



Reducing Occupational Stress in Employment (ROSE) Project

ROSE is a Leonardo da Vinci funded project aimed at reducing stress and burnout amongst people working in the mental health and intellectual disability occupational support sector. The project is being carried out by 9 different partner organisations across 6 EU member states.

The literature indicates that working with this group of people in support and training centres can be particularly challenging for staff in terms of occupational stress, emotional exhaustion and 'burnout'. This is a significant reason for experienced staff leaving their jobs. This in turn reduces the ability of services to provide effective

support to people with mental health problems and intellectual disabilities.

Whilst a number of stress management programmes have been developed for staff working in clinical environments no such programmes have been developed to support staff working in rehabilitation, employment support or social care environments.

The ROSE project is particularly significant at this time as levels of stress in the workplace and society at large are likely to increase as a consequence of the current economic downturn.

Aims and objectives:

The ROSE project aims to:

- Develop a combined person and work directed stress management programme in order to improve the long-term retention within services of staff in this area.
- Provide an accessible and user friendly online stress management programme which will be available to services and individuals 24 hours a day.

Outcomes:

Outcomes of the ROSE project include facilitation of overall staff retention through reducing individual stress and burnout. The project will also provide data and information to support local services and European Commission initiatives on social inclusion, workplace support, policy harmonisation and mental health.

Target group:

The programme will educate managers, trainers and support workers to manage personal and organisational stressors. This will contribute to the well being of an important group of staff who contribute to the social inclusion of people with disabilities. The project will provide managers and individual staff with information on stress management and provide them with the basis to learn and practice new skills that will contribute to their effectiveness in work. The development of an open web based programme will mean that managers and staff will be able to regularly access information and guidance on the management of stress in the workplace. This regularity of access will help to reinforce their learning and provide them with accessible ongoing support.





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EASPD, the European Association of Service providers for Persons with Disabilities
more information on www.easpd.eu.



Associazione Scuola Viva
more information on www.scuolaviva.org.



The department of Psychological Medicine, King's College London:
more information on www.iop.kcl.ac.uk.



Fundatia Alpha Transilvania
more information on www.alphatransilvania.com.



National Federation of Voluntary Bodies Providing Services to People with Intellectual Disability
more information on www.fedvol.ie.



Home Farm Trust
more information on www.hft.org.uk.

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