



UNITED STATES MARINE CORPS
2D BATTALION, 3D MARINES
3D MARINE DIVISION
BOX 63012
MCBH KANEHOE BAY, HAWAII 96863-3012

IN REPLY REFER TO:

5351

CO

20 Jul 20

From: Commanding Officer

To: Distribution List

Subj: COMBAT AND OPERATIONAL STRESS CONTROL POLICY

Ref: MCO 5351.1

1. The purpose of the policy is a step to ensure that 2d Battalion, 3d Marines is ready to Fight Tonight, and carry on the fight as an effective warfighting unit for our Division.
2. Per MCO 5351.1, combat stress is defined as changes in physical or mental functioning or behavior due to the experience of lethal force or its aftermath, resulting from the experience of military operations during peacetime or war, on land, at sea, or in the air. These changes can be positive and adaptive (e.g. increased confidence in self and peers), or they can be negative, including distress or loss of functioning.
3. Combat and Operation stress are expected in an Infantry Battalion, and this stress can be mitigated if acted upon early and quickly. Our Marines, Sailors, and their loved ones will feel and share a burden of stress caused by the workup and deployment. Combat and Operational Stress Control is a means to ease that burden and protect the force so that we are ready to Fight Tonight. We must keep an eye out for each other – help identify stress in our Marines and Sailors.
3. In order to mitigate Combat and Operational Stress, leaders at all levels must act upon the five core leader functions for Combat and Operational Stress: strengthen, mitigate, identify, treat, and reintegrate. These steps work and, I charge all Marines and Sailors, especially the leadership, to use these steps for our Battalion in order to help those in need, keep them in the fight or get them back in the fight! And for all Marines and Sailors in the Battalion, if you need or want help, I am giving you a direct order to ask for help. Our Battalion needs you in the fight with a clear mind in order to close with and destroy our enemies if called upon to do so for our Nation. For the leadership of the Battalion, especially our Squad and Section Leaders, look for signs of stress and act quickly to preserve your unit and help those members in need.
4. Our Battalion will fully support OSCAR training, and ensure that it is used to preserve our force. For more information or assistance, see MCO. 5351.1, your chain of command, any OSCAR team member, medical provider, or Chaplain.


B. H. TURNER