



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

State Spotlight: Missouri

Information current as of December 2025.

1. Care Coordination and Pregnancy Support

1.1 Pregnancy Support

Alternatives to Abortion (A2A)

Missouri's A2A program provides help to pregnant women to empower them to choose life instead of abortion. Services are provided through pregnancy centers that receive funds from this program. Services include material resources, childcare help, work and education support, healthcare, and adoption assistance. A2A is [funded](#) by the Department of Social Services through a combination of general revenue and TANF funding. Women are [eligible](#) to receive funded services if they are at or below 185% of the Federal Poverty Level (FPL). In 2023, as a result of the passage of [HB 11](#), Missouri's A2A program received \$8.6 million dollars, \$6.3 million of which were federal TANF dollars. Missouri provides [additional funding](#) to promote awareness of the A2A program and has allocated additional money for grants to organizations that promote adoption, maternity homes, and other organizations that help pregnant moms choose life.

1.2 Care Coordination

Missouri Family Resources

Missouri partners with FindHelp.org to maintain an online directory to help families find resources in their zip code.

1.3 Miscellaneous

Healthy Marriage/Fatherhood Program

This is a set of multiple programs funded by the state that address different aspects of fatherhood such as healthy parenting skills, paying child support, finding and maintaining a job, etc. Because, of the passage of [HB 11](#), \$2.5 million in Missouri TANF dollars were allocated to these programs.

2. Women's Health

2.1 *Prenatal and Postpartum Medical Care*

WISEWOMAN

This program provides heart disease and stroke prevention and education to women who are eligible for Show Me Healthy Women (see section 2.3), meet income guidelines, and are ages 35-64. The program provides participating women with annual blood pressure, cholesterol, HDL, blood glucose, and BMI screenings.

2.2 *Prenatal and Postpartum Support*

Evidence Based Home Visiting (EBHV) Programs

In combination with federal Maternal, Infant, Early Childhood Home Visiting Program (MIECHV) funding, the state also financially supports several home visiting programs to serve families.

Supported models include:

- [Early Head Start – Home-Based Option](#) - This program is [available](#) in Butler and Ripley counties. The program serves pregnant women and families with children under age three. Families are eligible if they meet income guidelines, receive public assistance, are homeless, or are in foster care.
- [Healthy Families America](#) - This program is active in seven counties, and an adapted model is active in 50 counties. Families must be under 185% of the FPL. The regular model serves pregnant moms and families with babies younger than three months. The adapted model serves families with children under age three who have various risk factors, including being referred by the Children's Division for being at risk of abuse or neglect.
- [Parents As Teachers](#) - This program is [available](#) in Dunklin County and St. Louis City. The program serves pregnant women and families from birth to starting kindergarten. Kids must be low income, receiving public assistance, homeless, or in foster care.
- [Nurse-Family Partnership](#) - This program is [active](#) in 20 counties. The program enrolls pregnant women before 28 weeks of gestation, and services continue until age 2.
- [Nurturing Parenting](#) - This program is active in 61 counties. The program serves pregnant moms and families with children under age three who have various risk factors, including being referred by the Children's Division for being at risk of abuse or neglect. Families must be below 185% of the FPL.
- [Missouri's Parent Education Program](#) - This program is available throughout Missouri and serves pregnant moms and families with children from birth to starting kindergarten.

Healthy Moms Healthy Babies

This is a collaboration between several Missouri state agencies to connect moms with Medicaid (MO Healthnet), education (how to access pregnancy-related resources through MO Healthnet and general education on pregnancy and postpartum health), and resources.

Breastfeeding Information and Support

The Missouri WIC program provides breastfeeding participants with peer counselors and staff support.

Breastfeeding Laws

As a result of the passage of [HB 432](#) in 2021, all breastfeeding employees and students in public schools must be allowed break time to pump and a private space to pump.

2.3 General Medical Care for Women

Show Me Healthy Women

This program provides free breast and cervical cancer screenings for uninsured or underinsured women, ages 21 to 64 (or older if they don't receive Medicare Part B), with an income at or below 250% of the FPL. Screening services availability depends on the age of the program participant.

Medicaid

Medicaid in Missouri provides health coverage to eligible Missouri residents who meet the income guidelines and are U.S. citizens or have satisfactory immigration status. There are various Medicaid programs available in Missouri for individuals and families, each with its own requirements. Below are [several groups](#) that are eligible for Missouri Medicaid. Income limits for these groups can be found [here](#).

