

## Navy Operational Stress Control goes mobile to accommodate high operational commitments

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NORFOLK, Va. -- The Navy has taken a holistic approach to building psychological resilience, and its' Operational Stress Control Program (OSC) is taking a step forward to reach Sailors throughout the fleet utilizing a new spin on an old program, capitalizing on the need for flexibility and team building.

"Since 2009, our OSC program has made significant strides in promoting understanding of operational stress and increasing awareness of resources available to our Sailors, families and commands. Our mobile training teams will build on that success by bringing the training to commands. We are all aware of competing education and training requirements so we are making OSC training as flexible as possible," said Capt. Kurt Scott, Director, Behavioral Health Programs. "We wanted to expand the availability of our training. We have both live and online courses providing an introduction to OSC at all leadership levels. Attendees have given our live training good marks, especially when it comes to the end of course panel discussions with command leaders."

Navy Operational Stress Control (NOSC) launched two mobile training teams (MTT), one in Norfolk and one in San Diego, Calif. The teams break up the course into two distinct sections: OSC Leader, an eight hour session for E-7 and above, as well as, officers and Frontline Supervisor Training, which is a four hour session.

"Training is designed for delivery at the location of the requesting command in order to facilitate command leadership participation, especially for the panel discussion at the conclusion of the OSC Leader Course," said Scott. "We want our attendees to leave with an understanding of their roles as leaders in preparing shipmates and families for the inevitable stressors of Navy life. We want them to be able to recognize stress reactions and know where they can go for help. We want our attendees to leave with a belief that together we can create command environments that reward help-seeking behaviors."

The use of the new mobile training teams not only makes learning more flexible, but uses real life situations to build on camaraderie.

"The most important part of this course is the frank discussion among attendees. When members of a command talk about what they see as stress related issues and how course tools could be applied in their commands, OSC becomes more than a concept - it becomes a way of doing day to day business," said Scott.

"Although we had just completed this annual GMT on this subject, the course was better at emphasizing the need for leaders to focus not only on how we react to stressors, but more importantly, to engage our personnel by studying their verbal and non-verbal actions for early signs of stress," said Lt. Cmdr. Donald Haley, Maritime Expeditionary Security Squadron Twelve. "The course was sequenced well, utilizing three instructors that chimed in at appropriate times to provide amplifying experience to the current topic. It was welcoming to

have prior, yet recent, military members teaching this subject since they have a generally up-to-date understanding of how other issues inside the military create stressors."

So far the course has received high marks since its launch last October, but Scott and his team aren't satisfied with minimal results and are pushing their team to constantly improve the standards.

"We will work until we have a Navy that integrates OSC into everyday life and where psychological resilience becomes an essential measure of mission readiness," said Scott. "We'll know we're successful when building psychological resilience, rewarding help-seeking behaviors and including stress as a part of risk assessment become standards for doing business. We believe these mobile training teams will help us make those changes by reaching out to more commands."

To schedule either the Navy Operational Stress Control (OSC) Leader Training or the Front Line Supervisor Training (FLST) simply contact the East Coast Mobile Training team leader, Daniel Danner ([Daniel.danner.ctr@navy.mil](mailto:Daniel.danner.ctr@navy.mil)).