



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

State Spotlight: Idaho

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

Idalink

This is an online state-run portal for Medicaid as well as food, cash, and childcare assistance.

2. Women's Health

2.1 Prenatal and Postpartum Medical Care

Family Planning Program

This is a federally funded program administered by the Idaho Department of Health and Welfare. The Department allocates federal funds to participating health districts and Federally Qualified Health Centers (FQHCs) which provide reduced cost or free contraceptives, health education, and preventative health services.

2.2 Prenatal and Postpartum Support

WIC Breastfeeding Information and Support

Idaho's WIC program provides breastfeeding peer counselors and professional breastfeeding support, certified lactation counselors/educators, and registered dieticians to qualifying participants. Idaho's WIC program will also supply moms in need who wish to breastfeed with

breast pumps if they can't afford to get their own. Lastly, Idaho's WIC program allows breastfeeding women to receive a "Deluxe Food Package."

Evidence-Based Home Visiting (EBHV) Programs

Idaho's home visiting program is funded through federal Maternal, Infant, Early Childhood Home Visiting (MIECHV) program funds and run by the state. Expecting parents and parents with young children receive weekly, biweekly, or monthly home visits. Trained visitors teach parents about child development and how to develop parent-child relationships as well as help parents get their children ready for school. MIECHV supports two home visiting models in Idaho:

- Parents as Teachers - This home visiting program is tailored towards pregnant women and women with children (up to five years old). Under this program, enrollees receive 12-24 visits a year depending on the families' needs.
- Nurse Family Partnerships - This home visiting program is tailored towards first time mothers and is available from the 28th week of pregnancy until the child turns two years old.

2.3 General Medical Care for Women

Women's Health Check

This is the state's breast and cervical cancer screening program. It provides free breast and cervical cancer screenings as well as diagnostic testing to low-income, uninsured women across Idaho. The free screening services are available to those who meet all of the following eligibility requirements:

- Income is below 200% of the FPL
- Uninsured
- U.S. citizen or eligible noncitizen
- Ages 21-64 (services vary by age). Those who are between the ages of 21-49 are eligible for covered screenings if they are due for cervical cancer screenings or are referred to the program because of suspected breast cancer.

Women who are over 65 years old who are not eligible for Medicare or can't afford Medicare Part B can be eligible for this program given that they meet other program requirements.

Medicaid

There are two full coverage Medicaid plans: The Basic Plan and the Enhanced Plan. Both cover routine medical services, prescriptions, behavioral healthcare, pregnancy and family planning services, as well as vision and dental services. The Basic Plan is for those in relatively good health. It is important to note that those enrolled in The Basic Plan have full access to the enhanced dental benefits offered through Idaho's [Idaho Smiles waiver program](#). Income limits can be found [here](#). Eligible full coverage groups [include](#):

- Expansion group: Adults whose income is at or below 138% of the FPL. To be eligible, members of this group must not be enrolled in another Medicaid eligibility category or have any other type of private insurance.

- Parents and caretakers: Parents with children (under the age of 19) living in their home who also meet resident, citizenship, and income requirements.
- Pregnant women: Pregnant women are eligible if they meet certain family size and income limits (at or below 138% of the FPL). As a result of the passage of [HB 633](#) in 2024 and CMS's subsequent approval of Idaho's extension request in January 2025, expanded postpartum coverage from 60 days to 12 months.
- Women's Health Check enrollees: This Medicaid program provides free breast and cervical cancer treatments for women diagnosed with cancer through the state's Women's Health Check program.

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.

3. Finances, Work, and Education

3.1 Help Paying Bills

[Temporary Assistance for Families in Idaho \(TAFI\)](#)

This is Idaho's federally funded TANF program. It provides monthly cash assistance to eligible low-income families to help cover essentials like housing, food, and clothes. The program gives families a monthly payment of up to \$309 for 24 months. Participants may be required to be enrolled in the Employment and Training program and/or cooperate with child support services. [Other eligibility requirements include](#) meeting both of the following criteria:

- Being a U.S. citizen or unlawful permanent resident
- Meeting program income and resource limits

3.2 Employment Support

[Employment and Training Program](#)

This is the job training program for TAFI and SNAP recipients. It provides one-on-one career coaching, resume building, GED training, childcare assistance, and support vouchers for work-related transportation, clothing, tools, or tuition expenses.

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)

This is a Medicaid benefit, run by the broker MTM, that provides Medicaid beneficiaries with transportation to non-emergency medical appointments.

4.2 Food and Nutrition

WIC

This program is funded by the federal government but run by the state. It provides healthy foods, health care referrals, and nutrition education to low-income pregnant, breastfeeding, and postpartum women and their children (up to age 5) who are at nutritional risk. Other [eligibility requirements include](#) being an Idaho resident and meeting income guidelines.

