



Pro-Life Safety Net Support for the First Thousand Days After Birth

State Spotlight: Alabama

Information current as of December 2025.

1. Care Coordination and Pregnancy Support

1.1 Pregnancy Support

No applicable and/or known programs.

1.2 Care Coordination

No applicable and/or known programs.

1.3 Miscellaneous

Fatherhood Programs

The Alabama Department of Child Abuse and Neglect Prevention (ADCANP) supports fatherhood programs and services which have been expanded through the Department of Human Resources (DHR) TANF funding. Each program is evaluated by Auburn University and includes services such as tracking child support payments and job placements.

- [Strengthening Families through Fathers Pilot Program](#) - This pilot program is administered in three regions of the state by ADCANP and DHR. The program offers free education and support services, including the teaching of healthy discipline techniques, for fathers (and mothers) enrolled in SNAP, the childcare subsidy program, and/or child support cases.

2. Women's Health

2.1 Prenatal and Postpartum Medical Care

No applicable and/or known programs.

2.2 Prenatal and Postpartum Support

HB 141 (2023)

This legislation allows private, employer-sponsored disability insurers to offer paid family leave benefits in the state.

Birmingham Healthy Start Plus

This program was built upon the existing Healthy Start program, expanding the program's reach in Alabama to serve areas of Birmingham, Bessemer, and Fairfield. The program addresses infant mortality through its education, mentoring, and support services. Some services provided include childbirth classes, parenting classes, case management services, mental health services, and doula support. To be eligible for case management services, a woman must be pregnant or have a child under 18 months.

WIC Breastfeeding Support

Alabama WIC includes breastfeeding support during pregnancy and after the baby's birth while breastfeeding. Some clinics offer peer counselors. Breastfeeding moms are eligible for WIC longer than non-breastfeeding moms. Through the Pacify app, women enrolled in Alabama WIC can also be connected 24/7 to International Board-Certified Lactation Consultants.

Evidence-Based Home Visiting (EBHV) Program

This is a Maternal, Infant, and Early Childhood Home Visiting program ([MIECHV](#))-funded home visiting program for expectant parents and parents with children who are kindergarten age and younger at risk for poor maternal and child health outcomes. There are two home visiting models in Alabama:

- [Nurse-Family Partnership \(NFP\)](#) - Nurse-Family Partnership provides home visiting services related to prenatal, postpartum, and infant care up to the age of two. Services are provided by organizations enrolled with Alabama Medicaid and certified by the National Service Organization (NSO).
- [Parents as Teachers](#) - PAT is a nonprofit that promotes child development and learning by equipping caregivers with regular home visits, group meetings, health screenings for kids, and family resources. Families are eligible from pregnancy until the child's fifth birthday. The program is focused on kids with special health needs; parents with mental health or substance use issues; first-time or teen parents; immigrant families; and families at risk for child abuse. Eligibility is determined by each PAT affiliate.

First Teacher Home Visiting

This program is based on Parents as Teachers, NFP, and Home Instruction for Parents of Preschool Youngsters (HIPPY) home visiting models and serves children before birth up to third grade. First Teacher is available in all 67 Alabama counties and focuses on school readiness and family health. Because of limited resources, families may be placed on a waitlist.

Text4baby

This is a free mobile information service that provides pregnant moms and moms with babies up to a year old with health information. This is a program of the National Healthy Mothers, Healthy Babies Coalition but is supported by Alabama's State Perinatal Program.

2.3 General Medical Care for Women

Alabama Breast & Cervical Cancer Early Detection Program (ABCCEDP)

This program provides free breast and cervical cancer screenings for Alabama women who are between 40 and 64 years old, are uninsured, and have a household income at or below 250% of the Federal Poverty Level (FPL). Services covered by this program include pelvic exams, pap smears, breast exams and mammograms, ultrasounds, coloscopies, and biopsies. Women with prior tubal ligations or partial hysterectomies who are between 21-39 years old are also eligible for this program if they meet the other eligibility requirements.

Medicaid

Medicaid in Alabama provides health coverage to eligible residents who meet the income guidelines and are U.S. citizens or have satisfactory immigration status. There are various Medicaid programs available in Alabama for individuals and families, each with its own additional requirements. Below are several groups that are eligible for Alabama Medicaid.

