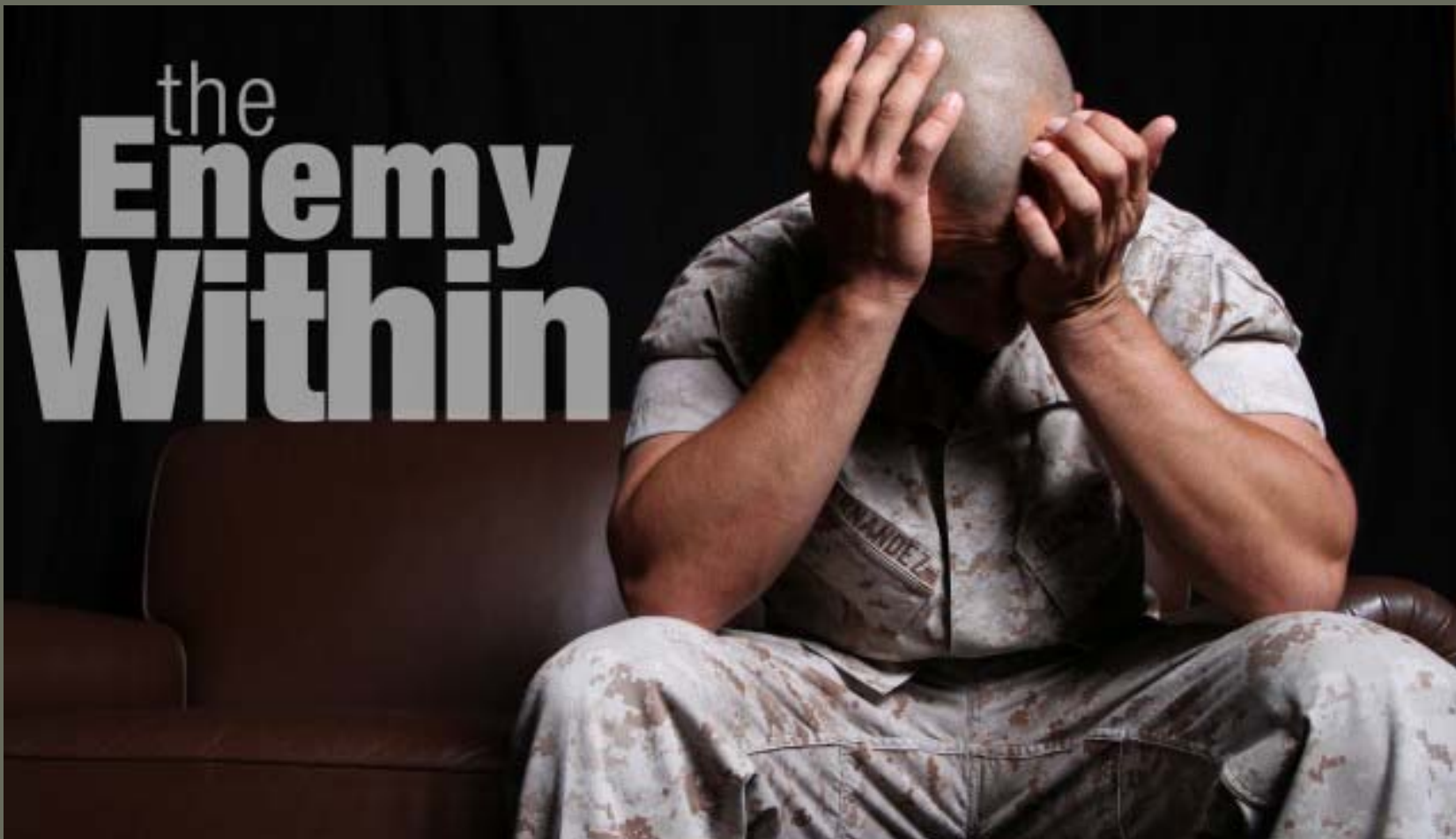




RECOGNIZE COMBAT STRESS DISORDERS





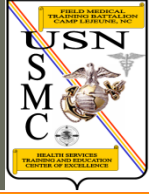
OVERVIEW



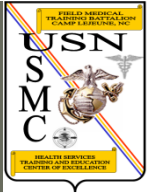
- Functions of OSCAR Team Members
- Sources of Combat Operational Stress (COSC)
- COSC Core Leader Functions
- Zones of COSC
- Decision Flowchart
- Primary/Secondary Aid Aspects
- After Action Review