SNAP

This program is funded by the federal government but run by the state. It provides supplemental assistance to low-income families' monthly food budgets. [Eligibility requirements include](#) meeting all the following criteria:

- Being an Idaho resident
- Being a U.S. citizen or legal immigrant
- Satisfying household income limits
- With some exceptions, working or participating in the Employment and Training Program

Special Nutrition Programs

National School Lunch and School Breakfast Program

This federally funded program is run by the state and provides needy children with free or reduced-cost breakfast and lunches at participating schools.

- [Seamless Summer Option](#) - This federally funded program is run by the state. It provides free meals to children 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.

Summer Food Service Program

This federally funded program is run by the state. It provides free meals to children 18 years or younger in participating communities and day camps. In Iowa, this program is sponsored by school districts, local government agencies, camps, private nonprofit organizations, and public organizations.

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 under 13 years of age or adults with disabilities.

Fresh Fruit and Vegetable Program

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

The Emergency Food Assistance Program (TEFAP)

TEFAP is a federally funded program that provides states with 100% American grown foods which are allocated to participating food banks, pantries, and soup kitchens. Low-income individuals and families can then go and receive supplemental food boxes from these locations. These supplemental food boxes contain three to five days' worth of food. Monthly income limits apply.

4.3 Clothing, Household Goods, and Baby Supplies

No applicable and/or known programs.

4.4 Housing, Shelters, and Maternity Homes

Low-Income Home Energy Assistance Program (LIHEAP)

This federally funded program helps eligible low-income families pay some of their heating costs in the winter. It also can provide a one-time crisis payment to prevent loss of service or to restore service. The program favors helping families with children under the age of six, the elderly, and the disabled by allowing these demographics to apply for funding in October of each year while allowing other low-income groups to apply in November of each year.

Weatherization Assistance

This federally funded program helps low-income individuals and families save money on their utility bills by weatherizing their homes to conserve energy. In order to be eligible, the weatherization updates must be cost saving and the home being updated must be owned by the person(s) seeking assistance or else the landlord that the person(s) is renting from must approve the updates. Home health and safety also impact one's chance at qualification, and priority is given to children, the disabled, and the elderly.

Housing Choice Voucher

This is a federal housing assistance program, otherwise known as Section 8, that is administered by the state and pays some or all the rental costs for eligible households. It is available in 34 of Idaho's 44 counties. Households must meet federal Housing and Urban Development (HUD) income guidelines.

Family Self-Sufficiency Program

This is a voluntary program funded by the federal government and run by the state for those who participate in the federal Section 8 housing program described above. It helps families become economically independent by setting employment and homeownership goals and becoming free of

all state and federal welfare programs. Program specialists help participants with employment, job training, money management, credit repair, etc.

Down Payment/Closing Cost Assistance

This program provides down payment and closing cost assistance to qualified homebuyers in the form of either a second mortgage or forgivable loans.

HOME-ARP Program

This is a federal program that gives states funds under the federal 2021 American Rescue Plan. The Idaho Housing and Finance Association uses these funds to help homeless individuals, families, or those at risk of homelessness by providing them with housing and support services.

Housing Opportunities for Persons with AIDS/HIV (HOPWA)

This federal program is run by the Idaho Housing and Finance Association, which contracts with federal HOPWA service providers that specialize in HIV/AIDS-related services and low-income rental assistance programs. This program provides eligible individuals with long-term rental assistance.

Continuum of Care Program

This program re-houses homeless individuals and families and promotes access to services that help these participants become self-sufficient. The program also focuses on engaging communities across the state to work to end homelessness.

4.5 Legal Support

No applicable and/or known programs.

4.6 Miscellaneous

Telephone Service Assistance Program

This program helps pay for low-income families' telephone service by paying for a landline phone or one family member's cell phone. If a family is enrolled in SNAP, Medicaid, SSI, or TAFI they are categorically eligible for telephone assistance. Other [eligibility requirements include](#) meeting all of the following criteria:

- Being an Idaho resident
- Having a phone service in your name
- Having a provider who is participating in the program
- Having a household income at or below 135% of the FPL

5. Recovery and Mental Health

5.1 Addiction Recovery

Project Filter

Project Filter is Idaho's State Tobacco Prevention and Control Program run by the Idaho Department of Health and Welfare. It is funded both by the federal government (through the CDC) and through state funds. This program offers enrollees local educational classes, access to Quit Line coaches, and support groups.

Statewide Recovery Community Centers

These state-funded and run centers provide those in recovery from alcohol and drug addiction a place to meet with others in the same position and share stories and resources.

5.2 Domestic Violence, Sexual Assault and Trafficking Recovery

No applicable and/or known programs.

