

USS Jason Dunham (DDG 109) (E-OSC)



- Trainings have been held from 1000-1045 on Thursday and Friday throughout the ENTIRE deployment.
- Numbers of Sailors in attendance have ranged from 5 to 65 per training
- All of the core modules have been taught multiple times
 - i. Stress and Resilience
 - ii. Mindfulness
 - iii. Valued Living
 - iv. Emotional Intelligence (EQ)
 - v. Flexible Thinking
 - vi. Healthy Behaviors (HB)
 - vii. Problem Solving
 - viii. COSFA
 - ix. Buddy Care

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- Joined Pilot in MAR
- INSURV, Basic Phase, C2X
- Team Building Phase
- Difficulty in Marketing E-OSC due to crew
- Deployed 1st week in December of 2021

Note: These trainings have inspired other Sailors (E-6 and Below) to design their own trainings on Stress & Resilience and they have put on their own presentations for the crew. That has been an incredible development.

Our Command Officer has received incredible feedback on the deckplates from the Sailors saying they wish they had more of the program.

I've attached a Flyer that was created by our own MC3 on board just as an example of the several unique products this program has inspired the Crew to design.

Email Note: I wanted to send you an E-OSC update for our ship as our deployment winds down. It has been a HUGE success out here and I'd like to describe below: