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MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION
MARINE CORPS BASE QUANTICO
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IN REPLY REFER TO:
MCINCR-MCBQO 5351
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7 June 17

MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION-MARINE CORPS BASE QUANTICO
ORDER 5351

From: Commander, Marine Corps Installations National Capital Region-Marine
Corps Base Quantico
To: Distribution List

Subj: MARINE CORPS INSTALLATIONS NATIONAL CAPITAL REGION-MARINE CORPS BASE
QUANTICO STRESS FIRST AID TEAM

Ref: (a) MCO 5351.1
(b) Combat and Operational Stress Control (MCRP 6-11C/NTTP 1-15M)
(c) MARADMIN 597/11, Operational Stress Control and Readiness Training
Guidance

Encl: (1) MCINCR-MCB Stress First Aid Supportive Event Critical Response
Notification Chart

1. Situation. References (a) and (c) establish the requirement for Combat and Operational Stress Control (COSC) at Marine Corps Installations National Capital Region-Marine Corps Base Quantico (MCINCR-MCBQ) and provides guidance on operational stress control and readiness (OSCAR) requirements, team composition, OSCAR roles, training, certification, and reporting.

2. Mission

a. The MCINCR-MCBQ Stress First Aid Support Team (SFAST) provides a coordinated and integrated approach for the timely assessment and coordination of response when there has been a psychological stress injury in units as a result of life threat or trauma, loss, or inner conflict. The SFAST provides both administrative oversight of the Stress First Aid (SFA) process and response to a SFAST event. The response team provides assessment, preclinical intervention, coordination and clinical referral/intervention in an effort to preserve life, prevent further harm, and promote a rapid recovery. Goals of the SFAST include:

(1) Providing timely and supportive services to individuals and units impacted by traumatic events impacting personnel aboard MCINCR-MCBQ.

(2) Coordinating an umbrella approach when responding to the needs of those experiencing a stress-related injury.

(3) Ensuring that those impacted by a traumatic event are aware of available resources and how to access these resources in response to a traumatic event.

(4) Promoting consistency and coordination between first responders and supportive service providers.

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b. A SFA event is when a life threatening, traumatic, loss or inner conflict event affects one or more units assigned to MCINCR-MCBQ. The MCINCR-MCBQ SFAST will use the SFA process that focuses on the four sources of stress injury (Trauma, Loss, and Inner Conflict,) and the ways that stress injuries negatively impact the five essential human needs: 1) safety; 2) ability to calm after a stress exposure; 3) connection to others; 4) coping competence; 5) faith and hope in the future. The SFA model identifies these five fundamental needs as the core stress first aid actions of:

- (1) Cover: Promote a sense of safety
- (2) Calm: Reduced heart rate and cover-vigilance
- (3) Connectedness: Sense of community, unit cohesion
- (4) Competence: Necessary skills and resources to meet the stress demands
- (5) Confidence: Hope in the future, belief in the mission

The training requirements reflect concepts used within the COSC and Combat and Operational Stress First Aid (COSFA) Model.

3. Execution

a. Commander's Intent

- (1) Provide a timely psychological/supportive response when a life threatening, traumatic, loss or inner conflict event affects one or more units assigned to MCINCR-MCBQ.
- (2) Ensure procedures are in place to notify appropriate staff (SFAST members), conduct an effective and timely assessment of the magnitude of stress injury, and coordinate the appropriate response.
- (3) Establish an effective process to identify unit indicators of stress injury and a response plan for providing support to affected units.

b. Concept of Operations

- (1) The SFAST response will be conducted in three (3) phases:
 - (a) Phase I Pre-Incident (Awareness and Skills)
 - (b) Phase II Incident (Response and Support)
 - (c) Phase III Post-Incident (Post Intervention)
- (2) Phase I. Provides awareness and skills training regarding the Marine Corps COSFA model to promote common language and an identified implementation response model in a critical event that affects one or more units aboard the installation and/or region.

(3) Phase II. Following a SFA event, the MCINCR-MCBQ Base Commander will notify the MCCS Director to activate the SFAST. The SFAST command assessment and consultation process is used as a framework for providing external support upon command request. MCINCR-MCBQ Stress First Aid Supportive Event Critical Response Notification Chart is provided at Enclosure (1).

(4) Phase III. If activated, the SFAST will continue to utilize the COSFA Actions for 120 days post event. Ongoing COSFA assessment and consultation allows for continued support and for the provision of ongoing recommendations to the Commanding Officer.

c. Tasks

(1) AC/S G-1. Direct the MCINCR-MCBQ Command Duty Officer to notify the AC/S G-3 immediately after learning of a SFAST Event. Enclosure (1) is provided for guidance.