5.3 Mental Health

Statewide Crisis Centers

These state-funded and run centers provide emergency substance abuse treatments and mental health services for adults. Adults can stay up to 24 hours at one of these centers, for free, and receive detox and crisis intervention services.

Youth Employment Services (Medicaid)

This is a care coordination Medicaid program in Idaho for children who are at risk for or have a serious emotional disorder. The program is a collaboration between the Department of Health and Welfare, Department of Juvenile Corrections, and the Idaho Department of Education. [Child and family teams](#) coordinate treatments, support the children's families in their caretaking, and develop coordinated care plans. [Coordinated care plans](#) identify available services in the state to help the child reach their educational, employment, and emotional goals. The Child Care Teams also help develop [wraparound intensive plans](#) which are care coordination plans for those getting placed in a care facility because of their emotional disorder.

5.4 Abortion Recovery and Healing

No applicable and/or known programs.

6. Disability Assistance

Disability-Specific Medicaid Programs

Idaho 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. Idaho waivers [include](#):

- Adult Developmental Disabilities (ADD) Waiver: This waiver provides disability, respite, and daily living services to adults with autism, developmental disabilities, or intellectual disabilities who meet an institutional level of care and are 18 or older.
- Aged and Disabled Waiver: This waiver provides similar services as the ADD waiver to those ages 65 and older and individuals ages 18-64 who have physical or other disabilities and need a nursing facility level of care.

[Aged, blind, and disabled adults](#) can also receive full Medicaid through the state's Medicaid program. Similarly, Idaho Medicaid provides health coverage to those [who are disabled](#) (according to the Social Security Administration definition) but employed and are between 16 and 64 years old, are an Idaho resident, and meet certain [income limits](#).

[The Katie Beckett \(TEFRA\) Program](#) is a program for children who live at home and have long-term disabilities or complex medical conditions and whose family income is above the Medicaid federal poverty guidelines. To be eligible, the child must have one chronic condition, a substantial limited ability to function in at least three major life activities and require extended or lifelong services.

[Children's Habilitation Intervention Services](#) is a program for children and adolescents (birth to 21st birthday) with Medicaid who need intervention services provided by a Developmental Disabilities Agency or independent providers. Intervention services include behavioral and crisis intervention services as well as habilitative skill-building services.

[Children's Developmental Disabilities Program](#) is a Medicaid program that provides care coordination services to children and adolescents (under 22 years old) with developmental disabilities (intellectual disability, cerebral palsy, epilepsy, autism, etc.). Care coordination services include a variety of intervention and support services and are provided by a Developmental Disabilities Agency/Independent Provider or a Family Directed services option. The child's developmental disability must affect three or more areas of major life activity such as self-care, receptive and expressive language, learning, etc.

[Extended Employment Services](#)

This program provides job training and employment services for adults with intellectual or developmental disabilities. To be eligible for this program, one needs to be referred by the Idaho Division of Vocational Rehabilitation.

[Infant Toddler Program](#)

This is a care coordination program that provides early intervention and referral services for children (birth to 3 years old) with developmental delays (e.g., Down Syndrome, prematurity, hearing loss) to support their medical and social needs. Services include occupational, physical, speech-language, and developmental therapy as well as hearing and vision services.

Aid to the Aged, Blind, and Disabled Cash Assistance

This is a monthly payment to help disabled people with living expenses. The amount received depends on one's living arrangements, income, and assets. The maximum amount received is \$53 a month for people living independently but the amount varies for those living in a group home or residential care facility. Aged, Blind, and Disabled adults also can receive full Medicaid in Idaho. For more information, see [here](#).

7. Care for Children

7.1 *Childcare*

Idaho Child Care Program

This program provides families with children under 13 (or over 13 if the child has a disability) financial assistance to help pay for childcare for working parents or those in school, participating in job training, or in the state's TAFI program. The amount that families pay depends on the number of hours parents are working or in school/a job training program, household income, and the state rate of childcare.

H.B. 288

This legislation increases the individual state tax deduction for dependent care, including the care of children and the care of dependents with disabilities, to up to \$12,000 a year.

H.B. 543

This legislation prohibits HOAs from disallowing the operation of an in-home family daycare within its vicinity.

Safe Sleep Requirements

All childcare providers in Idaho are required to engage in safe sleep practices (babies 0-12 months sleep alone, on their back, and in a certified crib) and train all childcare employees about safe sleep practices.

7.2 *Children's Health Care*

Medicaid for Children

Idaho residents under 19 can qualify for Medicaid if they meet immigration or citizenship [criteria](#) and meet income guidelines.

Idaho's Early Periodic Screening, Diagnostic and Treatment ([EPSDT](#)) benefit provides health coverage for well-child visits and diagnostic screenings for all children and adolescents with actual or potential health issues, from birth to age 21, who are enrolled in Medicaid. This mandated Medicaid program 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.

