



State Support for the First Thousand Days After Birth

State Spotlight: North Carolina

Information current as of December 2025.

1. Care Coordination and Pregnancy Support

1.1 Pregnancy Support

Alternatives to Abortion (A2A) Program

North Carolina's A2A program is funded through a federal grant from the Maternal, Infant, and Early Childhood Home Visiting (MIECHV) program. It is run by [LifeLink Carolina](#). In 2017, the North Carolina legislature enacted a Special Appropriations Bill that provides additional PHO funding to both:

- Carolina Pregnancy Care Fellowship for durable medical equipment, training, and administration
- Human Coalition's two-year [Continuum of Care](#) pilot program at its clinic in Raleigh. This program has continued through FY24.

1.2 Care Coordination

No applicable and/or known programs.

2. Women's Health

2.1 Prenatal and Postpartum Medical Care

No applicable and/or known programs.

2.2 Prenatal and Postpartum Support

North Carolina WIC Breastfeeding Promotion and Support

North Carolina's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provide breastfeeding participants with peer counselors for mother-to-mother counseling. Also, all local WIC agencies provide breastfeeding participants with manual and electric breast pumps and enhanced food packages to mothers who exclusively breastfeed their babies.

Evidence-Based Home Visiting (EBHV) Programs

North Carolina's EBHV programs are funded with federal Maternal, Infant, Early Childhood Home Visiting (MIECHV) program funds. These EBHV programs teach new parents about child development and healthy pregnancies. Supported programs also screen for mental health and abuse in households and the early detection of developmental disabilities. In North Carolina, MIECHV [supports two EBHV models](#):

- Healthy Family America (HFA): This program is available in five North Carolina counties. It is available prenatally or within the first two weeks after the birth of the baby. Parents' eligibility is determined by using a systematic screening tool or assessment.
- Nurse-Family Partnership (NFP): This program is available in 12 North Carolina counties. It promotes the mother's health during pregnancy, child development and her personal relationship with her children. Mothers must enroll in the program before 28 weeks of gestation and families must meet low-income criteria.

Sixty-four out of 100 counties in North Carolina are eligible for MIECHV-funded EBHV programs. In counties where NFP and HFA models are not available, there are other home visiting programs available.

Other Home-Visiting Programs in Select Counties

Adolescent Parenting Program

This is a home visiting program for teenage parents who are enrolled in school or a GED completion program. This program uses the Parents as Teachers (PAT) curriculum, and many of the Adolescent Parenting Programs are PAT affiliates. The rest are program subscribers. The program helps teen parents access healthcare services, delay a subsequent pregnancy, improve parenting skills, learn about prenatal and child development, participate in support groups, and prepare for educational or employment success.

Attachment and Biobehavioral Catch-Up

This is a home visiting program for families with babies (ages six to 24 months)) and toddlers (one to four years old)). This program is specifically geared towards children that have experienced early parental-relationship adversity (e.g. hospitalization, living with an alternative caregiver, domestic violence, or parental mental health and/or substance abuse issues). It teaches parents how to provide nurturing care for their infants.

Triad Baby Love Plus

This is a home visiting program for women of childbearing age who are enrolled in or eligible for enrollment in the Pregnancy Care Management Program. The program is available for women and children up to six months postpartum, and they can receive services until the child is two. The program refers families for important health care and social support services including prenatal care, fatherhood involvement program, case management, etc.

[Healthy Beginnings](#)

This is a free case management program for minority women and their children from birth until age two. This program deals with aspects of maternal health such as folic acid consumption, “reproductive health,” breastfeeding, baby safety, etc.

[Home Instruction for Parents of Preschool Youngsters \(HIPPY\)](#)

This is a home visiting program for families with children three to five years of age. It is an early childhood education program that also provides families with opportunities for group play dates.

[North Carolina Parents as Teachers \(NCPAT\)](#)

This is a home-visiting and parent education program. Enrollment begins prenatally and continues until the child is in kindergarten. Some PAT affiliates target specific populations or families with more than one high need characteristic.

[ParentChild +](#)

This is a home-visiting program for families with children aged 16 to 48 months. This program provides home visits twice a week for a minimum of 46 weeks and focuses on low-income or immigrant/refugee families and families experiencing language barriers, social isolation, housing insecurity and limited access to education.

[SafeCare](#)

This is a home-visiting program for families with newborns to children aged 5. This program provides families with parenting education classes that focus mainly on preventing neglect and child abuse.

[Newborn Postpartum Home Visiting](#)

This program provides home visits by a registered nurse to mothers and newborns who are on Medicaid or receive Pregnancy Care Management services.

