



NAVY MEDICINE'S NAVAL CENTER FOR COMBAT & OPERATIONAL STRESS CONTROL (NCCOSC)

"Force Health Protection and Combat Casualty Care are the foundation of Navy Medicine. Maintaining the physical, mental, emotional, and spiritual health and fitness of our people is our bottom line. We need to continue to develop programs to prevent, identify and manage adverse combat/operational stress reactions and promote psychological health."

Vice Admiral Adam M. Robinson Jr., MC
Surgeon General of the Navy

BACKGROUND:

The Navy Medicine's Naval Center For Combat & Operational Stress Control (NCCOSC) is a U.S. Navy Bureau of Medicine & Surgery (BUMED) program created to improve the psychological health of Navy and Marine Corps forces by helping to build and promote resilience; provide service members, combat veterans and their families with educational programs to effectively address combat, operational and daily stress; reduce stigma in seeking mental-health treatments; and facilitate evidence-based research in psychological health, especially in relation to post-traumatic stress disorder (PTSD) and traumatic brain injury (TBI).

Designing programs and educational tools to build resilience is a major focus of NCCOSC. Equally important is the need to counteract negative assumptions associated with stress-related injuries and illnesses, and NCCOSC is involved in a number of measures to reduce stigma in seeking help. All of the Center's efforts are predicated on the importance of teaching Sailors, Marines and their family members to recognize and treat signs of stress before anyone is in a crisis.

NCCOSC INITIATIVES:

- **Psychological Health Pathways (PHP)** standardize the processes for clinical care programs that promote coordinated, evidence-based, high-quality health care.
- **Care Management Registry (CMR)** is an electronic database used to monitor individual patients throughout their care at military treatment facilities.
- **Evidence-based curricula and programs** in operational stress control are designed to train Navy mental health providers, line leaders and warriors at all levels.
- **Outreach to diverse military** audiences provides resilience-building information and custom-built presentations to communities within the Navy and Marine Corps.
- **Serves as a clearinghouse for evidence-based knowledge** for the accurate diagnosis and administration of effective treatments for military-related stress disorders.
- **Research facilitation supports** clinicians who lack the time, resources or experience to do research in important areas related to diagnoses and care for stress illnesses.

KEY TALKING POINTS:

- We can prepare our minds for emotional stress by building psychological resilience just as we prepare our bodies for physical strength by exercise.
- It is important to recognize signs and symptoms of stress and have the means to address them. NCCOSC is developing tools that help leaders and service members respond to signs and symptoms of stress when they see them.
- Leadership must work to de-stigmatize the need for mental healthcare. The key to improving mental healthcare is to reduce the stigma associated with seeking help.
- More information about NCCOSC is available at: www.nccosc.navy.mil