

# 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

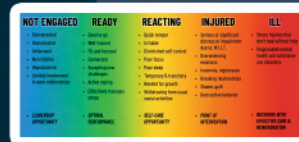


### Core Leader Functions

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.