

Program Overview

EOSC is designed to

- Promote peer-to-peer support
- Bolster resilience
- Strengthen unit cohesion
- Develop a supportive work environment
- Reduce stigma

EOSC Core Objectives

- Early recognition of individuals/units in distress
- Peer engagement- engaging individuals to maintain mission and personal readiness
- Impart knowledge & techniques to support self-regulation and enhance performance
- Connection with services as needed
- Breaking the code of silence & stigma related to stress reactions

EOSC Program Components



Core Leader Functions

reinforce a leader's commitment to Sailors – strengthen, mitigate, identify, treat and reintegrate.

Expanded Stress Continuum Model

is a tool that allows us to identify, engage and intervene when stress reactions or injuries are present.



Stress and Resilience

is the capacity to withstand, recover, grow, and function competently in the face of stressors, adversity, and changing demands.



COSFA

is a flexible multi-step process for the timely assessment and preclinical care of psychological stress with the goals to preserve life, prevent further harm and promote recovery.



Buddy Care & Unit Assessment

are engagement tools used to assess individuals and/or units during times of stress.



Stress-o-Meter (SoM)

is a cloud-based tool to provide a confidential real-time stress level "snapshot" of a command.