- Pregnant women: Pregnant women are eligible for full-coverage Medicaid as long as they meet certain family size and income limits (at or below 146% of the FPL). With the passage of SB 106 in January 2022 and CMS' subsequent approval of the request in 2023, postpartum Medicaid coverage for women was extended from 30 days to one year.
- Parents and caretakers: Parents and other caretakers with children living in their home who also meet resident, citizenship, and income requirements are eligible for full-coverage Medicaid.
- Plan First Waiver: This program waiver provides limited Medicaid coverage for services such as birth control, family planning, lab work, and smoking cessation products for females between the ages of 19 through 55 and vasectomies for males aged 21 and older who meet income requirements (at or below 146% of the FPL) and are not also enrolled in Medicare.
- ABCCEDP enrollees: This Medicaid program provides free breast and cervical cancer treatments for women with cancer who meet income guidelines and:
 - o Are aged 40-64
 - o Are ages 30 through 39, if they've had a tubal ligation or partial hysterectomy with cervix remaining

- Are under the age of 40, if they have a very high breast cancer risk
- Have a personal history of breast cancer or have a breast mass AND have either:
 - A 1st degree relative with breast cancer
 - A bloody nipple discharge during a breast exam

As a result of the passage of [SB 102](#) in April 2025, Alabama Medicaid provides presumptive eligibility to pregnant women that specifically covers ambulatory prenatal services.

Lastly, those who would otherwise be eligible for Medicaid apart from their citizenship status can receive Medicaid coverage for [emergency services only](#).

See section 6.1 for more information on disability-specific Medicaid programs, section 7.2 for child-specific Medicaid programs, section 7.4 for adoption-specific Medicaid programs, and 7.5 for foster care-specific programs.

[ALL Babies](#)

ALL Babies is a low-cost, comprehensive healthcare coverage program administered by Alabama's Children's Health Insurance Program (CHIP) for eligible pregnant women in eligible counties who meet the [income requirements](#). The amount of a woman's monthly premium, or if she has one at all, depends on her monthly income. This program covers services such as maternity care, mental health/substance abuse services, and dental and vision care.

[3. Finances, Work, and Education](#)

[3.1 Help paying bills](#)

[Family Assistance \(FA\) Program](#)

This program administers the two programs funded by the federal TANF block grant: Temporary Cash Assistance and The JOBS Program. The Temporary Cash Assistance program provides temporary financial assistance for low-income families with children under the age of 18 (or 19 if they are full-time students in high school or a vocational or technical equivalent). A complete list of technical and financial eligibility requirements for this program can be found [here](#). Excluding dependent children, able-bodied TANF recipients [must work](#) or participate in work-related activities like training programs for up to 40 hours a week.

[3.2 Employment Support](#)

[JOBS Program](#)

JOBS, the TANF jobs program, provides support to parents who are receiving cash assistance so they can find and retain employment.

[Alabama Works!](#)

This government website provides information on job openings, offers career tips, and connects residents with career centers throughout Alabama.

3.3 Education and Training

No applicable and/or known programs.

3.4 Financial Advice or Education

No applicable and/or known programs.

4. Material or Legal Support

4.1 Transportation

Non-Emergency Transportation (NET)

The Alabama Medicaid NET benefit helps pay for rides to and from Medicaid-covered doctor or clinic visits. Residents interested in a ride must call in a ride request to the Medicaid call center and have full Medicaid on the day of their medical appointment.

4.2 Food and Nutrition

WIC

WIC is a supplemental nutrition program for pregnant women and women with children under the age of five. Eligibility requirements include:

- Must be an Alabama resident;
- Must be seen by a health professional at the WIC clinic;
- Must meet income [guidelines](#). The income limit is 185% of the FPL.

Supplemental Nutrition Assistance Program (SNAP)

The Alabama Food Assistance Program administers SNAP, which provides monthly benefits to eligible low-income households so they can buy nutritious foods. The complete list of technical and income eligibility requirements can be found [here](#).

Special Nutrition Programs

National School Breakfast and Lunch Program

This program offers nutritionally balanced, low-cost or free meals to low-income children each school day. Parents and primary caregivers should check with their child's school for specific eligibility requirements, though general eligibility requirements may be found [here](#). Two subprograms include:

- Afterschool Snack Program: This is a component of the federal National School Lunch program and is administered at the state level. The federal government reimburses schools for providing low-income, eligible students enrolled in afterschool activities with free or reduced cost afterschool snacks.

- Seamless Summer Option: This federally funded program is run by the state. It provides free meals to children and adolescents 18 years or younger and 19 to 21 year-olds receiving special education services. This program is a summer extension of schools' national school breakfast and lunch programs.

Special Milk Program

This program provides milk to children in schools, childcare facilities, and eligible camps that do not participate in other federal child nutrition programs. Every child's family must apply annually for eligibility. Parents and primary caregivers should check with their child's school for specific eligibility requirements, though general eligibility requirements may be found [here](#).