- [Pregnant women](#) - Pregnant women are eligible for full-coverage Medicaid if they meet certain family size and income limits (at or below 201% of the FPL).¹ With the passage of [SB 45](#) in 2023 and CMS' subsequent approval of the state's extension request in November 2023, postpartum Medicaid coverage for women was extended from 60 days to one year postpartum. Additionally, Missouri Medicaid offers a program, "[Show Me Healthy Babies](#)," for pregnant women whose income is up to 305% of the FPL.² This program extends healthcare coverage to mothers and their unborn children when they don't qualify for the traditional eligibility group for pregnant women because their income is too high. This coverage is limited and covers pregnancy-related expenses and prenatal care. To be eligible, women must not be enrolled in any other type of health insurance.

¹ The 5% difference between the stated income limit for the expansion group within the Missouri document and the amount listed in this document is because the Missouri document didn't account for the 5% disregard that applies to certain Medicaid eligibility groups.

² Ibid

- Parents and caretakers - Parents with children (under the age of 19) living in their home who also meet resident, citizenship, and income requirements are eligible. Missouri doesn't use FPL guidelines for their income limit. Rather, they use adjusted [1996 AFDC limits](#).
- Expansion Group - Adults, ages 19-64, whose income is at or below 138% of the FPL are eligible for full-coverage Medicaid.³ To be eligible, members of this group must not be enrolled in any other Medicaid eligibility category or have any type of private insurance.
- Extended Women's Health Services - This is Missouri's limited-coverage family planning program which is entirely state-funded. Women ages 18-55 are eligible for this program if their income is at or below 206% of the FPL.⁴ Examples of covered services include birth control supplies and exams, STI testing and treatment, and pregnancy testing. This program is entirely state funded.
- Breast and Cervical Cancer Treatment (BCCT) Medicaid - This eligibility category is for women whose breast and/or cervical cancer treatments are being covered by Medicaid. Before the passage of [SB 1359](#) in 2024, women had to receive a diagnosis through the state's Show Me Healthy Women program to qualify for BCCT Medicaid. However, due to the passage of SB 1359, women can now receive a diagnosis from any provider and qualify for BCCT Medicaid if their income is at or below 250% of the FPL and they meet other requirements.

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.

3. Finances, Work, and Education

3.1 Help Paying Bills

Temporary Assistance (TA)

This is Missouri's Temporary Assistance (TANF) program. It is federally funded but run by the state and provides monthly cash assistance to eligible families. To be [eligible](#), participants must have a child under the age of 18, have resources less than \$1,000 at application, and meet income guidelines. Most TA participants are required to participate in the [Missouri Work Assistance](#) program (see section 3.2). If they are required to take a drug test and test positive, participants must attend a substance use treatment program.

³ Ibid

⁴ Ibid

3.2 Employment Support

Missouri Work Assistance (MWA)

MWA helps TA recipients with finding work, job training, supplies, connection with childcare or housing resources, and minor car repairs so that they can get to work.

SkillUP

This is SNAP's work preparation program. It helps SNAP recipients find work (or better work), including through job training, career coaching, resume prep, resources like childcare and housing, supplies, and minor car repairs.

3.3 Education and Training

Adult Education and Literacy (AEL)

AEL provides GED prep, career prep, and English language education. To qualify, Missourians must meet all the following eligibility requirements:

- Be at least 17 years old (or 16 if they have met Missouri's compulsory school attendance requirements)
- Have one of the following barriers
 - o Basic skills deficiency/low literacy skills based on assessment
 - o Lack of a high school diploma or its equivalency
 - o Learning the English language

3.4 Financial Advice or Education

No applicable and/or known programs.

4. Material or Legal Support

4.1 Transportation

Carpool Connections

The Missouri Department of Transportation operates a website to facilitate carpools and rideshares.

Non-Emergency Medical Transportation (NEMT)

MO HealthNet (Missouri Medicaid) provides medically necessary transportation for enrollees if they do not have access to alternative transportation.

4.2 Food and Nutrition

Special Nutrition Programs

National School Lunch and Breakfast Programs

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

Summer Food Service Program (SFSP)

SFSP provides funding to schools and community organizations to provide food over the summer. Eligible participants are children 18 and under whose families make less than 185% of FPL, and adults over 18 who are disabled and participate in school programs.

Special Milk Program

This is a federally funded program run by the state that provides milk to low-income or very low-income children in public and private schools, childcare institutions, and camps that do not participate in other federal child nutrition meal service programs.