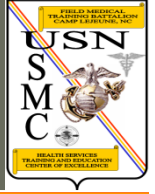


LEARNING OBJECTIVES



Please Read Your
Terminal Learning Objectives
And
Enabling Learning Objectives





Functions of Operational Stress Control and Readiness Training (OSCAR) Team Members



Functions of OSCAR Team Members

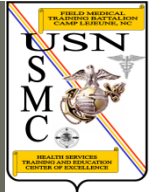


- Battalions train approximately 50 mentors

- Mentors

- Consist of Marines with combat experience
- Responsible for identifying, supporting, and advising Marines with combat operational stress
- Provides Marines people they can trust, instead of having to be seen by Mental Health Providers





Functions of OSCAR Team Members

- Extenders
 - Consist of Medical staff, Chaplains, Corpsman, RPs, and licensed counselors
 - Bridge the gap between Mentors and MHPs
 - Provide Tx for sleep problems, anxiety, depression, and anger management



Functions of OSCAR Team Members

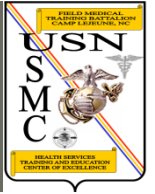
- Mental Health Personnel
 - Consist of Psychiatrists, Psychologists, mental health nurse practitioners, and social workers
 - Provide formal mental health services



Functions of OSCAR Team Members

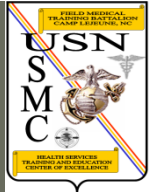


- Mental Health Personnel
 - Aid in unit health surveillance, psychological training, leadership guidance, and preventive measures all in hopes to mitigate and control stress in a unit
 - Effective MHPs surround themselves in the units' environment to better understand and treat



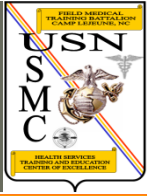


Sources of Combat & Operational Stress





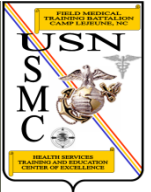
Sources of Combat & Operational Stress



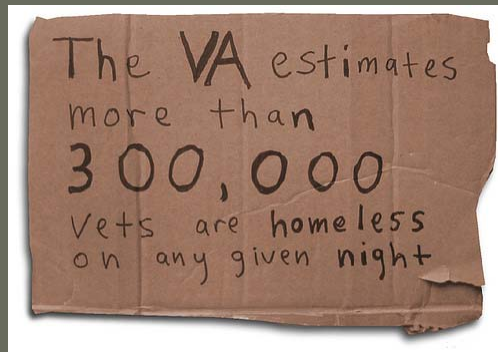
- Operational Stress
 - Changes in physical/mental functioning or behavior resulting from experience of military operations other than combat

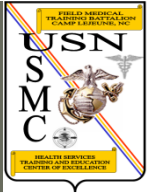


Sources of Combat & Operational Stress



- Combat Stress
 - Changes in physical/mental functioning or behavior resulting from the experience of lethal force
 - Previously called shell shock, Marines were not properly treated in WWI and WWII
 - Marines turned to drugs and alcohol

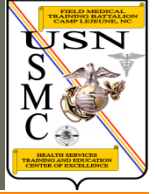






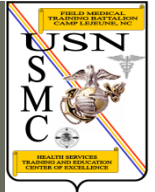
Five Combat and Operational Stress Core Leadership Functions





Five COSC Leader Functions

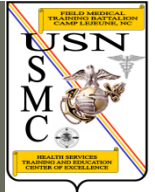
- Commanders and leaders will employ the five COSC core leader functions:
 - Strengthen
 - Mitigate
 - Identify
 - Treat
 - Reintegrate