Fresh Fruit and Vegetable Program

This is a federally funded program that provides elementary schools with a wider variety of produce than the National School Lunch Program does.

Child and Adult Care Food Program

This federally funded program is run by the state and provides reimbursable meals to childcare centers that take care of children in lower income areas.

Summer Food Service Program

This program offers free, nutritious meals and snacks to low-income children outside of school months. The program is for Alabama residents 18 and under. No application or income limit is required. Locations can be found [here](#).

4.3 Clothing, Household Goods, and Baby Supplies

Child Passenger Safety Voucher Program

The Alabama Department of Public Health provides car seats and booster seats to caregivers who receive tickets for not having care seats or improperly using them. Caregivers can qualify for the program regardless of which county they live in, but the ticket must have been received in Calhoun, Montgomery, or St. Clair counties. Caregivers must request an appointment with ADPH within 30 days of receiving the ticket and complete a Car Seats Basics course before receiving the car seat.

Baby Box Initiative

The Alabama Department of Human Resources offers a free baby box to all expecting and new parents in Alabama which provides education and resources on creating safe sleep environments for their infants.

Alabama Cribs for Kids

This program offers portable cribs to eligible families with infants under one year who need a safe sleep environment. The cribs are provided through funding from the federal Maternal and Child Health Services Title V Block Grant. Families with multiple babies can receive a crib for each infant. Case workers, care coordinators, and anyone else who works with pregnant women can [refer](#) a family for this program. Eligibility requirements include:

- Being a parent who doesn't have a safe place for their baby to sleep and has a financial burden (though no proof of income is required);
- Completing paperwork no earlier than four weeks prior to due date or induction date;
- Having an infant under one year old

4.4 Housing, Shelters, and Maternity Homes

Low-Income Home Energy Assistance Program (LIHEAP)

This federally funded program, administered by the state, assists low-income Alabama residents with home heating and cooling costs. This program is geared towards those with the lowest incomes and highest home energy costs, the disabled, elderly, and families with young children. Eligibility requirements are as follows:

- Must be an Alabama resident;
- Must need financial assistance with home energy costs (see this [table](#) for maximum income levels based on household size)

Anyone who already participates (or has family members who participate) in certain other benefit programs (e.g., SNAP, SSI, TANF) is [automatically eligible](#).

Alabama Weatherization Assistance Program

This federally funded program is administered by the state and helps low-income families reduce their home heating and cooling bills by weatherizing their homes. Preference is given to families with children, families who have at least one member with a disability, and people over 60.

Eligibility requirements are as follows:

- Must be a resident of Alabama;
- Must have an income not exceeding 200% of the FPL

People who receive SSI, LIHEAP funds, or TANF are automatically eligible.

4.5 Legal Support

No applicable and/or known programs.

5. Recovery and Mental Health

5.1 Addiction Recovery

Alabama Quitline

The Alabama Quitline provides a free hotline (1-800-784-8669) and [online program](#) for tobacco cessation coaching. Free nicotine replacement therapy may be available to eligible participants in the cessation program.

Section 1115 Institutions for Mental Disease Waiver for Serious Mental Illness

This Medicaid waiver, approved in 2022 by CMS, allows the state's Medicaid program to cover substance use disorder (SUD) or Opioid Use Disorder (OUD) treatments provided in Institutions for Mental Diseases (IMDs) as an essential service. The waiver removes payment barriers for those on Medicaid who have been diagnosed with a SUD or an OUD and who need care in an inpatient and/or outpatient setting while also enhancing coverage for other behavioral health services.

5.2 Domestic Violence, Sexual Assault, and Trafficking Recovery

No applicable and/or known programs.

5.3 Mental Health

Alabama Crisis Centers

These are state government-funded centers for individuals in mental health or substance abuse crises where they can receive evaluations, psychiatric services, and referrals to other community resources.

5.4 Abortion Recovery and Healing

No applicable and/or known programs.

6. Disability Assistance

Children's Rehabilitation Service

This is a statewide system of disability services for children (under the age of 21) with special health care needs and their families, as well as adults with a hemophilia diagnosis. There are 14 community-based offices located around the state that help families connect with medical specialists, physical therapists, speech language pathologists, etc. This system offers several programs, some of which include:

- Clinical Medical Program
- Clinical Evaluation Program
- Hemophilia Program
- Care Coordination Program

Lastly, there are several specialized [clinics](#) available for program participants. Some examples of these specialized clinics include amputee, arthritis, craniofacial, and hearing aid clinics.

