

Educator Guide for ROSE Program Sessions

Core Elements of ROSES Sessions:

Psychoeducation on:

- Postpartum Depression
- Managing stress in transition to motherhood
- Social support as a buffer against postpartum depression
- Redefine expectations for self and relationships
- Relevant postpartum resources

Teaching:

- Communication skills via role plays (e.g., skills for asking for help).
- Stress management skills
- Ways to build and increase social support (e.g., give women talk to someone else other than a professional)

Delivery of Rose

- Group or individual format
- At the office or as a home visit
- During pregnancy
- Order of sessions can vary
- Open enrollment of group
- Missed sessions can be made up
- Sessions can be split into shorter pieces or lumped together

Techniques

- Educate: correct myths about depression/ motherhood
- Communication analysis: ask for detailed accounts to understand communication problems
- Reframe negative beliefs about relationships: highlight mismatched or unrealistic expectations
- Build support, reduce isolation (identify formal/informal supports)
- Teach stress/anxiety management
- Increase pleasant activities

Engagement Techniques

Engagement Techniques:


- Reflect or repeat what is said to clarify or deepen understanding
- Affirm/validate *without judgment or criticism*
- Express appreciation for participation
- Praise efforts and successes
- Tailor of discussion/activity to fit her situation

Teaching Techniques:

- Respectfully redirect when off-topic
- Clarify ideas via examples relevant to daily life
- Role play or model behavior
- Use questions to check on comprehension and use check-ins
- participation
- Provide specific feedback

Clinical Skills:

- Identify and build on woman's strengths
- Meet her where she is at
- Help identify a reason for getting help (benefits, for baby/family/self)
- Problem solve around obstacles
- Encourage baby steps



ROSE Manual Includes: Crisis Protocol and Safety Planning

Special Considerations

- Be prepared for challenges in advance
- Manage off topic behaviors:
 - Respectfully address any non-urgent concerns or issues and stay on track
- Difficulties with Role Play:
 - Normalize reluctance
 - Do a one-side role play (or model behavior)
- Reluctance to try a new method of communication:
 - Explore fears of why that may happen
 - Gently challenge expectations of outcome
 - Provide reassurance
- Failure to do homework:
 - Normalize/reassure, what made it hard?
 - Emphasize its importance: way to practice new skills in real life setting; provides a chance to address unexpected barriers
- Be vigilant about depressive symptoms signs:
 - Appears unmotivated, constant negativity
 - Reveals material of major clinical significance that is unrelated to the intervention material
 - Be available to touch base with women with warning signs

Setting Expectations

- A lot to get through in our sessions, so I might interrupt you to keep us on track
- To get the most benefit, I need your full participation; if you think it will be difficult to fully participate at any time, let me know
- Homework will be given; they help you practice the skills that you learn in session. Practice makes them easy to use, esp. when you need them
- What is said here, stays here (within limits)

Program Materials

- **ROSE Manual** for provider
- **ROSE Workbook** (both provider and woman should have their own copy)
- **ROSE Resource Kit** (clinic specific)
- **Session Checklist** (Adherence Rating Scale for Provider)
- Additional paper



Session Highlights

Session A

- Create realistic expectations around the postpartum period
- Highlight importance of social support
- Review resources and how to access them (informal sources of support)

Session B

- Demonstrate progressive relaxation exercise
- Present strategies for managing changes after delivery
- Focus on sources of social support
- Identify pleasant activities
- Assign homework (pleasant activities and relaxation exercises)

Session C

- Review homework assignments
- Provide psychoeducation on relationships
- Provide psychoeducation on assertiveness
- Demonstrate and conduct role-play on communication skills
- Assigns homework (social support, assertiveness)
- Remind women to practice relaxation and pleasant activities

Session D

- Review homework assignments
- Provide psychoeducation on communication, social support, and barriers to effective communication
- Conduct role plays on saying no
- Provide psychoeducation on goal setting
- Briefly review main themes of session and plan for session after delivery
- Assign homework (complete goal setting)

Session E

- Reintroduce self
- Review symptoms of depression
- Assess relationship or communication difficulties and if so they relate to her mood
- Focus on identified problem areas
- Provide relevant resources
- Review highlights from intervention, if no identified areas of concern

