



**UNITED STATES MARINE CORPS**  
U.S. MARINE CORPS FORCES COMMAND  
1775 FORRESTAL DRIVE  
NORFOLK, VIRGINIA 23551-2400

IN REPLY REFER TO

5351

G-3/5/7

**MAY 14 2019**

U.S. MARINE CORPS FORCES COMMAND POLICY LETTER 3-19

From: Commander  
To: Distribution List

Subj: COMBAT AND OPERATIONAL STRESS CONTROL PROGRAM

Ref: (a) DoDI 6490.05  
(b) DoDI 6490.08  
(c) MCTP 3-30E  
(d) SECNAV M-5210.1  
(e) MCO 5351.1

1. Situation. This Policy provides U.S. Marine Corps Forces Command (MARFORCOM) guidance to maintain a cohesive ready force that promotes long-term health and well-being among Marines, attached Sailors, and their families. We do not want to lose the good practices and lessons learned during the last eighteen years, especially among our Marines and Sailors returning from combat or deployment.

2. Mission. To set forth guidance for establishing, managing and reporting a Combat and Operational Stress Control (COSC) program per the references.

3. Execution. To ensure the COSC program is managed effectively in order to maximize force preservation and readiness and promote psychological resilience. Commanders are tasked specifically to:

a. Review all references and publish command policy that implements COSC principles in accordance with reference (e).

b. Implement and sustain COSC activities including Operational Stress Control and Readiness (OSCAR) training and Deployment Cycle Training (DCT).

c. Resource and employ a Regional Training Coordinator (RTC) to serve as the advisor to the commander on all COSC related programs.

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d. Provide status reports of COSC activities in accordance with reference (e).

4. Administration and Logistics

a. Detailed descriptions of COSC programs, processes, responsibilities, resources, and tools are found in reference (e).

b. Education and training materials and other resources are available online at [www.manpower.usmc.mil/cosc](http://www.manpower.usmc.mil/cosc). Information is also available via email at [cosc@usmc.mil](mailto:cosc@usmc.mil).

5. Command and Signal

a. Command. This Policy is applicable to all commands within MARFORCOM.

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

  
M. A. BRILAKIS

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