Five COSC Leader Functions

- Strengthen
 - Used to enhance resilience against stress
 - Aids in prevention of stress injuries/illness

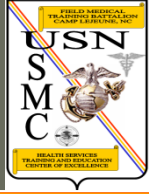




Five COSC Leader Functions

- Mitigate
 - Used to minimize the impact of imminent stressors through adding stress to training environments
 - Aimed to reduce stressors that are not essential to mission accomplishment

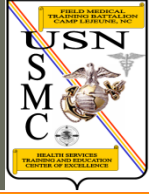




Five COSC Leader Functions

- Identify
 - Even the best preventive measures cannot eliminate all stress
 - Requires continuous monitoring
 - Leaders NEED to know their Marines both personally and professionally



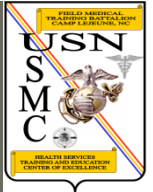


Five COSC Leader Functions

- Treat
 - Not clinical treatment
 - Consists of
 - Discussions
 - Knowing resources
 - Proper ways to refer the injured and ill to appropriate levels of care

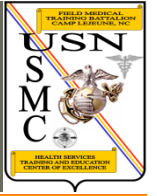


Five COSC Leader Functions

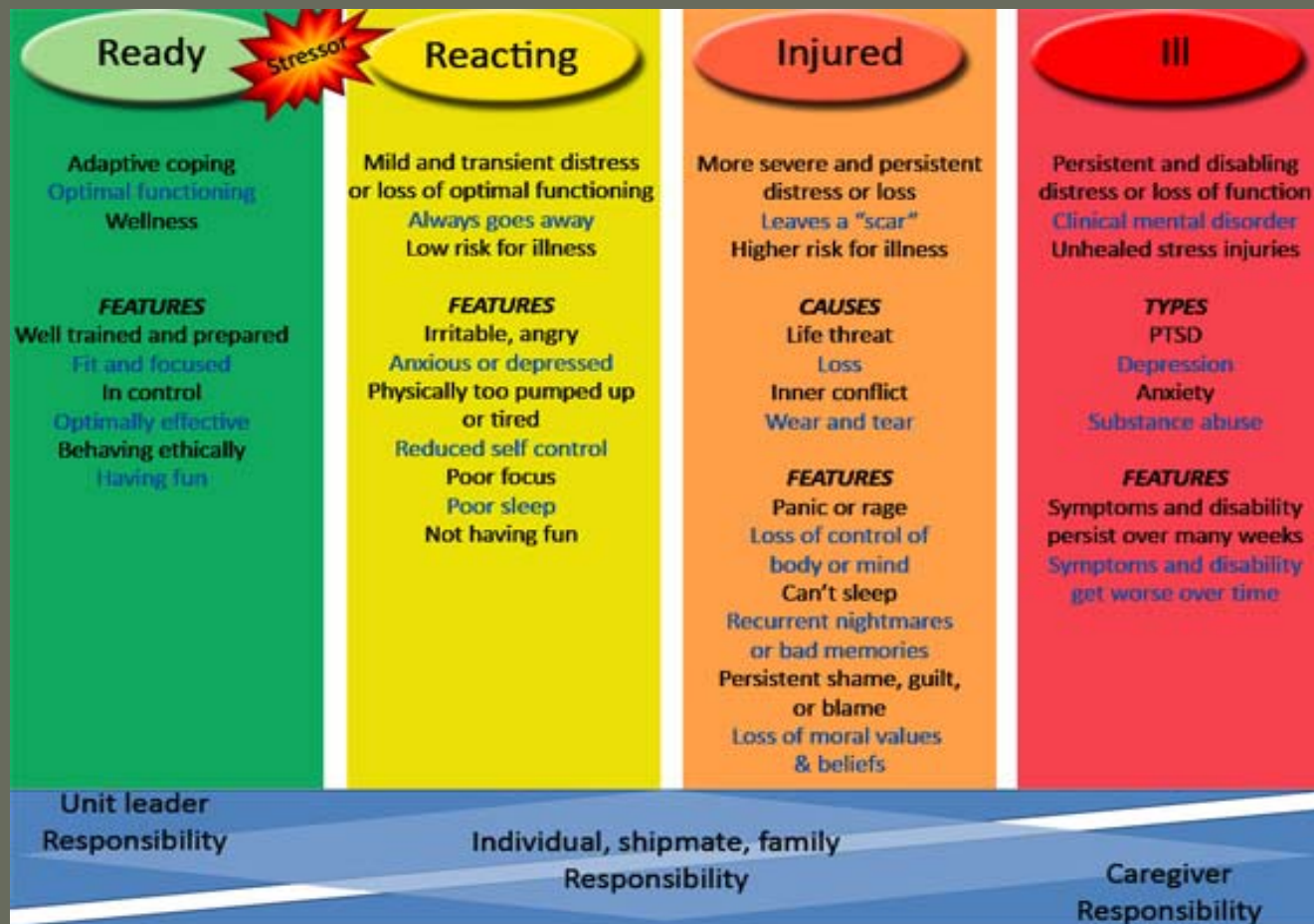


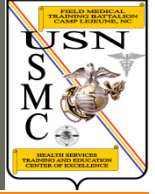
- Reintegrate
 - Marines return to unit after being formally treated
 - Continually monitor for duty
 - Mentor Marine during the recovery period





Four Zones of COSC Continuum





Four Zones of COSC Continuum

