

## OPERATIONAL STRESS CONTROL AND READINESS (OSCAR)

### TEAM MEMBERS

### ZONES



(Also see the Treatment category)

#### WHAT IS THE RESOURCE?

OSCAR Team Members are Marines of all ranks trained to identify, support, and advise Marines with stress reactions. OSCAR Team Members are available to provide informal briefings and implement the Commander's Combat and Operational Stress Control (COSC) and OSCAR programs. Battalions or equivalent units (all units across the total force commanded by a lieutenant colonel) are required to have 20 Marines or 5% of the unit strength (whichever is greater) trained as OSCAR Team Members.

#### WHO SHOULD CONSULT THIS RESOURCE?

- Leaders at all levels
- Marines and Sailors on Active Duty
- Marines and Sailors in the Reserves

#### WHEN CAN THIS RESOURCE BE USED?

Any Marine experiencing stress in the yellow zone or higher can talk with an OSCAR Team Member. OSCAR Team Members are trained to identify the potential stress zone of the Marine, and engage that Marine in the appropriate support, which can range from peer discussion to connecting with resources.

#### WHY USE THIS RESOURCE?

OSCAR Team Members are the first line of defense. They are specifically trained to identify stress reactions and assist with the prevention and mitigation of stress.

#### WHERE IS THIS RESOURCE LOCATED?

This resource is internal in every battalion or equivalent-sized command across the total force. All Active and Reserve units must have trained OSCAR Team Members as part of their OSCAR Team in accordance with MCO 5351.1 Combat and Operational Stress Control Program.

## OPERATIONAL STRESS CONTROL AND READINESS (OSCAR) EXTENDERS

ZONES



(Also see the Treatment category)

### WHAT IS THE RESOURCE?

OSCAR Extenders are medical staff, chaplains, corpsmen, religious program specialists, and other professionals. They extend the capabilities of OSCAR Mental Health Professionals (MHPs) by bridging the gap between Marine OSCAR Team Members and OSCAR MHPs. OSCAR Extenders work with OSCAR Team Members to provide prevention services, formal counseling, and medical care. OSCAR Team Members examine and review Marines referred to them by OSCAR Team Members and assist within the scope of their practice and expertise. They make further referrals to OSCAR MHPs, when necessary.

### WHO SHOULD CONSULT THIS RESOURCE?

- Leaders at all levels
- Marines and Sailors on Active Duty
- Marines and Sailors in the Reserves

Marines experiencing temporary or prolonged stressed reactions, and Marine leaders seeking support for a Marine with a stress reaction.

### WHEN CAN THIS RESOURCE BE USED?

OSCAR Extenders are specifically designated to assist Marines at any zone on the stress continuum; however, their focus is addressing stress before it moves into the red zone. Marines experiencing temporary or prolonged stress reactions should consult this resource.

Marines are encouraged to use whatever extenders are accessible, including the unit medical officer, the chaplain, or another extender. While only a MHP can diagnose or treat red zone illnesses, all OSCAR Extenders support Marines and connect them with the right level of care.

### WHY USE THIS RESOURCE?

- OSCAR Extenders are considered the next line of defense when dealing with stress-related issues.
- OSCAR Extenders are available at the unit level and are able to provide immediate support.

### WHERE IS THIS RESOURCE LOCATED?

At the unit level from battalion all the way down to the squad.

## OPERATIONAL STRESS CONTROL AND READINESS (OSCAR)

### MENTAL HEALTH PROFESSIONALS (MHPs)

#### ZONES



(Also see the Treatment category)

#### WHAT IS THE RESOURCE?

OSCAR MHPs are specialized medical personnel, which includes uniformed psychiatrists, psychologists, mental health nurse practitioners, psychiatric and psychological technicians, and licensed clinical social workers. They provide specialized prevention services, make diagnoses, and provide formal mental health care.

#### WHO SHOULD CONSULT THIS RESOURCE?

- Leaders at all levels
- Marines and Sailors on Active Duty

Commanders should use this resource to develop command policies that will mitigate the impact of stress on the unit. Commanders should also use this resource to monitor the overall psychological health of the unit.

Individual Marines should use this resource if they wish to discuss any aspect of mental health, including prevention, or if they seek medical treatment for a red zone illness.

#### WHEN CAN THIS RESOURCE BE USED?

- OSCAR MHPs support units at any zone on the stress continuum.
- OSCAR MHPs are a primary command resource for supporting Marines in the red zone.

#### WHY USE THIS RESOURCE?

This is the command resource for diagnosing and treating stress illnesses, and an important command resource for prevention and command consultation.

#### WHERE IS THIS RESOURCE LOCATED?

OSCAR MHPs are internal to active Marine Divisions and Regiments.