



OSCAR Team Training imparts techniques for prevention and early intervention of stress-related issues.

Operational Stress Control and Readiness (OSCAR) Team Training is a 6 hour course to train the OSCAR Team - *Team Members/Mentors, Extenders and Mental Health Professionals*. This team will help commanders build unit strength, resilience, and readiness, as well as keep Marines and Sailors in the fight.

OBJECTIVES:

- ✓ Train the OSCAR Team to serve as known, easily approachable immediate points of contact
- ✓ Provide advice to others on stress-related issues
- ✓ Encourage others to get help when needed
- ✓ Provide early interventions as appropriate;
- ✓ Help Marines and Sailors get back to full readiness quickly and effectively.

COMPETENCIES:

- ✓ OSCAR Team Member Duties
- ✓ Stress Continuum (Ready, Reacting, Injured, Ill)
- ✓ Five Core Leader Functions (Strengthen, Mitigate, Identify, Treat, and Reintegrate)
- ✓ Biological Basis of Stress Reactions
- ✓ Main Sources of Stress Injury
- ✓ After Action Reviews (AARs)
- ✓ Stress Decision Flowchart
- ✓ Combat Operational Stress First Aid (COSFA)
- ✓ Practical Tools
- ✓ OSCAR Referral Resources

www.manpower.usmc.mil/cosc

2012 Navy and Marine Corps COSC Pre-Conference OSCAR Workshop

**Monday
21 May 2012**

0800 – 1600

Town & Country Resort
and Convention Center
San Diego, CA

*Attendees: Marines and Sailors
(Serving with the Marine Corps) of all ranks*

**Register NLT 1 May 2012 for the
OSCAR Pre-Conference Workshop at:**

<http://www.med.navy.mil/sites/nmcsd/nccosc/coscConference/>