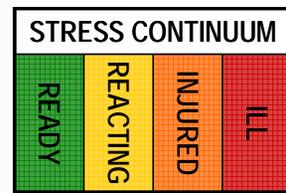




COSC Deployment Cycle Training Goal Matrix



	LEADERS	MARINES & SAILORS	FAMILIES
PRE-DEPLOYMENT	<ul style="list-style-type: none"> • Learn After-Action Reviews for COSC • Reduce stigma • <u>"Leader Preparation"</u> brief or equivalent 	<ul style="list-style-type: none"> • Resiliency training • Stress inoculation • Cohesion building • <u>"Warrior Preparation"</u> brief or equivalent 	<ul style="list-style-type: none"> • Develop family peer support • Reduce family stress • <u>"Family Preparation"</u> brief or equivalent
REDEPLOYMENT	<ul style="list-style-type: none"> • Give meaning to deployment & sacrifices • Reduce stigma • <u>"Leader Transition"</u> brief or equivalent 	<ul style="list-style-type: none"> • Small unit support and discussions • Decompression • <u>"Warrior Transition"</u> brief or equivalent 	<ul style="list-style-type: none"> • Return & reunion preparation • Strengthen support • <u>"Family Transition"</u> brief or equivalent
POST-DEPLOYMENT (60-120 days)	<ul style="list-style-type: none"> • Sustain leadership as Marines PCS & sep. • Reduce stigma • <u>"Leader Transition II"</u> brief or equivalent 	<ul style="list-style-type: none"> • Sustain unit support • Peer- and self-assessment for stress • <u>"Warrior Transition II"</u> brief or equivalent 	<ul style="list-style-type: none"> • Sustain unit support • Family stress self-assessment • <u>"Family Transition II"</u> brief or equivalent



Pre-Deployment Training for Leaders



- Develop a culture of COSC in all unit training and operations
- Reduce stigma: create a climate where it is OK to get help
- Learn to use After-Action Reviews (AARs) for COSC
- Learn basic combat operational stress first aid tools
- Reinforce battlefield ethics and ROE
- Learn to recognize and manage traumatic brain injury (TBI)
- COSC awareness: “Leader Preparation” or equivalent:
 - Understand COS Continuum
 - Understand tactics and timelines of normal coping and resiliency
 - Understand five core functions of COSC
 - Learn to use COSC Decision Matrix for stress monitoring
 - Know how to prevent and manage stress problems
 - Understand the role of sleep hygiene, restoration, food replenishment
 - Know how to use resources for help when needed



Pre-Deployment Training for Marines and Sailors



- Build stress resilience through tough realistic training
- Inoculate to expected sources of deployment stress
- Build unit cohesion through shared adversity and trust
- Learn battlefield ethics and Rules of Engagement
- Develop “mental armor” and strong character
- Practice stress coping skills (deep breathing, relaxation)
- Awareness of family stress challenges and resources
- COSC awareness: “Warrior Preparation” or equivalent:
 - Awareness of combat operational stress continuum model
 - Understand “stress” and normal coping with stress
 - Recognition of yellow, orange, and red zones in self and peers
 - Taking care of yellow and orange zone stress in self and peers
 - Know where to get help for orange or red zone problems



Pre-Deployment Training for Families



- Develop unit family support system (family leadership)
- Develop peer family support network (family cohesion)
- Address and reduce sources of family stress
- COSC awareness: “Family Preparation” or equivalent:
 - Understand the COSC Continuum and how it applies to spouses and children
 - Learn tools for coping with family operational stress
 - Learn tools to prevent stress reactions and injuries in family members and peers
 - Learn to recognize yellow, orange, and red zone stress in family members and peers
 - Learn ways to manage yellow and orange zone stress
 - Know where to get help for yellow, orange, or red zone stress



Redeployment Training for Leaders



- Give meaning to unit members and families for the deployment and sacrifices made
- Encourage end-of-deployment AAR discussions
- Honor casualties
- Reduce stigma: create a climate where it is OK to get help
- COSC awareness: “Leader Transition” or equivalent:
 - Understand normal process of readjustment to home and garrison
 - Understand safety risks immediately following deployment
 - Learn ways to reduce risk for post-deployment problems
 - Review COSC Continuum
 - Review COSC Decision Matrix as a tool for post-deployment monitoring
 - Know available resources for help when needed



Redeployment Training for Marines and Sailors



- End of deployment decompression period
- Inoculate to expected sources of home and garrison stress
- Practice stress coping skills (deep breathing, relaxation)
- Participate in safe discussions in small units of deployment experiences to reach common understanding
- COSC awareness: “Warrior Transition” or equivalent:
 - Understand sources of redeployment and homecoming stress
 - Understand normal process of readapting to home and garrison
 - Awareness of common safety risks post-deployment
 - Know how to reduce risks of post-deployment stress
 - Review COSC Continuum model
 - Recognition of yellow, orange, and red zones in self and peers
 - Know where to get help for orange or red zone problems



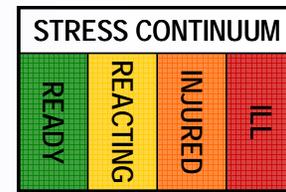
Redeployment Training for Families



- Reinforce unit family support system (family leadership)
- Reinforce peer family support network (family cohesion)
- Address and reduce sources of family stress
- COSC awareness: “Family Transition” or equivalent:
 - Understand sources of redeployment and homecoming stress
 - Understand normal process of readjusting and coping
 - Learn tools for coping with family homecoming stress
 - Review the COSC Continuum as it applies to entire family
 - Learn to recognize yellow, orange, and red zone stress in family members and peers
 - Learn ways to manage yellow and orange zone stress
 - Know where to get help for yellow, orange, or red zone stress



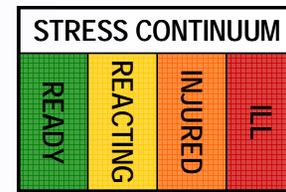
Post-Deployment Training for Leaders



- Maintain steady leadership throughout post-deployment transfers and separations (leadership for life)
- Reinforce a culture of COSC in all unit training
- Reduce stigma: create a climate where it is OK to get help
- Learn to recognize and refer traumatic brain injury (TBI)
- COSC awareness: “Leader Transition II” or equivalent:
 - Review COSC Continuum
 - Review five core functions of COSC
 - Review COSC Decision Matrix for continuous stress monitoring
 - Know the cardinal symptoms of the common post-deployment stress illnesses (PTSD, depression, anxiety, substance abuse)
 - Know how to manage yellow, orange, and red zone stress in units
 - Know how to use resources for help when needed



Post-Deployment Training for Marines and Sailors



- Practice self-assessment of life functioning and stress level
- Practice assessment of buddies' and family's functioning and stress levels
- COSC awareness: “Warrior Transition II” or equivalent:
 - Review COSC Continuum
 - Review common symptoms of yellow, orange, and red zone stress
 - Comprehensive self-assessment of life functioning and stress level
 - Review techniques for taking care of yellow and orange zone stress in self and peers
 - Know where to get help for orange or red zone problems



Post-Deployment Training for Families



- Reinforce unit family support system (family leadership)
- Reinforce peer family support network (family cohesion)
- Address and reduce sources of family stress
- Practice assessment of life functioning and stress level in self, family, and peers
- COSC awareness: “Family Transition II” or equivalent:
 - Review COSC Continuum
 - Review common symptoms of yellow, orange, and red zone stress
 - Comprehensive self-assessment of life functioning and stress level
 - Review techniques for taking care of yellow and orange zone stress in self and peers
 - Know where to get help for orange or red zone problems