(2) AC/S G-3. Notify the Chaplain, Director MCCS, and Commanding Officer (CO) NHCQ when a SFAST event occurs. Enclosure (1) is provided for guidance.

(3) Chaplain

(a) Provide Chaplain support to SFAST. Ensure that enough Chaplains are trained in SFA to support the mission.

(b) Contact MCCS Behavioral Health Director (SFAST Director) to coordinate and obtain other needed sources of help or care if there is evidence of stress injuries within the unit that may impact unit function or exceed usual support resources.

(c) Discuss concerns identified throughout the assessment process with the unit Commander, Base Commander, Director MCCS, and CO NHCQ. Inform the MCCS Behavioral Health Director regarding the extent of the impact on the unit and need for additional support.

(4) Director MCCS

(a) Activate the SFAST upon direction from the MCINCR-MCBQ Installation Commander.

(b) Provide awareness and skills training, and assessment and referral to personnel and units as needed.

(c) Develop and implement a sustainability plan to train key personnel and enable the implementation of the SFAST when needed.

(d) Ensure SFAST members receive training using the COSFA Train the Trainer standard/model.

(e) Maintain a person within the department who is capable of providing COSFA Train the Trainer.

(f) Train military personnel (leadership, units, Chaplains, First Responders) to provide awareness and skills training on the COSFA model as outlined in reference (b).

(5) CO, NHCQ

(a) Participate as a SFAST member.

(b) Identify a NHCQ Subject Matter Expert (SME) in the medical behavioral health program to assist the Director MCCS and participate as a SFAST member.

(c) Participate, as appropriate, in the COSFA assessment and consultation response model.

(6) Unit Commanders

(a) Participate in pre-incident COSFA unit awareness and skills training.

(b) Notify MCINCR-MCBQ Command Duty Officer of request for support from the SFAST.

(c) Request SFA unit assessment and consultation to identify areas of concern, strengths, vulnerabilities, and potential actions or resources that are available to the Unit Commander.

(d) Involve the Duty Chaplain throughout the aid process.

(7) MCCS Behavioral Health Director

(a) Serve as Director, SFAST.

(b) When the SFAST is activated by the Director MCCS, immediately notify the members and initiate the process of identifying specific support needs.

(c) If activated, the SFAST will continue to utilize the COSFA model for 120 days post event.

(d) Develop a follow-up plan with the Unit Commander and Chaplain to ensure regular timely follow-up that is consistent with the unit's OPTEMPO, extent of impact on the unit, and the needs of unit personnel. At a minimum, the SFAST Director, Unit Commander, and Chaplain will discuss monthly the unit needs, strengths, and potential risks.

(e) Direct your attention to the potential for delayed stress injury response by unit members and act accordingly.

(8) SFAST Members. CO NHCQ; Physiological Director of NHCQ; Chief Chaplain; Director Behavioral Health MCCS; Director of Substance Abuse MCCS; Family Advocacy Program Clinical Supervisor, Community Counseling Program Clinical Supervisor, DODEA School Psychologist; Director Marine and Family Programs.

(a) The SFAST members are available to assist the Chaplain and Unit Commander to evaluate the needs of unit members, the presence of stress injury, and planning for unit or individual support.

(b) The SFAST will identify the appropriate type of support services, contact service providers, and assist with the coordination of implementing identified services in a timely manner.

(9) Superintendent, DODEA

(a) Identify a staff member who will act as a SFAST member, preferably a school psychologist and/or school counselor.

(b) Direct SFAST DODEA member to attend SFAST trainings and meetings, and participate in SFAST as needed.

e. Resources. The following provider resources may assist with the provision of an assessment, preclinical intervention, coordination of services, and clinical referral/intervention:

(1) NHCQ Behavioral Health Services (Psychological, Psychiatric, and Mental Health)

(2) MCCS Counseling Services (Outpatient Counseling Services for service members and family members)

(3) MCCS Military Family Life Counselors (short term, confidential counseling services for service members and family members)

(4) FOCUS (Families Over Coming Under Stress). FOCUS provides resiliency training to military children and families.

5. Administration and Logistics

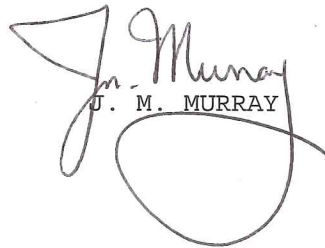
a. Maintenance of this Order is the responsibility of Director, MCCS.

b. All SFAST members shall be mobile and available to provide services at locations in and around MCINCR-MCBQ.