- COSC Continuum is a model used to identify how Sailors and Marines may react to stressful situations
- It is a color-coded map that identifies behavior from serving in highly stressful situations
- Zones are Green, Yellow, Orange and Red

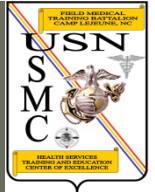


Four Zones of COSC Continuum

- Green (Ready)
 - Not stress free, but has good coping skills

READY (Green)

- **Good to go**
- **Well trained**
- **Prepared**
- **Fit and tough**
- **Cohesive units, ready families**



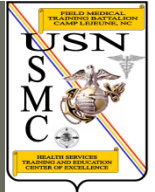
Four Zones of COSC Continuum

- Yellow (Reacting)

- Reacting to life's normal stressors
- Mild and REVERSIBLE

REACTING (Yellow)

- **Distress or impairment**
- **Mild, transient**
- **Anxious or irritable**
- **Behavior change**



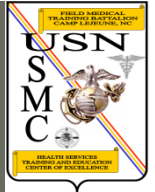
Four Zones of COSC Continuum

- Orange (Injured)
 - Injuries that damage the Mind and spirit
 - Non-mission ready

INJURED

(Orange)

- **More severe or persistent distress or impairment**
- **Leaves lasting evidence (personality change)**

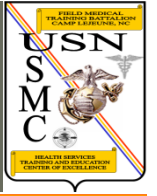


Four Zones of COSC Continuum

- Red (ILL)
 - Diagnosed by health professional
 - Behaviors that persist or get worse than before
 - These illnesses are treatable!

