

## Implementing COSC discussion guides: Choosing co-facilitators

Leaders,

It is our highest recommendation that the provided Combat and Operational Stress Control (COSC) discussion guides be co-facilitated in grouped setting. When selecting facilitators to lead peer group discussions, consider the examples below:

- A SgtMaj or MGySgt and a 1stSgt or MSgt facilitate to a group of no more than 15 SNCOs
- 2 field grade officers facilitate to a group of 5-10 field grade officers
- 2 field grade officers facilitate to a group of no more than 15 company grade officers
- A field grade officer and a company grade officer facilitate to a group of no more than 15 company grade officers
- 2 Sgts facilitate to a group of no more than 15 NCOs and junior enlisted

Strong leadership traits, firm public speaking, and polished interpersonal communication should be favored in selecting facilitators. Operational Stress Control and Readiness (OSCAR) team members are Marines trained to identify, support, and advise other Marines who are experiencing stress reactions—they are especially helpful in co-facilitating on these topics.

To ensure facilitation success and provide immediate assistance: Chaplains, Corpsmen, and/or uniformed Mental Health Providers are encouraged to attend and remain present. They will best identify and engage any Marines who are in the Orange “injured” Zone on the COSC Stress Continuum Model. In all situations the chain of command works with available resources within the unit, as well as outside resources, to ensure Marines get the help they need.

If a Marine is identified and more care is needed, Behavioral Health resources include:

- Community Counseling Center (CCC)\*
- Psychologist and psychiatrist at the military treatment facility or installation clinic
- OSCAR Embedded Mental Health Provider
- Military and Family Life Counselors (MFLCs)\*\*
- Authorized provider via Tricare
- Referrals via Military OneSource

\*Free counseling to Service members and their families is available, schedule by calling (760) 763-3222, 0730-1700, Mon–Fri. CCC Camp Pendleton offers free telephonic and virtual counseling for individuals, couples, children, teens, and families. All initial appointments are telehealth, then telephonic, virtual, or face-to-face options are available. CCC Camp Pendleton can reach Service members aboard ship.

\*\* MFLCs are licensed counselors working at the unit and installation, in DoD schools, and within child development centers to augment existing behavioral health services. They offer confidential, non-medical, short-term counseling for individuals, families, and groups. In duty-to-warn scenarios, MFLCs will conduct a warm handoff to appropriate providers.

For any questions or concerns on this topic or the provided COSC discussion guides reach out to:

- I MEF Embedded Preventive Behavioral Health Director, Dr. Lelia Brady ([lelia.brady@usmc.mil](mailto:lelia.brady@usmc.mil))
- COSC Regional Training Coordinator, Julian Garibay ([julian.a.garibay@usmc.mil](mailto:julian.a.garibay@usmc.mil))