, their family and their unit in order to promote psychological resilience.

2. Mission. We must have the ability to train and sustain a combat ready and resilient force capable of accomplishing any mission. The Operational Stress Control and Readiness (OSCAR) Teams will assist us in maintaining our warfighting capabilities by addressing the impacts of stress in the unit. We will each participate in Combat and Operational Stress Control (COSC) activities to enhance force preservation, readiness and the long-term health and well-being of Marines and their families.

3. Execution. The COSC five Core Leader Functions promote principles of wellness, prevention, early intervention, identification, reintegration, reduction of stigma and will form the foundation for this command's COSC program. The five core Leader Functions are:

a. Leaders will use their existing tools for training and developing Marines to strengthen mentally, physically, spiritually and socially against negative effects of combat or operational stress. This includes tough training already being

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conducted to develop technical proficiency and increase unit cohesion. Unit cohesion also includes families, who will be offered COSC events in order to strengthen them against the stressors of military life. Leaders also build strength through their own conduct and example, setting high standards and demanding excellence and by giving clear information and guidance.

b. Risk mitigation also applies to stress. Many stressors can be avoided through planning and the impact of others can be reduced giving Marines a greater reserve to address those stressors that cannot be avoided. This is not a pass from difficulty or from tough training but is simply good leadership; leaders should be aware of the effects of stress on each Marine and help them develop their own coping strategies in order to empower decision making, effective planning and build resilience. This will also help Marines prepare for future stressors.

c. It is critical for leaders to promptly identify and address signs of stress in their Marines before they escalate. Know and use the Stress Continuum and stress decision flowchart. This is an important aspect of good small unit leadership and combat skills.

d. Treatment is about taking action. It begins with self-care and peer support. This may range from addressing personal issues, talking to a Marine about an upcoming event to share lessons learned or may lead to referring the Marine for further help from a chaplain or medical. If a Marine is referred for medical intervention, leaders must remain involved and aware of that Marine's ongoing requirements throughout the treatment cycle. This includes those transitioning out of the Marine Corps.

e. Regardless of the level of a Marine's treatment, they will be assisted during the process and will be received into the unit completely and respectfully once recovered. This may require further mentorship and possibly some understanding of limitations imposed by their recovery. The expectation is that Marines with stress issues are and will continue to be effective members of the unit.

4. Administration and Logistics. Recommendations concerning the contents of this Order may be forwarded via the appropriate chain-of-command.

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5. Command and Signal

a. Command. A copy of this policy will be prominently displayed on command information boards and incorporated into unit directives and orders.

b. Signal. This Order is effective the date signed.



R. F. CASTELLVI
Chief of Staff

DISTRIBUTION: I, II

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I MARINE EXPEDITIONARY FORCE
 Box 555300
 Camp Pendleton, CA 92055-5300

1. DATE 2 APRIL 2013

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| 2. OPERATION CODE X ORIGINATOR OF ROUTE SHEET A APPROPRIATE ACTION B SIGNATURE C CONCURRENCE D INFORMATION E RETENTION F RETURN TO: G COMMENT(S) | | | | | | | 3. SUBJECT: POLICY LETTER 2-13 COMBAT AND OPERATIONAL STRESS CONTROL | | |
| | | | | | | | 9. NATURE OF ACTION REQUIRED | ORIGINATOR INITIALS | DUE DATE |
| | | | | | | | ROUTINE/URGENT | JLH | |
| | | | | | | | 10. ACTION OFFICER (NAME, GRADE, SECTION, EXT) J. L. HIGHT, LCPL, ADJ, 763-2712 | | |
| 4. RTNG | 5. OPR CODE | 6. ADDRESSEES | 7. DATE | | 8. INITIALS | | 11. REMARKS AND SIGNATURE: PURPOSE: Routed for the COS's signature. BACKGROUND: N/A DISCUSSION: Combat and Operational Stress Control Policy Letter 2-13 for review and approval. RECOMMENDATION: Routed recommending COS's signature. <p align="center">EKM</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> RECEIVED APR 03 2013 BY: <i>Sgt Smith</i> </div> | | |
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