

## ROSE Program Core Elements and Flexible Elements

The ROSE Sustainment Study

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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"> <li>• PPD</li> <li>• Managing stress in transition to motherhood</li> <li>• Social support as a buffer against PPD</li> <li>• Relevant postpartum resources</li> </ul> <p>Teaching:</p> <ul style="list-style-type: none"> <li>• Communication skills via role plays</li> <li>• Stress management skills</li> <li>• Building and enhancing social skills</li> </ul> <p>Review/reinforce skills at postpartum session</p>	<p>Group vs. individual</p> <p>Office vs. home visit</p> <p>Remote-telehealth or Phone</p> <p>Time during pregnancy</p> <p>Order of sessions</p> <p>Open enrollment of group</p> <p>Missed sessions can be made up</p> <p>Sessions can be split into shorter pieces or lumped together</p>