



COSC Pilot and Research Projects With Operating Forces

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Selected COSC Pilot and Research Projects with Operating Forces

- **Delivery of Self Training and Education for Stressful Situations (DÉSTRESS)**
- **COSC Needs and Awareness Survey**
- **Mental Health Survey of Marine Corps Combatants**
- **Families Overcoming Under Stress (FOCUS)**
- **Marine Resiliency Study**
- **“Carry-On” WebSite**
- **Adaptive Disclosure**
- **Warrior Transition Video**
- **Program Evaluation of Marine Operational Stress Training (MOST)**



DESTRESS Pilot Program

Description

Implements a brief, internet-delivered, self-assessment program based on evidence-based intervention for combat stress injuries

Organization

Units Involved: II MEF and installations onboard Camp Lejeune, NC

Researchers: RTI International in North Carolina; National Institute for Mental Health (NIMH), Washington, DC

Goals

- **A training/self-help program using on-line coaches rather than mental health services over a six-week period**
- **Provides a program to Marines returning from theatre, who are experiencing symptoms of combat-related stress and PTSD, and are interested in learning new stress management skills**
- **Reduce stigma through anonymous private on-line access**



COMBAT OPERATIONAL STRESS CONTROL

COSC Needs and Awareness Survey

Description

Surveys Marines on overall awareness of COSC program in order to develop programs to address and monitor adverse stress reactions

Organizations

Units involved: Marine Corps Logistics Base, Barstow, CA and Marine Corps University, Quantico, VA

Researchers: Naval Health Research Center, San Diego, CA

Goals

- To acquire COSC data which can be used as a baseline of comparison and development of COSC programs and monitor COSC program effectiveness enabling program development and enhance prevention, identification, and treatment of adverse stress reactions
- Development of methodology and survey instrument to assess a sample of Marines on their COSC program awareness, utilization, satisfaction, and needs
- Evaluate major costs and benefits of USMC COSC programs; recommend resource allocation



COMBAT OPERATIONAL STRESS CONTROL

Mental Health Survey of Marine Corps Combatants

Description

The *Warfighter Status Survey* was administered during 2007 and early 2008 to MAGTF enlisted and officer, active duty and reservist Marines who had deployed to a combat zone at least once. No particular subgroups of Marines were targeted for the survey conducted in California and Okinawa

Organizations

Units Involved: I and III Marine Expeditionary Forces

Researchers: Naval Health Research Center, San Diego, CA

Goals

- Determine prevalence of psychological and behavioral health problems among Marines deployed to combat zones
- Identify key risk factors for post-combat psychological and behavioral health problems
- Determine Marines' attitudes toward available mental health services, and assess stigma and barriers to care



COMBAT OPERATIONAL STRESS CONTROL

Families Overcoming Under Stress (FOCUS)

Description

FOCUS is an eight-week, skill-based, trainer-led resiliency-building training program designed for military families and children facing the challenges of multiple deployment stress and combat operational stress problems during wartime

Organizations

Units Involved: At MCB's: Pendleton, Lejeune, Okinawa, Hawaii, Twenty-Nine Palms, and some Navy bases

Researchers: UCLA's Child and Family Trauma Psychiatry Service UCLA

Goals

- **Provides developmentally appropriate combat stress and deployment education to parents and children and a "family tool box" for dealing with on-going stressors**
- **Uses family-level techniques to highlight areas of strength and resilience in the family and identify areas for growth and change in current difficulties**
- **Uses structured activities to bridge the breakdowns in communication that often follow highly stressful experiences**



COMBAT OPERATIONAL STRESS CONTROL

Marine Resiliency Study

Description

Prospective Study of the psychological, social, and biological markers (genomic determinants) of risk and resilience for operational stress in one infantry battalion throughout a deployment cycle

Organizations

Units Involved: Marines at Twenty-Nine Palms

Researchers: San Diego VA Center of Excellence for Stress and Mental Health (CESAMH); USMC; NCPTSD Boston; NIMH

Goals

- **Determine factors that predict mental health trajectories (such as PTSD) in a cohort of ground combat Marines deploying to OIF**
- **Determine which controllable resiliency factors best moderate pre-existing risk in order to promote long-term health and well-being**
- **Determine which in-theater behaviors or other markers are the best early indicators of PTSD (and need for early intervention)**



“Carry-On” WebSite

Description

An online social network, by Marines-for Marines, that will provide Marines a place to honor fallen comrades, connect with fellow service-members, and receive help and support for their grief and loss

Organizations

Units Involved: All Marines and Sailors attached to Marine units
Researchers: The National Center for PTSD, Boston, MA and Boston Interactive

Goals

- Internet-based training program to attract Marines and get them to use the Website as a tool to learn skills and resources which promote resilience during grief and loss
- The training program will be self-guided, and allow for an experience tailored to users' particular needs
- The projected outcome will be maintenance or increases in Marines' job performance and reduced severity of prolonged grief disorder and associated psychological problems



COMBAT OPERATIONAL STRESS CONTROL

Adaptive Disclosure

Description

Develop and provide a new tool tailored for Marines and their culture that provides a brief empirically-based, intervention to reduce the risk of chronic PTSD by promoting early disclosure of trauma-related memories

Organizations

Units Involved: TBD, but probably at Camp Pendleton, CA

Researchers: The National Center for PTSD, Boston, MA

Goals

- Provide a tool Marines will use in the disclosure of traumatic experiences of combat to a trained licensed clinical Ph.D psychologist using cognitive-behavioral therapy (CBT)
- Adaptive disclosure will provide opportunities for new learning and understanding/resolution of trauma-related combat and operational experiences
- This protocol should facilitate individual appraisal of traumatic experiences and help build resiliency, self-confidence, and self-efficacy



Warrior Transition Video

COMBAT OPERATIONAL STRESS CONTROL

Description

Develop "Warrior Transition I and Warrior Transition II" DVDs based on the MOST Warrior Transition I and II Power Point Slide Programs

Organizations

Contract has not yet been awarded

Goals

- Develop and produce DVD version of the Marine Corps "Warrior Transition I and II", currently Power Point briefs (standardized)
- Enhance and update content to improve interest, impact, and probability of application for viewers
- DVDs should last for approximately 45 minutes and be consistent with Marine Corps culture in presentation and style



COMBAT OPERATIONAL STRESS CONTROL

Longitudinal Program Evaluation of MOST

Description

To provide actionable feedback to the COSC Branch of Headquarters, Marine Corps about the acceptability, impact, and effectiveness of the MOST training and its essential components in two stages

Organizations

Contract has not been awarded yet

Goals

- Stage one focus is on acceptability and short-term impact on knowledge, skills and attitudes of MOST briefs
 - Briefs are given to Marine leaders, Marines, and families
 - Are these briefs understood and acceptable in focus

- Stage two will provide a larger more definitive outcome study
 - Follows a subset of participants over multiple years
 - Includes anonymous surveying for combat stress and mental health problems
 - Is the program effective, causing measurable change?
 - Is it cost-effective?