GREP is your better friend
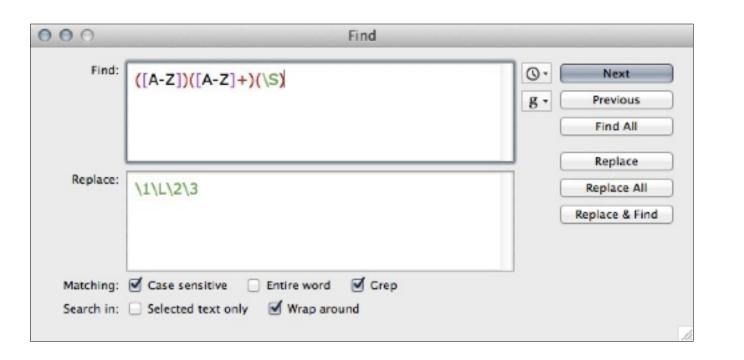
globally search a **r**egular **e**xpression and **p**rint

Find words in uppercase

$$([A-Z])([A-Z]+)(\backslash S)$$

replace to title case

$$\backslash 1 \backslash L \backslash 2 \backslash 3$$

GREP is pattern matching and is in **InDesign** too!

This is using TextWrangler or BBedit

We can use GREP inside InDesign