Food Distribution Program

This program distributes USDA-donated food at food pantries, summer food programs, and nonprofits that provide emergency food services to shelters and soup kitchens. The program may also be able to provide food in certain circumstances to group homes, daycare centers, and emergency shelters. Families may be eligible to receive food if they already receive assistance or their income is below 185% of the income limit.

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. Family day care homes, at-risk afterschool meals programs, outside of school-hours care centers, emergency shelters, and adult day care centers are also eligible to receive reimbursement from this program.

Missouri SUN Bucks

This program is new to Wisconsin as of summer 2024. It is a federally funded and income-based program that gives low-income families a \$120 benefit during the summer to buy food for their children when they are not in school. The benefits can be used in any store that accepts EBT cards. This benefit is available to qualifying families in addition to the summer meal programs listed above. Enrollment in this program is often automatic if the child is already receiving free or reduced-cost meals at their schools through the School Breakfast and Lunch programs. Other groups of children are eligible for this program, including those who meet one or more of the following criteria:

- School-aged children participating in other public assistance programs such as SNAP or Medicaid
- Migrant children
- Foster children
- Homeless children
- Runaway children

[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.

[WIC](#)

WIC provides supplemental food, education, and resources to children and pregnant and postpartum women. WIC also provides breastfeeding information and support. Eligibility requirements include meeting all the following requirements:

- Being a Missouri resident
- Having a household income under 185% of the FPL (SNAP, TANF, and Medicaid participants are automatically eligible)
- Being a pregnant, breastfeeding, or postpartum woman, an infant, or a child under 5
- The mother and/or child are at nutritional risk

[SNAP](#)

SNAP helps low-income Missourians buy food and seeds. SNAP also provides work assistance through SkillUP. The Department of Social Services partners with [Double Up Food Bucks](#) to help participants' benefits go farther at farmer's markets. To be [eligible](#), participants meet all the following criteria:

- Must live in Missouri
- Meet income limits and own less than \$3,000 in resources (\$4,500 if a member of the household is older than 60 or disabled)

SNAP also has a work requirement, which may not apply if the participant has a child under 18, is pregnant, or meets other factors.

4.3 Clothing, Household Goods, and Baby Supplies

[Safe Cribs for Missouri](#)

This program provides cribs and safe sleep education to families who cannot afford them. To be eligible, families must meet all the following criteria:

- Be a Missouri resident who is 34 weeks to six months postpartum
- Be income eligible (at or below 185% of the FPL) or eligible for WIC or Medicaid
- Family has no crib and not able to obtain one

- Family agrees to participate in two individual safe sleep education session

4.4 Housing, Shelters, and Maternity Homes

First Place Program

This program is for first-time homebuyers and qualified veterans. It offers lower mortgage financing with lower interest rates than regular market rates. The program also provides those with limited savings with cash assistance that can be put towards a down payment and closing costs.

Next Step Program

This program provides cash assistance to first-time homebuyers who make too much money for the First Step Program but not enough to purchase a home on their own. The cash assistance can be put towards a down payment or closing costs.

Rental Assistance Program (RAP)

RAP provides once-per-year assistance to prevent eviction and promote housing stability or to help people move into affordable housing. Participants must then be able to afford to rent on their own. To be eligible, participants must be receiving mental health or substance abuse services, in a housing situation that should be stabilized or improved, and have a combined household income 50% or less of the Area Median Income. Applications are made through behavioral health agencies (not individuals).

Weatherization Assistance Program

The Missouri Department of Natural Resources provides funding to 18 local weatherization agencies which help low-income Missourians weatherize their homes to lower energy costs. Most funding comes from the U.S. Department of Energy. Participants must meet [income guidelines](#).

Low-Income Home Energy Assistance Program (LIHEAP)

LIHEAP is a federally funded program. It provides a one-time payment for heating or cooling costs as well as help paying energy bills. To be eligible, participants in this program must be responsible for paying the utilities in their home and meet all the following additional requirements:

- Are a Missouri resident
- Are a U.S. citizen or legally admitted for permanent residence
- Have \$3,000 or less in assets
- Meet [income guidelines](#) for their household size

4.5 Legal Support

No applicable and/or known programs.

5. Recovery and Mental Health

5.1 Addiction Recovery

Comprehensive Substance Treatment and Rehabilitation (CSTAR) Program

Services under this program follow a continuum-of-care approach and are funded by Medicaid and the Division of Behavioral Health. Sub-programs include:

- [Women and Children Substance Use Treatment Program](#) - Through a combination of state and federal funding, Missouri provides substance use treatment for pregnant moms and women with children. Women can keep their young children with them.
- [Opioid Substance Use Treatment Program](#) - Pregnant women are given priority for this program.

