

CONFIDENTIAL

Vermont MOMS PartnershipSM

Data Snapshot: July 2024 – June 2025

Overview

This Data Snapshot provides a summary of past-year activities and data for Vermont MOMS PartnershipSM. Specifically, the report encompasses the period of July 1, 2024, through June 30, 2025, during which the MOMS program operated in a sustainment phase.

During the reporting period, the Vermont MOMS team continued to deliver *MOMS Stress Management Course* (MOMS SM) through asynchronous, online classes. MOMS SM is the cornerstone program belonging to MOMS Partnership. It is an eight-week, cognitive behavioral therapy-based group program targeting maternal mental health and designed to build skills for stress and mood management.

Three cohorts (Cohorts 17-19) that began (i.e., enrolled participants and administered a Baseline assessment) between July 2024 and June 2025 are included in this report. A “cohort” is composed of one or more MOMS SM groups that run concurrently. In this report, each cohort is composed of one group, with one group being notably large (Cohort 17).

During the year, Elevate Policy Lab initiated some procedural and data collection changes among MOMS sites in sustainment. Among these, eligibility screening based on clinical symptoms was discontinued and some new measures were added. Additionally, a shift was made in data sharing: specifically, sustainment sites such as Vermont MOMS were requested to begin sharing raw de-identified data with Elevate, as opposed to sharing a report of summarized data. In Vermont MOMS this change occurred with Cohort 19. Data are presented only for measures/indicators where adequate data is available at this time.

Interpretation of Results

This Data Snapshot includes a simple guide for understanding data on class attendance. Each metric is given a three-level rating, using thresholds based on past MOMS programs:

**Great****Good****Needs Attention**

Data Collection

MOMS participants complete self-report assessments at two timepoints (see Box 1). Data are collected using the local site's internal data collection/management platform. Staff also provide administrative data on enrollments, attendance, and withdrawals.

Table 1 summarizes the measures included in this reporting period. Data pertaining to participant characteristics (e.g., demographics), enrollment, and program satisfaction are not reported here but will be included in future reports.

Box 1. Participant Assessment Timepoints

Baseline:

After consenting to participate and before Class 1, participants complete the Baseline assessment.

Endpoint:

After Class 8 takes place, participants complete the Endpoint assessment.

Table 1. Measures

Category	Variable(s)	Measure/Source
Implementation Targets	Initial Engagement Rate; Class Attendance	Staff-Reported Data
Outcomes	Depressive Symptoms	Center for Epidemiologic Studies Depression Scale (CES-D)
	General Well-Being ¹	Secure Flourishing Index (SFI)

Analytic Strategy

This report presents descriptive results for the measures listed in Table 1. Due to small sample size and shifts in data-sharing (made midway through the year, as described above), only average scores for outcome measures are shown; no statistical tests for pre-post changes were conducted.

Implementation Targets

Initial Engagement

Data are not yet available on enrollment², based on current definitions. During the reporting period, 34 of the mothers who enrolled then attended at least one class, which is now referred to as “initial engagement”³.

Class Attendance Cohorts 17,18 | Cohort 19

MOMS SM includes eight classes, and participants are required to attend either Class 1 or Class 2 to remain enrolled. As shown in Table 2, average attendance varied across cohorts, from moderately low

¹ The Secure Flourishing Index (SFI) is a measure of general well-being was added to data collection in 2025.

² “Enrolled” = consented to participate and assigned to a MOMS group. The definition of this term has been updated since the Vermont MOMS pilot.

³ “Initial Engagement” = attended Class 1 and/or 2, following enrollment.

attendance in Cohort 18 (mean = 4.4 out of 8 classes) to a very high attendance in Cohort 19 (mean = 7.3 out of 8 classes).

Table 2. Average Class Attendance ($n=34$)

Number of Classes Attended (out of 8) for:	Mean
Cohort 17 ($n=16$)	5.8
Cohort 18 ($n=9$)	4.4
Cohort 19 ($n=9$)	7.3
Full Sample	5.9

Note: Standard deviations (SD) were not provided for Cohorts 17-19; thus, only means are reported.

Program Outcomes

The MOMS Partnership model is designed to support maternal mental health through mood management skill-building classes. A small number of participants completed measures of depressive symptoms (CES-D) and general well-being (SFI) at two timepoints (Baseline and Endpoint). No statistical tests for pre-post change in outcome measures were conducted due to the limited sample size.

Depressive Symptoms (CES-D)⁴

Mean levels of depressive symptoms are presented in Table 4 by cohort, based on the Center for Epidemiological Studies Depression Scale (CES-D). Means were lower at Endpoint than at Baseline for all three cohorts, but these data must be interpreted with extreme caution, given the very small sample size.

Table 4. CES-D scores from Baseline to Endpoint by Cohort

	Baseline	Endpoint
	Mean (SD)	Mean (SD)
Cohort 17 ($n=6$)	33 (8.8)	28.8 (9.4)
Cohort 18 ($n=4$)	25.8 (4.2)	23 (10.1)
Cohort 19 ($n=5$)	22.4 (9.3)	18.2 (15.3)

Secure Flourishing Index (SFI)⁵

The Secure Flourishing Index (SFI) assesses general well-being and was introduced to Vermont MOMS in 2025, beginning with Cohort 19. Thus far, data have only been collected from Cohort 19; means are presented in Table 5. These data are very preliminary and must be interpreted cautiously.

⁴ The Center for Epidemiologic Studies Depression Scale (CES-D) is a 20-item self-report measure of depressive symptoms over the past week. Scores range from 0 to 60, with higher scores indicating more symptoms. A score of 16 or higher may suggest risk for clinical depression.

⁵ The Secure Flourishing Index (SFI) is a 12-item measure of general well-being. Scores range from 0 to 120, with higher scores reflecting greater flourishing.

Table 5. SFI scores from Baseline to Endpoint for Cohort 19

	Baseline	Endpoint
	Mean (<i>SD</i>)	Mean (<i>SD</i>)
Cohort 19 (<i>n</i> =5)	70.8 (15.4)	78.4 (13.5)

Summary

From July 2024 to June 2025, Vermont MOMS continued to offer the *MOMS Stress Management Course* to three cohorts (i.e., three groups) of mothers through asynchronous, online classes. During this period, 34 mothers engaged in classes, and a subset of these mothers provided participant assessment data. Overall class attendance for the three cohorts was moderately high, with an average of 5.9 out of 8 classes attended. There was a notable range in average class attendance between cohorts, which suggests close monitoring of class attendance by group may be useful. Given the limitations in data available for this report, pre-post changes in depressive symptoms and general well-being could not be tested.

Going forward, particularly with the shifts now made in data collection/sharing, it is expected that future Data Snapshots will provide a more complete picture of ongoing MOMS programming in Vermont. Efforts to increase participant assessment completion at Baseline and Endpoint will greatly help to support this goal.

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