

UNCLASSIFIED

INFORMATION PAPER

21 February 2019

Subj: THE UNITED STATES MARINE CORPS RESPONSE TO THE DEFENSE ADVISORY COMMITTEE ON WOMEN IN THE SERVICES (DACOWITS) REQUEST FOR INFORMATION (RFI) #10

1. Purpose

- Provide a response to RFI #10:
 - a. Describe your Services' reintegration program for deployed Service members.
 - b. What programs are in place to support deployed servicewomen, who are mothers, as they reintegrate back into their family?
 - c. How does your Service assess the effectiveness and impact of these family adjustment programs?
 - d. What additional support is provided to mothers as they return to their families from deployment?

2. Discussion

- According to recent studies conducted by the U.S. Department of Health and Human Services (HHS), "Almost nothing is known about the family and individual adjustment of military mothers who have deployed..." There are a host of scholarly articles addressing psychological conditions, such as anxiety, depression, family violence, etc. resulting from returning deployed family members. In many, if not most military families, women are the primary care giver; studies suggest more than 70 percent. Given the importance of the military mother to the family unit, the Committee is interested in the policies that support servicewomen's reintegration into the family after deployment (to include the Reserves and Guard).
- Behavioral Programs Response - The Marine Corps develops specific prevention interventions across the Institute of Medicine Mental Health Intervention Spectrum for Mental Health Disorders, a framework for integrating BH elements to support Marines in a deployment cycle. Key components of Marine Corps programming include:
 - o Combat and Operational Stress Control (COSC) principles maximize force preservation and readiness by helping Marines identify, manage, and prevent combat and operational stress. These principles are implemented across the total force, in theater, in garrison, and at home via implementation and sustainment of prevention focused training. The COSC Program directs implementation and sustainment of Deployment Cycle Training (DCT) and Operational Stress Control and Readiness (OSCAR) Training, which accomplish training requirements in MCRP 6-11C and MCO 5351.1.
 - o DCT (three 60-minute briefs) teaches intervention-focused skills throughout the deployment cycle to maintain

UNCLASSIFIED

warfighting capabilities. Addresses both warrior and leader audiences with:

- 1) Pre-deployment 30 days prior to deployment- sources of stress injury, prevention techniques, cohesion, resiliency, peer support, and referrals.
- 2) Redeployment 15-30 days prior to return- stress mitigation techniques in theater and TBI protocols.
- 3) Post-deployment 60-90 days after deployment- decompression, small unit support, reunion phase, garrison, and family reunion resources. Material is designed for implementation at the appropriate point in the deployment cycle, while affording commanders flexibility to meet unit needs.

OSCAR (4 hours) builds teams of:

- 1) Team Members/Mentors (unit Marines and leaders)
 - 2) Extenders (unit medical and religious personnel)
 - 3) OSCAR Mental Health Professionals (MHPs). OSCAR teams are known, easily approachable, immediate points of contact, who work together providing a network of support for Marines via COSC principles. Implemented at all battalion-level or equivalent commands for 5% of the unit or 20 personnel, whichever is greater. Bridges the cultural gap between warfighters and MHPs assigned to units for direct clinical services and spending significant time pre-, during-, and post-deployment with the Marines they support.
- Family Readiness Response--In accordance with DoDI 1342.22, Military Family Readiness, the Marine Corps provides services to promote positive adjustment to deployment, family separation and family reunion. MCO 1754.6C establishes Marine Corps Family Team Building to provide pre and post deployment training support to units for increased awareness of potential issues, management of expectations, tips on how to plan homecomings, and resources to support successful deployment and reintegration. In addition, the Unit, Personal and Family Readiness Program is supported by Deployment Readiness Coordinators who liaise with Marine and Family Programs for resources and support at the unit level.

Approved by: Marine & Family Programs, Behavioral Programs and Family Readiness, M&RA