



Operational Stress Control

for Deckplate Leaders

Introduction

The Navy Operational Stress Control (OSC) is part of the Navy's 21st Century Sailor Office and is a core suicide prevention strategy. OSC is the foundation of all Navy resilience-building efforts because it promotes an understanding of stress, awareness of support resources, and provides practical stress navigation tools. OSC skills training is provided through two facilitated courses: Navy OSC Leader (NAVOSC-Lead) for commissioned officers and chief petty officers and Deckplate Leader OSC (DPL-OSC) for E4-E6 supervisors.

Overview

DPL-OSC is a 3-4 hour facilitated, small group course designed to enable attendees to better recognize and assist Sailors experiencing stress. The course provides deckplate leaders with the knowledge and skills to help their Sailors navigate stress and adversity, and thrive. DPL-OSC is not a medical course. Rather, the training is characterized by interactive exercises and the sharing of personal stories, intended to build community and foster an environment supportive of help-seeking behaviors.

Objectives

DPL-OSC is part of the Navy's leadership development program and is intended to enhance one's leadership skills by encouraging Sailors to take action to help their shipmates get assistance. A key concept of this course is that if you know your people, you will recognize the signs of a Sailor in need of guidance and assistance, then immediately intervene with resources to prevent things from getting worse.

DPL-OSC trains deckplate leaders to apply the Five Principles of Resilience (Predictability, Controllability, Relationships, Trust, and Meaning) to recognize and assist Sailors under stress.

DPL-OSC uses the Stress Continuum Model as a tool to demonstrate to leaders the importance of recognizing and attending to Sailors in the early stages of stress, with a focus on prevention rather than treatment. This model identifies stress reactions across a continuum, using "stress zones" to guide appropriate responses, addressing stress injuries early on and provides Navy leaders with the skills to promote resilience.

DPL-OSC is facilitated by Mobile Training Team members who are predominantly retired naval officers or chief petty officers and are certified Master Training Specialists.

Specific Tools Presented

- Principles of Resilience
- Stress Continuum Model
- Referral Sources