Early Intervention (EI) Services

Early Intervention provides services for infants and toddlers under three years old who have medical diagnoses which can delay developmental milestones. Alabama's EI System receives funding from the U.S. Department of Education and Alabama's Education Trust Fund. Infants and toddlers from birth to age three who are experiencing developmental delays in one or more of the following areas as determined by a service coordinator's evaluation are eligible:

- Cognitive development
- Physical development, including vision and hearing
- Communication development
- Social or emotional development
- Adaptive development skills

Disability-Specific Medicaid Programs

Alabama Medicaid offers Home and Community-Based Services (HCBS) waivers to individuals who require full, comprehensive coverage and additional long-term support services that allow disabled individuals to live at home instead of in a long-term care facility. Alabama [HCBS waivers include](#):

- Community Waiver Program (CWP): This program focuses on community integration, employment opportunities, and the development of skills for independence for those with intellectual disabilities. Participants must be ages three and older and meet income, resource, disability, and medical requirements. Five different enrollment groups for this waiver include:
 - o Group 1: Children ages 3-13 with intellectual disabilities who live with family or other guardians
 - o Group 2: Transition-age youth (ages 14-22) with intellectual disabilities who live with family or those aged 18-22 who live independently
 - o Group 3: Working age or older adults (22+) who live with family or independently
 - o Group 4: Individuals ages three and older who are unable to live with family or independently
 - o Group 5: Individuals ages 22 and older who have at least one substantial functional limitation
- Intellectual Disabilities (ID) Waiver Program: A waiver for individuals, ages three and above, with intellectual disabilities who meet income, resource, and medical criteria for an institutional care facility. This waiver allows participants to live at home instead of in an institution.
- Elderly and Disabled (E&D) Waiver Program: This waiver program provides case management and home healthcare services as well as personal care respite services to the elderly and disabled. The waiver also provides home delivered meals, medical supplies, etc.
- State of Alabama Independent Living Waiver (SAIL) Program: Disabled individuals 18+ who qualify for nursing home Medicaid coverage but prefer to live at home can receive state-funded Medicaid coverage for the same services E&D participants receive. Some of the qualifying diagnoses include Quadriplegia, Multiple Sclerosis, Stroke, and Amyotrophic Lateral Sclerosis.

Other similar Medicaid waivers include Technology Assisted (TA) Waiver for Adults Program, Living at Home (LAH) Waiver for Persons with Intellectual Disabilities, and the Alabama Community Transition (ACT).

[Aged, Blind, and Disabled adults](#) can also receive full Medicaid through the state's primary care case management model.

7. Care for Children

7.1 Childcare

Alabama Child Care Subsidy

This subsidy helps low and moderate-income Alabama residents gain access to quality childcare. Alabama residents must be employed or enrolled in school and meet the [income guidelines](#) to be eligible.

HB 358 (2024)

This legislation allows Alabama employers to claim a tax credit for employer-sponsored childcare expenses for 75% of expenses incurred by the employer or 100% for small businesses. The maximum amount that can be claimed by an employer is \$600,000 per year.

7.2 Children's Health Care

Medicaid for Children

Alabama residents under 19 can qualify for Medicaid if they meet the following requirements:

- Are a U.S. citizen or in satisfactory immigration status;
- Meet income [guidelines](#) – income of all people (such as a legal parent or step-parent) included in “family size” is counted. The income limit for children is at or below 146% of the FPL.

Alabama's Early Periodic Screening, Diagnostic and Treatment ([EPSDT](#)) benefit provides health coverage for well-child visits and diagnostic screenings for all children with actual or potential health issues from birth to age 21 who are enrolled in Medicaid. This mandated Medicaid benefit screens children with actual or potential health problems to treat them before they become permanent disabilities. Preventive health services are also available to Medicaid-eligible children under age 21.

Alabama's Medicaid program has a special subprogram, “[1st Look Program](#),” that allows primary care physicians to conduct dental risk assessments, apply fluoride when needed, and refer patients to a dentist by one year of age. To qualify for this program, children cannot have already visited a dentist.

ALL Kids Alabama (CHIP)

ALL Kids is a low-cost, comprehensive healthcare coverage program administered by Alabama's Children's Health Insurance Program (CHIP) for eligible children under 19. This program is for children whose parent(s) make too much money to qualify for Medicaid but not enough to pay for private insurance. Whether a child's family pays a monthly fee or not depends on the family's monthly income. Children must meet all the following [eligibility requirements](#):

- Must be an Alabama resident;
- Must be a U.S. citizen or eligible immigrant

- Cannot have any other health coverage including Medicaid
- Cannot be a resident of an institution
- Must meet income [guidelines](#)

[Alabama Newborn Screening Program](#)

Alabama's screening program requires that all babies born in the state are screened for 48 blood disorders, hearing loss, and critical congenital heart disease. The program allows religious exemptions from screening. It is important to note that while this program is required, parents pay for these services as a part of the cost to deliver their child.

