

Role Play and Practice: Breakout Room Tips

Activity 1: The Quick Mood Scale

- Select two participants, one to play the HV and one to play the client. The rest of the participants will observe
- Spend 5 minutes role playing using the facilitator guide (pg. 10 & 11, Worksheet 1.5 Participant Workbook)
- Spend 5 minutes discussing reflections as a group
 - What are your initial thoughts on using the QMS with clients?
 - What will be the most helpful for the facilitator and the client?
 - What will be the challenges for the client? How can the facilitator provide solutions?
- Share takeaways from each group- (write it down or type in the chat box)
 - Designate a group member to share takeaways in the chat box with entire group (after the breakout room)

Tips:

- Use personal examples, with appropriate boundaries, to show the universal utility of the skills, normalizing the process for clients to see this can be helpful for everyone
- Introduce an activity in response to client area of need, to show the relevance
- Normalize the experience by presenting the Quick Mood Scale as new resource to support your client with managing stress. The Quick Mood Scale can be a time for her to take for herself and reflect on her mood and how she is feeling, a time to be present.
- You can use emoji's, colors, or a Mood App as alternative ways to use to the mood scale ratings, pick something that will work best for the client.

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Activity 2: Select one of the PA to practice (PA list, Overcoming Obstacles, Mood Scale)

- Select two participants, one to play the HV and one to play the client. The rest of the participants will observe
- Spend 5 minutes role playing using the facilitator guide (Sessions 2 & 3)
- Spend 5 minutes discussing reflections as a group
 - What are your initial thoughts on using the Pleasant Activities worksheets with clients?
 - What will be the most helpful for the facilitator and the client?
 - What will be the challenges for the client? How can the facilitator provide solutions?
- Share takeaways from each group- (write it down or type in the chat box)
 - Designate a group member to share takeaways in the chat box with entire group (after the breakout room)

Tips:

- Use personal examples, with appropriate boundaries, to show the universal utility of the skills, normalizing the process for clients to see this can be helpful for everyone
- Introduce an activity in response to client area of need, to show the relevance
- Check whether your client is already familiar with or practices mindfulness on her own -- if she is already familiar, the mindfulness practice can be assigned as a personal project rather than directing in sessions.
- Encourage her to think of one pleasant activity to do that is no/low cost, brief, and can easily be a part of, or added to, her daily routine.
- To discuss child development more naturally, you may want to encourage moms to think about what their other child(ren) liked to do as babies at different ages. For first-time moms, you can ask them to try to remember what their younger siblings, cousins, nieces and nephews liked to do as babies.

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Activity 3: Practice Using Thought Strategies

- Practice Session 5 explaining the different thought strategies
- Select two participants, one to play the HV and one to play the client. The rest of the participants will observe
- Spend 5 minutes role playing using the facilitator guide (pgs.25-26, Worksheet 5.3 Participant Workbook)
- Spend 5 minutes discussing reflections as a group
- What are your initial thoughts on this activity?
- What will be the most helpful for the facilitator and the client?
- What will be the challenges for the client? How can the facilitator provide solutions?

- Share takeaways from each group- (write it down or type in the chat box)
 - Designate a group member to share takeaways in the chat box with entire group (after the breakout room)

Tips:

- Reinforce the connection between thoughts and behaviors
- Use personal examples, with appropriate boundaries, to show the universal utility of the skills, normalizing the process for clients to see this can be helpful for everyone
- Introduce an activity in response to client area of need, to show the relevance

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Activity 4: Goals for my future and my baby's future

- Select two participants, one to play the HV and one to play the client. The rest of the participants will observe
- Spend 5 minutes role playing using the facilitator guide (pg.28, Worksheet 6.2 Participant Workbook)
- Spend 5 minutes discussing reflections as a group
- What are your initial thoughts on this activity?
- What will be the most helpful for the facilitator and the client?
- What will be the challenges for the client? How can the facilitator provide solutions?

- Share takeaways from each group- (write it down or type in the chat box)
 - Designate a group member to share takeaways in the chat box with entire group (after the breakout room)

Tips:

- Pick a timeframe that works best for the client (1 month, 3 months, 1 year, etc.)
- During the visualization, you can guide it like a mindfulness activities.
- Reinforce the connection between thoughts and behaviors
- Use personal examples, with appropriate boundaries, to show the universal utility of the skills, normalizing the process for clients to see this can be helpful for everyone
- Introduce an activity in response to client area of need, to show the relevance

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Activity 5: Types of Social Support

- Select two participants, one to play the HV and one to play the client. The rest of the participants will observe
- Spend 5 minutes role playing using the facilitator guide (pg. 34, Worksheet 8.2 Participant Workbook)
- Spend 5 minutes discussing reflections as a group
 - What are your initial thoughts on this activity
 - What will be the most helpful for the facilitator and the client?
 - What will be the challenges for the client? How can the facilitator provide solutions?
- Share takeaways from each group- (write it down or type in the chat box)
 - Designate a group member to share takeaways in the chat box with entire group (after the breakout room)

Tips:

- Use personal examples, with appropriate boundaries, to show the universal utility of the skills, normalizing the process for clients to see this can be helpful for everyone
- Introduce an activity in response to client area of need, to show the relevance
- We want clients to take the people they have identified in Worksheet 8.1 and place them in the boxes
- Identifying support for each category is important; the people do not need to be close people for every category. It is not about the # of people.
- If you know the client-, you can point out people they have mentioned or you know.
- Remind them it is okay, if this is challenging, the next part is to brainstorm how to build social support- use community resources.

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Activity 6: Select one of the MB Sessions (PA, Thoughts, Contact with Others)

- Select two participants, one to play the HV and one to play the client. The rest of the participants will observe
- Spend 5 minutes role playing using the facilitator guide (Sessions 1-9)
- Spend 5 minutes discussing reflections as a group
 - What are your initial thoughts on using the MB with clients?
 - What will be the most helpful for the facilitator and the client?
 - What will be the challenges for the client? How can the facilitator provide solutions?
- Share takeaways from each group- (write it down or type in the chat box)
 - Designate a group member to share takeaways in the chat box with entire group (after the breakout room)

Tips:

- Use personal examples, with appropriate boundaries, to show the universal utility of the skills, normalizing the process for clients to see this can be helpful for everyone
- Introduce an activity in response to client area of need, to show the relevance