# ROSE Program Core Elements and Flexible Elements

## The ROSE Sustainment Study

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## Standard ROSE Program Outline

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

## ROSE Core Elements

- Psychoeducation on:
  - PPD
  - Managing stress in transition to motherhood
  - Social support as a buffer against PPD
  - Relevant postpartum resources

## ROSE Flexible Elements

- 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 shorter pieces or lumped together

Teaching:
- Communication skills via role plays
- Stress management skills
- Building and enhancing social skills

Review/reinforce skills at postpartum session