5.2 Domestic Violence, Sexual Assault, and Trafficking Recovery

No applicable and/or known programs.

5.3 Mental Health

Missouri Substance Use Disorder and Serious Mental Illness Demonstration (Medicaid)

This is a state-proposed change to Missouri's Medicaid program that was approved by the federal government in December 2023. The change allowed the state's Medicaid program to reimburse for and cover inpatient psychiatric services provided to those ages 12-64 within an institution for mental disease.

Community Mental Health Centers

The Division of Behavioral Health administers mental health services through local Community Mental Health Centers. The centers determine eligibility and typically offer services on a sliding fee scale.

5.4 Abortion Recovery and Healing

No applicable and/or known programs.

5.5 Miscellaneous

No applicable and/or known programs.

6. Disability Assistance

Disability-Specific Medicaid Programs

Missouri 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. Missouri HCBS waivers [include](#):

- MO Adult Day Care Waiver - For those ages 18-63 who need a nursing facility level of care because of a physical or other disability. The waiver provides adult day care services to these individuals.
- MO Aged and Disabled Waiver - For those 65 and older or those 63-64 with physical disabilities that require them to have a nursing facility level of care. This waiver provides adult day care as well as respite and homemaker services.
- MO AIDS Waiver - Provides attendant care and medical supplies to those with HIV/AIDS ages 21 or older who need a nursing facility level of care.
- MO Brain Injury Waiver - For those with a brain injury, ages 21-65, who need a nursing facility level of care.
- MO Children with Developmental Disabilities (MOCDD) Waiver - For children, ages 0-17, who meet an ICF/IDD level of care because of an intellectual or developmental disability. This waiver provides assistive technology, crisis intervention services, specialized medical equipment, transportation services, etc.
- MO Developmental Disabilities (DD) Comprehensive Waiver - For those of any age who need an ICF/IDD level of care because of an intellectual or developmental disability. Some covered services include home/vehicle modifications, job training services, physical therapy, and medical equipment.
- MO Division of Developmental Disabilities Community Support Waiver - For those of any age who need an ICF/IDD level of care because of an intellectual or developmental disability. Some covered services include occupational therapy, community networking services, and day habilitation services.
- MO Independent Living Waiver - For those, ages 18-64, with a physical disability that necessitates a nursing facility level of care. Examples of covered services include case management, financial management, and the provision of medical equipment.
- MO Medically Fragile Adult Waiver - For those 21 and older who are medically fragile and need an ICF/IDD level of care because of a developmental disability. This waiver covers private duty nursing, medical supplies, and waiver attendant care.
- MO Partnership for Hope Waiver - For those of any age with autism, intellectual disabilities, or developmental disabilities who need an ICF/IDD level of care. Examples of covered services include occupational therapy, career planning, and dental services.
- MO Structured Family Caregiving Waiver - For those 65 and older and individuals with disabilities between the ages of 21-64 who require a nursing facility level of care.

Aged, blind, and disabled adults can receive full Medicaid through the state's Medicaid program as well. The income limit for the aged and disabled category is up to 85% of the FPL, while the income limit for the blind is up to 100% of the FPL. Those who are disabled but working and aged 16-64 can also receive Medicaid through the state's Ticket to Work Health Assurance Program (TWHA). TWHA enrollees do not have a spend down if their income is at or below 250% of the FPL but do have a monthly premium if their income is at or above 100% of the FPL.

First Steps

First Steps provides early intervention for children ages zero to three with developmental disabilities. The program helps coordinate education, home visits, and other resources. Families are eligible if they have a child with a developmental disability.

7. Care for Children

7.1 *Childcare*

Missouri Child Care Subsidy Program

This program provides childcare subsidies so that families can work or attend school. To be eligible, families must meet all the following requirements:

- Have a child from birth to age 13 or a special needs child
- Need childcare to work, look for work, go to school, or receive job training
- Be at or below 150% of the federal poverty level.

SB 683 (2022)

This legislation updated the state's licensure requirements for childcare facilities to make it easier for Missourians to open family childcare businesses in their homes and therefore increase the supply of childcare options available for Missouri families.

7.2 *Children's Health Care*

Medicaid for Children

Missouri residents under 19 can qualify for Medicaid if they meet citizenship or immigration requirement as well as income guidelines. Newborns (zero to one) are part of the pregnant women's eligibility category described in section 2.3. Children ages one through 18 must have a family income at or below 153% of the FPL.⁵

Missouri's Early Periodic Screening, Diagnostic and Treatment (EPSDT) benefit (otherwise known as Healthy Children and Youth Program) 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

⁵ Ibid

health problems to treat them before they become permanent disabilities. Preventive health services are also available to Medicaid-eligible children under age 21.

