

ROSE Program Core Elements and Flexible Elements

Standard ROSE Program Outline		
During pregnancy	Session A	Interpersonal rationale for program, course outline, ground rules, signs/symptoms of “baby blues” and PPD.
	Session B	Stress management skills, managing the transition to motherhood, identifying positive supports.
	Session C	Teaches types of interpersonal conflicts common around childbirth and role plays techniques for resolving them.
	Session D	Skills for resolving interpersonal conflicts, setting goals, review
Postpartum booster		Reviews/reinforces previous sessions, problem-solves difficulties using skills, reviews available resources

ROSE Core Elements	ROSE Flexible Elements
<p>Psychoeducation on:</p> <ul style="list-style-type: none"> • PPD • Managing stress in transition to motherhood • Social support as a buffer against PPD • Relevant postpartum resources <p>Teaching:</p> <ul style="list-style-type: none"> • Communication skills via role plays • Stress management skills • Building and enhancing social skills <p>Review/reinforce skills at postpartum session</p>	<p>Group vs. individual Office vs. home visit Remote-telehealth or Phone Time during pregnancy Order of sessions Open enrollment of group Missed sessions can be made up Sessions can be split into <u>shorter</u> pieces or lumped together</p> <p>No Mental Health expertise is required</p>