6. Command and Signal

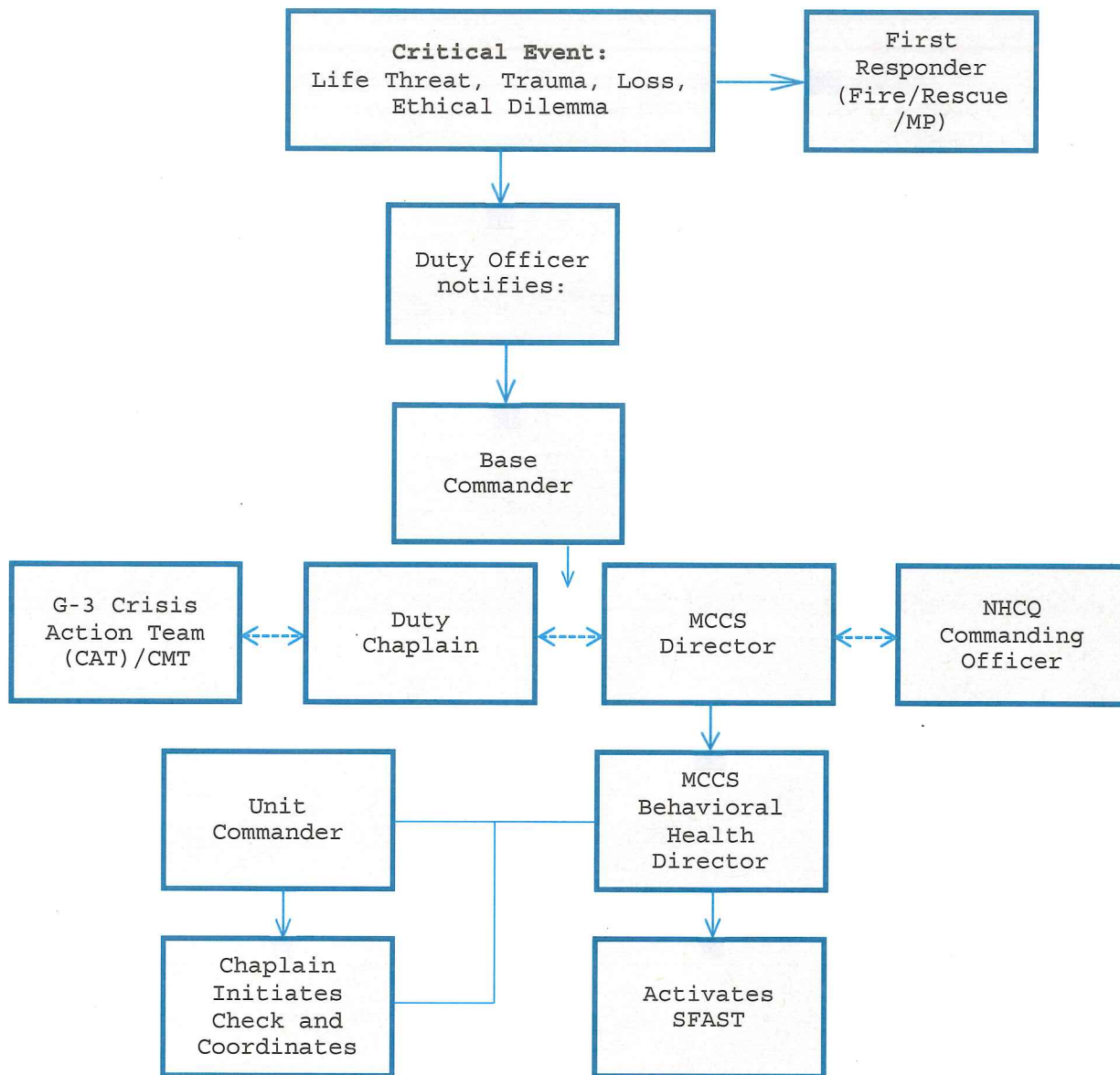
a. Command. This Order is applicable to MCINCR-MCBQ.

b. Signal. Reviewed and approved this date.


J. M. MURRAY

Distribution: A

Stress First Aid Supportive Event Critical Response Notification Chart



7 C's

- Check - Assess, observe, listen
- Coordinate - Get help, refer as needed
- Cover- Get to Safety
- Calm-Relax, slow down, refocus
- Connect-Get support from others
- Competence- Restore Effectiveness
- Confidence-Restore self-esteem and hope