[Vaccines for Children Program](#)

This program supplies free vaccines to public and private health care providers who enroll and agree to immunize eligible children (birth to 18). Children who are eligible include those who are Medicaid enrolled, uninsured, underinsured, American Indian or Alaskan Native, or who have health insurance which doesn't cover vaccines.

7.3 Family and Parenting Education

[Alabama Head Start and Early Head Start](#)

This is a federally funded program that coordinates with service sites to educate low-income parents of children aged birth to five on child development and school readiness. Head Start typically serves children between three and five, and Early Head Start serves infants, toddlers, and pregnant women. The program is free to low-income families at or below federal [poverty guidelines](#). Children whose families receive public assistance, are in foster care, or are experiencing homelessness are also eligible regardless of income. The state's Head Start program is administered by the federally funded Alabama Head Start Collaboration Office.

[Healthy Child Care Alabama](#)

This program supports anyone who cares for another person's children, whether in childcare or as a family member or friend. Registered nurses provide health and safety education to caretakers to help prevent injuries and encourage healthy development.

7.4 Adoption

[Adoption Tax Credit](#)

As a result of recent [legislative changes](#), adoptive parents of children residing in Alabama (private adoptions) or Alabama children in the foster care system can claim a one-time \$2,000 tax credit. If Alabama parents adopt a child from a different state, they can claim a one-time \$1,000 tax credit.

Adoption Subsidy

Apart from the federal adoption assistance program available to all adopted children throughout America, Alabama funds and runs its own Adoption Subsidy program. This program provides monthly subsidy payments to adoptive families with adopted children under 19 years of age. The child must meet the federal definition of special needs and have a family income less than the age-appropriate foster care maintenance payment.

Medicaid

In Alabama, Title IV-E adoptive children automatically become eligible for Medicaid (income is not considered). Children who receive benefits from the state's adoption subsidy program (described above), as opposed to the federal adoption assistance program, also qualify for Alabama Medicaid.

7.5 Foster, Kinship, and Short-term Care

Independent Living Program

This program is available in every Alabama county and is for foster care youth 14 years old and older and former foster youth between the ages of 18 and 21 who left the foster care system or aged out and want to return to the system to request independent living services. The program helps foster youth create life goals, work towards them, and learn to live independently in terms of accessing health care and completing daily living activities.

Alabama Education and Training Voucher (ETV) Program

This federally funded program is a component of the Independent Living Program and provides those who are in foster care when they turn 18 and those in the state's kinship-guardianship program with college tuition waivers. Youth can receive up to \$5,000 a year for tuition or other qualified school-related expenses. To be eligible, youth must be enrolled in an accredited college or vocational/technical training program and make progress toward completion of their degree

ETV funds can be accessed for a maximum of five years until the youth's 26th birthday and the youth must apply annually for the voucher.

Fostering Hope Scholarship

This is a state-funded scholarship for former foster care youth who earned a high school diploma and who are also attending a post-secondary education institution or a vocational training program.

Medicaid

All children in the foster care system in Alabama are [eligible for Medicaid](#). Former foster care children (until the age of 26) are also eligible for Alabama Medicaid if they were enrolled in Medicaid when they aged out of foster care. Income is not considered for this eligibility group.

7.6 Safe Haven and/or Baby Boxes

Safe Haven Law

In June 2023, Alabama [passed an expanded Safe Haven law](#), which extended the safe haven surrender period from 72 hours to 45 days. The expansion also allows not only hospitals but fire stations to accept newborns if the station is staffed 24/7 by emergency medical personnel.

8. Miscellaneous

Choose Life License Plate Program

Alabama drivers can purchase a “Choose Life” vanity plate through the Alabama Motor Vehicle Title Registration & Insurance Portal or apply for one in person at an Alabama Department of Motor Vehicles location. A portion (\$41.25) of the \$50 fee for the plate is donated to pro-life pregnancy centers across the state.

This is a non-exhaustive list of programs, current as of January 2026, intended to make information easily accessible to moms and families. Program details are subject to change. Readers should always consult with the appropriate state agency for the most accurate and recent information. The information in this summary is for educational purposes only. CLI does not take a position on the merits of any specific program.

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