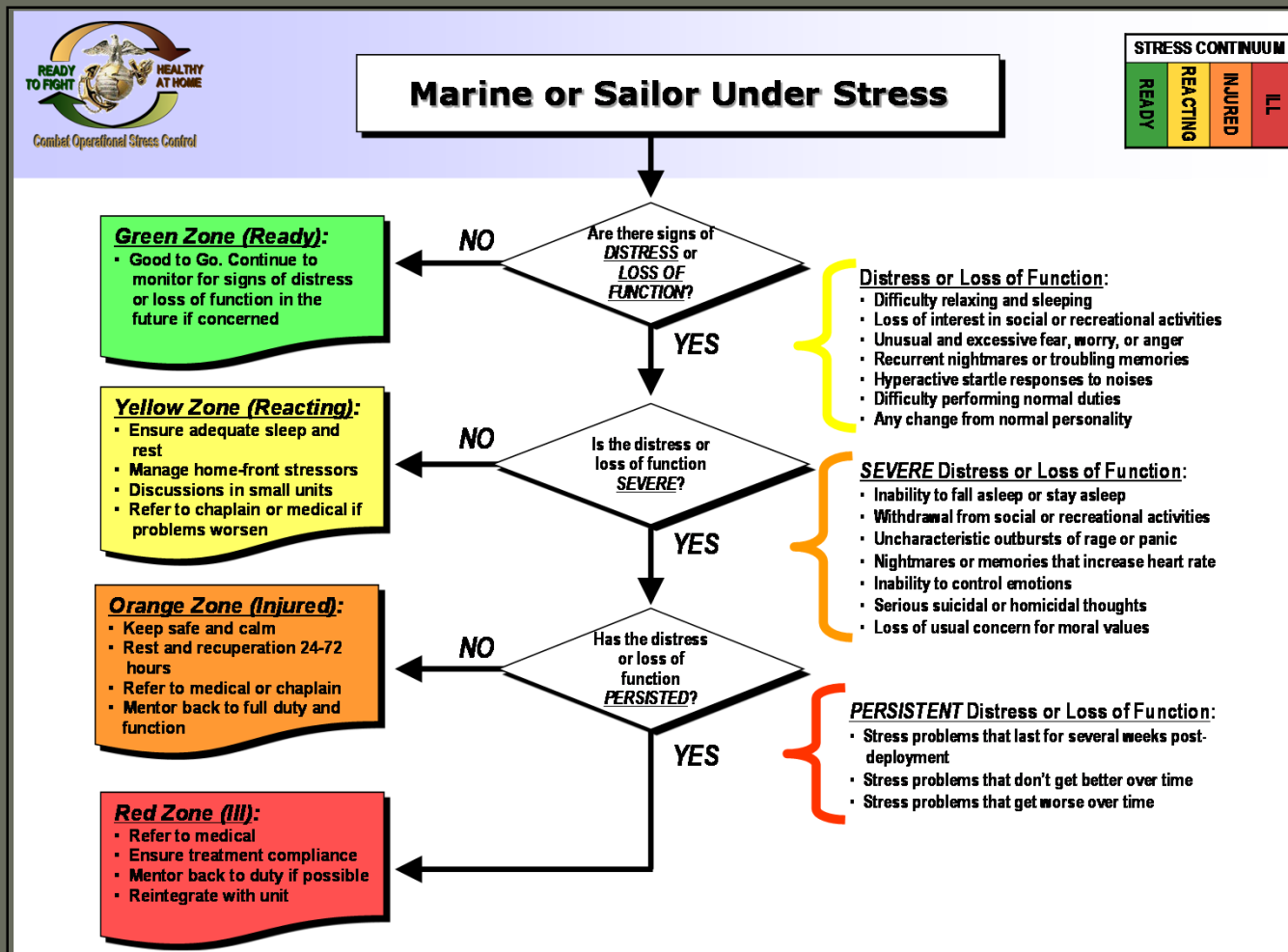
**ILL
(Red)**

- **Stress injuries that don't heal without intervention**
- **Diagnosable**
 - PTSD
 - Depression
 - Anxiety
 - Addictive Disorder





Combat and Operational Decision Flowchart





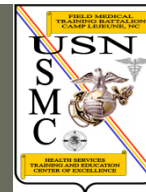
Combat and Operational Decision Flowchart



- Tool used by leaders to determine how much stress a Marine is under
- Shows what to do to mitigate or treat the injury or illness



Combat and Operational Decision Flowchart



Green Zone (Ready):

- Good to Go. Continue to monitor for signs of distress or loss of function in the future if concerned

Yellow Zone (Reacting):

- Ensure adequate sleep and rest
- Manage home-front stressors
- Discussion in small units
- Refer to chaplain or medical if problem is worsen

Orange Zone (Injured):

- Keep safe and calm
- Rest and recuperation 24-72 hours
- Refer to medical or chaplain
- Monitor back to full duty and function

Red Zone (Ill):

- Refer to medical
- Ensure treatment compliance
- Monitor back to duty if possible
- Reintegrate with unit