MO HealthNet for Kids (CHIP)

Missouri's CHIP program provides healthcare coverage for children whose family income is too high to be eligible for Medicaid but not high enough to pay for private insurance. The income limit for Missouri CHIP is at or below 305% of the FPL.⁶ One's family size and monthly income impacts the premium amount a family pays per month for their child.

Children and Youth with Special Health Care Needs Program

Missouri's CYSHCN program is a care coordination program for children with special health care needs and their families. The program connects children with specialty services related to their condition, locate and coordinate in-home care, and fill in service gaps. The program, as a payor of last resort, has limited funding for medically necessary diagnostic and treatment services related to the child's condition if the family meets financial eligibility guidelines. Other eligibility requirements include meeting all the following requirements:

- Being a Missouri resident
- Be birth to 21
- Having an eligible special health care condition such as Cerebral Palsy, Cystic Fibrosis, Spina Bifida, etc.
- Having a family income at or below 185% of the FPL

Newborn Screening Program

Missouri's screening program requires that all babies born in the state are screened for over 70 blood disorders, hearing loss, and critical congenital heart disease. 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

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. Missouri residents aged 18 or younger who also satisfy at least one of the following criteria are eligible for this program:

- Are an American Indian or Alaska Native
- Are Medicaid-eligible
- Are uninsured
- Are underinsured

⁶ Ibid

7.3 Family and Parenting Education

Missouri 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 Missouri Head Start Collaboration Office.

7.4 Adoption

Adoption Subsidy and Subsidized Guardianship

This program provides financial and medical assistance to adoptive families and caretakers who are taking care of related, but non-biological children. This program is for families with children under the age of 18 except in cases where the child has a medical, mental health, or dental need, in which case the age limit is extended to 21 years old. To be eligible, adopted children must have been in custody of the state or a licensed child-placing agency. Qualifying guardians include grandparents, aunts, uncles, adult siblings, and first cousins. This program can provide families with:

- Monthly payments to help families with day-to-day living expenses
- Payment for medical, dental, or mental health care through Missouri Medicaid
- Financial assistance for childcare for children under the age of 13 in families where both parents are working

Show Me Healthy Kids (Medicaid)

This program provides full-coverage Medicaid for children/youth who are in one of the following groups:

- Are in foster care
- Are former foster youth (were in foster care on their 18th birthday and enrolled in either Missouri Medicaid or another state's Medicaid program)
- Receive adoption or legal guardianship subsidies
- Are in select juvenile justice programs

This Medicaid program covers medical, behavioral health, and support services.

Adoption Tax Credit

In 2023, as a result of the passage of SB 24, Missouri expanded its adoption tax credit to remove a yearly cap, make the credit refundable, and set it up to adjust for inflation. Families may receive up to \$10,000 per child.

7.5 Foster, Kinship, and Short-term Care

Prevention Services

As a result of federal funding under the Family First Prevention Services Act, Missouri provides services and support to at-risk families to prevent children from needing foster care. Services include mental health and substance abuse treatment and [in-home parent education](#). There are [no income requirements](#) for this program.

Foster Parent Tax Deduction

Missouri allows foster families to deduct up to \$5,000 worth of foster care expenses.

Transition Services

Missouri provides support to young adults who are aging out of foster care. Services include emergency intervention, housing (via [vouchers](#) or [transitional living](#) group homes or apartments), help with education, job training, and other support including life skills training and help with transportation and childcare. Young adults who aged out of foster care are automatically eligible for MO HealthNet (Medicaid).

Education and Training Voucher (ETV) Program

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

7.5 Safe Haven and/or Baby Boxes

Safe Haven Law

This law allows Missouri parents to surrender a baby up to 45 days old without fear of prosecution if the child is left unharmed with designated personnel. Designated personnel include on and off duty law enforcement officers; firefighters; EMTs; or staff or volunteers at maternity homes, pregnancy centers, or hospitals. Parents can also surrender their children in baby boxes.

Miscellaneous

Choose Life License Plate Program

This license plate program supports the work of Choose Life of Missouri. Participants make a donation and [submit](#) an Emblem Use Authorization Statement to the Motor Vehicle Bureau.

Pregnancy Resource Center Tax Credit

Missouri offers a tax credit for those who donate to qualified pregnancy resource centers.

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.

This document was compiled by Mia Steupert, Elyse Gaitan, and Tessa Cox.