Sample Role Plays

Donna just delivered her first baby and was referred to Program X by the hospital where she delivered. She indicated that she has used marijuana in the past, but has not used for a year.  She and the father of the baby moved here from another state because they were both using and were trying to escape from that scene and start fresh.  However, the baby’s father has recently started smoking marijuana again.  He also drinks alcohol to excess on the weekends and on three occasions in the past few months, he has slapped and pushed her.  She is new to the area and is not aware of community resources.

Karen is a 25 y.o. single white female, who reports that she is 3 months pregnant. She also has a 3 year old daughter she is raising. Karen has been using prescription pain medication for the past 8 months. Her medication was originally prescribed to treat a back problem. Her back still hurts occasionally but she acknowledges that she often uses the medication just to feel calmer and take the edge off of things. Her parents divorced when she was little. She never knew her dad but knows he had a drinking problem

Maria is a 23 year old first time mom. The father of her baby is married but separated from his wife. Maria cries a lot but isn’t sure why. Now that she’s pregnant, Maria is hoping he will ask her to marry him; however he hasn’t said anything to her. She admits that he has an “anger problem” and sometimes hits her when he gets mad. She feels she has to hide her sadness because he might get angry and think she’s trying to pressure him.

Sonia is a 34 year old first time mother. The father of the baby is not interested in being a part of her life; in fact, he wanted her to have an abortion but she doesn’t believe in it. Her six week old baby was born after a three day labor, and though being very committed, she’s having trouble with breastfeeding. She reports that she feels as though she’s in a “funk” and doesn’t feel like herself at all. She feels very anxious all the time, and describes feeling like “the walls are caving in” sometimes when her colicky baby cries. She denies being suicidal, yet admits that she doesn’t see how she can go on like this.

Zaria is a 15 y. o. Hispanic/Latina American teen, who has just learned she is 3 1/2 months pregnant. Zaria is new to this country and lives with her older sister, her husband and their two children. Her boyfriend and father of the baby is 20 y. o., works part-time and sells marijuana on the side. Zaria wants to finish high school and not drop out but also wants to be married and stay at home when her baby arrives. Zaria has tried marijuana but doesn’t know how it may affect her baby. She is overwhelmed and feels she has some family support but needs more advice.

Cassandra is a new mom of a 6 month old daughter.  She felt sad and tired during her pregnancy and immediately after the delivery but thought this was normal.  However, over the months since her daughter was born, her mood has become progressively worse.  She has trouble getting up in the morning and do things throughout the day to care for herself and her baby, she has difficulty sleeping and eating, and feels quite hopeless most of the time.  She lives alone and the father of her baby is not involved.  She receives some emotional support from her mother but she says she should “pull herself up by her bootstraps” and she’ll start to feel better.