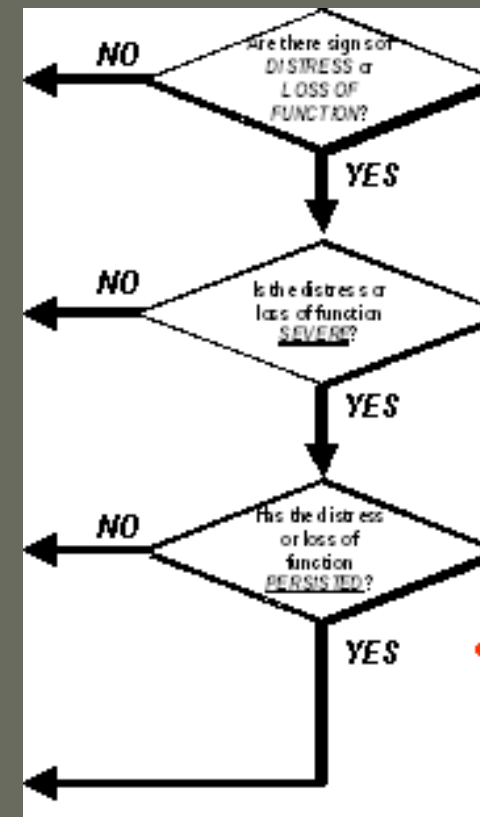
– Left side of flowchart indicates the actions that need to be taken



Combat and Operational Decision Flowchart

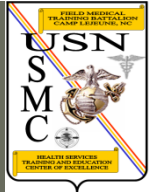


- The diamonds in the middle specify decisions needed to determine severity of problems





Combat and Operational Decision Flowchart



- List of symptoms on right indicate typical behaviors of each zone

Distress or Loss of Function:

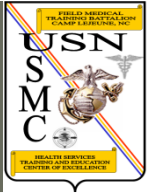
- Difficulty relaxing and sleeping
- Loss of interest in social or recreational activities
- Unusual and excessive fear, worry, or anger
- Recurrent nightmares or troubling memories
- Hyperactive startle responses to noises
- Difficulty performing normal duties
- Any change from normal personality

SEVERE Distress or Loss of Function:

- Inability to fall asleep or stay asleep
- Withdrawal from social or recreational activities
- Uncharacteristic outbursts of rage or panic
- Nightmares or memories that increase heart rate
- Inability to control emotions
- Serious suicidal or homicidal thoughts
- Loss of usual concern for moral values

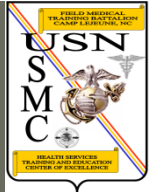
PERSISTENT Distress or Loss of Function:

- Stress problems that last for several weeks post-deployment
- Stress problems that don't get better over time
- Stress problems that get worse over time



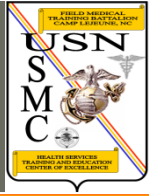


Primary Aid Aspects





Primary Aid Aspects



- Check to see if action is required
 - Ask Marine if they need help
 - Marine may not be aware of their reactions

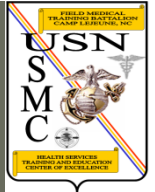


Primary Aid Aspects



- Coordinate the next steps
 - Could involve:
 - Calling someone for assistance
 - Informing those who need to know





Primary Aid Aspects

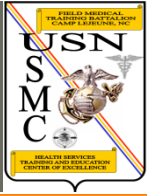
- Seek cover and get to safety
 - May be necessary if person is in a life threatening situation
 - May be impaired by irrational thoughts

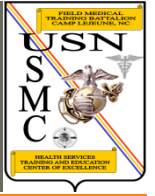


Primary Aid Aspects

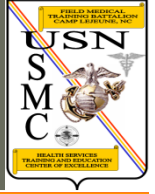
- Calm the Marine
 - Able to refocus when calm
 - Create an environment of safety that promotes recovery





