



Operational Stress Control

Mobile Training Teams

“Stress is a part of life, especially in our Navy, but too much stress can be harmful. This training will help you recognize and navigate stress with simple yet powerful tool. It teaches you how to thrive, not just survive.”
MCPON Mike Stevens

The goal of the Navy Operational Stress Control (OSC) Program is to prevent stress injuries by building a resilient Navy community. OSC is the foundation of Navy stress related efforts because it promotes understanding of operational and life stress, awareness of available resources and provides practical mitigation tools. OSC is a comprehensive line-owned and led program that is supported by Navy Medicine, is part of the Navy’s 21st Century Sailor Office, and is a core suicide prevention strategy.

[NAVADMIN 262/13](#) mandates that, after January 1, 2014, every deploying command must receive OSC skills training within six months prior to deployment. Training is delivered in-person by OSC Mobile Training Teams (MTTs), who average more than 20 years of Navy experience and training expertise, at no cost to the command.

Since 2009, MTTs have facilitated more than 340 Navy OSC Leader (NAVOSC-Lead) courses to more than 8,900 officer and enlisted leaders and nearly 290 Deckplate Leader (DPL-OSC) courses to more than 11,000 deckplate leaders.* The most important part of these OSC skills courses is the frank discussion among attendees. When leaders 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 business every day.

Course Descriptions:

- **NAVOSC-Lead** is designed to assist Navy leaders in assessing individual and unit stress levels, and provide tools to help their Sailors better navigate operational and life stress and build resilience. This is not a medical course, but rather one designed by line leaders for line leaders. The 3-4-hour course focuses on dialogue and case studies. Personal stories highlight the impact of stress on individuals and their families and demonstrate how application of tools and leadership intervention can build and maintain resilience and readiness. The training is designed for Commissioned Officers and Chief Petty Officers
- **DPL-OSC** mirrors the NAVOSC-Lead design and is a 3-4 hour, facilitated, interactive course intended for supervisors from E4-E6. It is designed to enhance attendees’ knowledge and skills so they can better assist their Sailors to successfully navigate both operational and life stressors common to Navy life. The training encourages these junior leaders to provide an environment where shipmates feel comfortable sharing life’s stressors before small issues become more serious. They are also encouraged to take action to help Sailors get any necessary and appropriate assistance.

MTTs are committed to seeing OSC fully integrated into everyday Navy life, where building resilience, rewarding help-seeking behaviors and including stress as a part of risk assessment become standard, essential measures of mission readiness.

To schedule training, contact your nearest MTT office:

MTT West Offices 619-556-6640 or email oscmwest@navy.mil

MTT East Offices 757-445-7353 or email oscmteast@navy.mil

**Statistics as of February 15, 2014*

www.navyavstress.com