CHIP

This program provides health insurance to children and adolescents under 19 whose family income is too high to qualify for Medicaid. Eligibility requirements include meeting all of the following eligibility criteria:

- Being a U.S. citizen or legal resident
- Being within family [income guidelines](#)
- Not having private health insurance

Newborn Screening Program

All infants born in Idaho hospitals must be tested for genetic disorders, hearing loss, and Critical Congenital Heart Disease. If an infant is diagnosed with any of the above, practitioners quickly refer them for or start treatment depending on the infant's needs. 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. However, the state facilitates the program and provides payment options for low-income families.

Idaho Sound Beginnings

This program ensures that all infants born in Idaho are screened for hearing loss by 1 month of age. It also ensures that infants who don't pass the initial screening test receive diagnostic testing by 3 months of age and those diagnosed with permanent hearing loss are enrolled in early intervention services by 6 months of age.

Vaccines for Children Program

This is a federal program run at the state level that provides participating doctors' offices with free vaccines to administer to children whose families could otherwise not afford to vaccinate their children. Idaho residents aged 18 or younger who also meet at least one of the following additional criteria are eligible for the program:

- Are American Indian or Alaska Native
- Are Medicaid-eligible
- Are uninsured
- Are underinsured (can only receive vaccines through FQHCs, rural health clinics, or local public health districts)

Children and Youth with Special Health Care Needs

This program provides children with chronic health conditions, medically complex health issues, behavioral health disorders, and/or developmental disabilities with health services as well as case management and care coordination services.

Children's Special Health Program

This is a financial assistance program for uninsured children with long-term complex, qualifying medical conditions. Financial assistance can only cover pre-approved services. Eligibility requirements include meeting all the following eligibility criteria:

- The child being under 18 years old

- [Having a qualifying medical condition](#)
- Being an Idaho resident
- Having an eligible family income and size
- Being uninsured (children with cystic fibrosis or PKU can be insured)

Additionally, parents must apply for Medicaid before applying to this program.

7.3 Family and Parenting Education

Parenting with Love and Limits

This is a parenting program that provides multi-family group therapy and individual therapy to parents with children aged 10-18 who have severe emotional and behavioral problems. The program partners with the Idaho Department of Health and Welfare to provide its services to Idaho residents. The Idaho Department of Health and Welfare has a competency center team that trains the therapists who provide this program's services.

Idaho 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 5 on child development and school readiness. Head Start typically serves children between 3 and 5, 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 Idaho Head Start Collaboration Office.

7.4 Adoption

Adoption Tax Credit

Idaho has an adoption tax credit for legal and medical expenses associated with adoption of up to \$10,000 for adoptions after 2017.

Adoption and Guardianship Assistance

This program provides financial assistance to parents of adopted children with special needs and to most foster families. Families can receive up to \$2,000 in adoption-related costs or a monthly subsidy for the ongoing medical care of the child. Families can also receive a Medicaid card to assist with the medical expenses associated with caring for a child with special needs until the child turns 18. In Idaho, children [who are eligible](#) for federal Title IV adoption assistance automatically become eligible for Medicaid (income is not considered). Children who are adopted privately are eligible for Medicaid if their family meets the income requirements.

Medicaid

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

7.5 Foster, Kinship, and Short-term Care

Independent Living Program

This program is for foster youth (ages 14 to 23) and helps them gain the skills necessary to transition from foster care to independent living. It provides education, training, and employment services as well as financial assistance, housing, and counseling services. This program even provides money to participants for post-secondary education.

Educational and Training Vouchers (ETV)

This federally funded program provides those who are in foster care when they turn 16 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. Other eligibility requirements include:

- 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

Relative Caretaker or Grandparent Grant

This is a TAFI grant. It provides eligible families with up to \$309 a month to help with the costs of raising a child. To receive this grant money, the caretaker must be related to the child and meet certain income requirements.

Paid Leave for State Employees

State employees who become foster parents are eligible for eight weeks of parental leave when a new child joins their home.

Medicaid

All children in the foster care system in Idaho are [eligible](#) for Medicaid. Former foster care children (until the age of 26) are also eligible for Idaho 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

Idaho's safe haven law allows parents to leave their child with personnel or a baby box at a designated facility before the child is one month old without fear of prosecution. Designated facilities include hospitals, fire stations, law enforcement agencies, and 24/7 medical services providers.

Miscellaneous

Choose life License Plate Program

Idaho drivers can buy Choose Life Idaho vanity plates through Idaho DMV locations for \$35. All proceeds from the sale of these plates go to pro-life pregnancy resource and adoption centers in the state (that do not refer for abortion).

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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