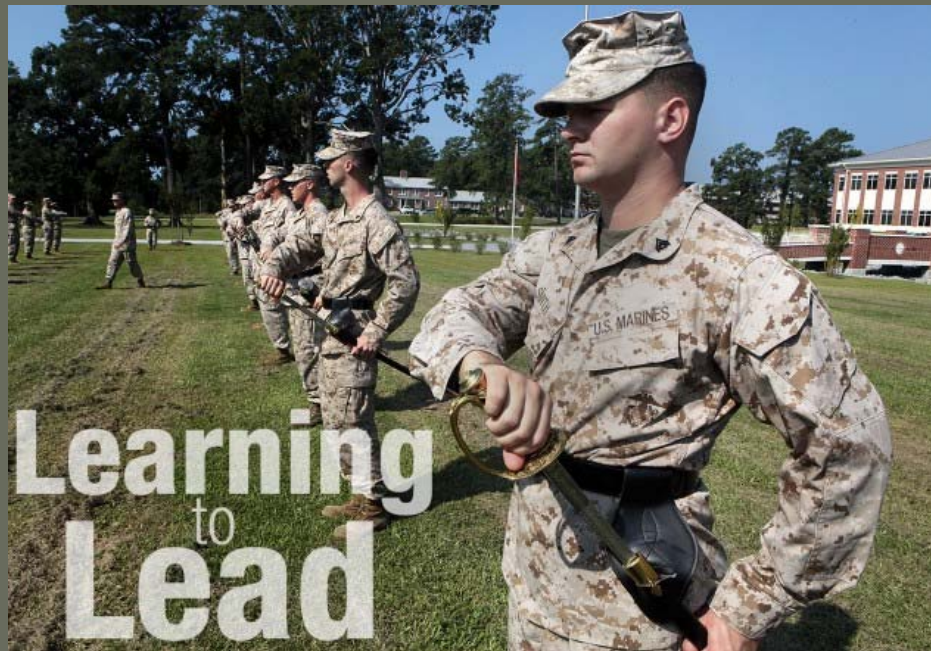


Secondary Aid Aspects



Secondary Aid Aspects

- Connect with the Marine
 - Bring the Marine back to reality
 - Helps to prevent isolation and negative feelings

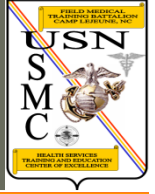




Secondary Aid Aspects



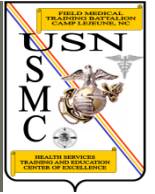
- Restore Competence and Ability
 - Stress causes change in normal functioning
 - This step will allow Marine to work and care for themselves safely



Secondary Aid Aspects

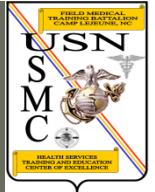
- Restore Confidence
 - Reintegrate Marine back into the unit as soon as they are ready
 - Encourage the Marine so that they can become a valuable part of the team





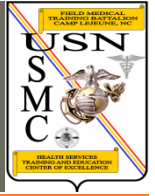


After Action Reviews





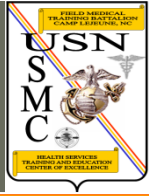
After Action Reviews



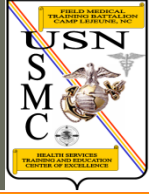
- Leaders will ensure Marines have the opportunity to discuss stressful situations with fellow Marines
 - “Venting”
- This helps with the recovery process



After Action Reviews

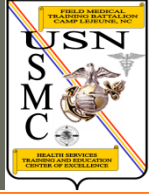


- AAR Goals
 - Review facts
 - Encourage Marines to talk about events
 - Restore confidence
 - Identify those Marines who fall into the injured zone (according to COSC)



After Action Reviews

- AAR Procedures
 - Conduct AAR at small unit level
 - Facilitated by small unit leader
 - Conducted within 72 hours of event
 - Typically 15-60 mins



After Action Reviews

- AAR Responsibilities
 - Listen to what Marines have to say!
 - Provide positive mentoring
 - Conduct memorials as a tribute and remembrance of the fallen







RECOGNIZE COMBAT STRESS DISORDERS