2.3 General Medical Care for Women

[Breast and Cervical Cancer Control Program \(NC BCCCP\)](#)

This program provides free or reduced-cost breast and cervical cancer screenings to eligible women in North Carolina. Most local health departments and some community health centers, hospitals, and private doctors’ offices offer BCCCP services. Services include cervical cancer screenings such as pap tests and HPV tests, clinical breast exams, mammograms, ultrasounds, colposcopies, biopsies and medical consultations. Eligibility requirements include meeting all the following requirements:

- Being underinsured or uninsured

- Do not have Medicaid or Medicare Part B
- Being between the ages 40 and 64 for breast screening services and 21 and 64 for cervical screening services
- Having a household income less than 250% of the Federal Poverty Level (FPL)

[NC Well-Integrated Screening and Evaluation for Women Across the Nation \(WISEWOMAN\) Program](#)

This program provides cardiovascular disease screening, assessment, intervention, counseling and referral services for low-income, uninsured, or underinsured women ages 35 to 64 who are eligible for the NC BCCCP and are underinsured or uninsured, do not have Medicaid or Medicare Part B, and meet the program income limit (at or below 250% of the FPL). The program helps women gain skills to improve their diet, physical activity and other life habits to prevent chronic diseases. WISEWOMAN is provided in conjunction with NC BCCCP at approximately 31 local health departments and community health centers.

[Medicaid](#)

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

- Pregnant women: Pregnant women are eligible for full-coverage Medicaid as long as they meet certain family size and income limits (up to 201% of the FPL).¹ With the passage of [SB 105](#) (the state's budget) in [2021](#) and CMS' subsequent approval of the state's extension request in September 2022, postpartum Medicaid coverage for women was extended from 60 days to 12 months. Pregnant women enrolled in Medicaid are eligible for several pregnancy-focused Medicaid benefits/programs including:
 - o [Care Management for Pregnancy](#): Provides pregnant enrollees with a care manager who will work with the enrollee and their prenatal care provider to guide the woman during pregnancy and two months postpartum, educate her on topics related to family and parenting, arrange transportation to medical appointments, and help with social services referrals. This program is available to a limited number of uninsured women as well.
 - o [Care Management for High-Risk Pregnancies](#): This program provides care management services to pregnant Medicaid enrollees who are at risk for adverse birth outcomes.

¹ The 5% difference between the stated income limits for different eligibility groups within the North Carolina document linked above and the amount listed in this document is because the North Carolina document didn't account for the 5% disregard that applies to Medicaid eligibility groups.

- [Baby Love Program](#): This program provides pregnant Medicaid enrollees with services such as childbirth education, health and behavior intervention, and medical home visits before and after pregnancy.
- 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 for full-coverage Medicaid. Income limits are calculated differently from other Modified Adjusted Gross Income (MAGI) Medicaid groups.
- Expansion group: Adults (ages 19 through 64) whose income is at or below 138% of the FPL are eligible for full-coverage Medicaid. To be eligible, members of this group must not be enrolled in another Medicaid eligibility category or have any type of private insurance.²
- [Family Planning Program](#): This state plan provides limited Medicaid coverage for family planning services. Both male and female North Carolina residents of any age whose income is at or below 200% of the FPL are eligible for these covered services.³
- [NC BCCCP Enrollees](#): This Medicaid program provides free breast and cervical cancer treatments for women diagnosed with cancer through the state's BCCCP program (see above). Eligibility requirements include an income at or below 250% of the FPL and being uninsured or underinsured.

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

For more information on disability-specific Medicaid programs, see section 6.1, 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

[Work First](#)

This is North Carolina's Temporary Assistance for Needy Families (TANF) program. The program promotes parental (or grandparents' or other caregivers') responsibility for themselves and their children by providing them with short-term job training services and emergency cash assistance. Eligibility requirements can be found [here](#). The program has a work requirement. Enrollees must sign a [Mutual Responsibility Agreement Outcome Plan](#) and enroll in a work activity.

[Work First Emergency Assistance](#)

This program provides families with non-recurring emergency assistance for sporadic needs such as a utility cut off or eviction notice. Eligibility requirements include meeting all the following requirements:

² Ibid

³ Ibid

- Having a child in the household who meets the age requirement for Work First Cash Assistance described above
- Having a total family income between 150% and 200% of the FPL as specified in the County Work First Plan
- Providing a statement regarding their citizenship status
- Meeting resource limits as defined by the Work First program described above.

3.2 Employment Support

Food and Nutrition Services (FNS) Employment and Training Program

This federally funded program provides employment, education, and skills training services to North Carolina FNS (the state's version of SNAP, see section 4.2) participants. It is a voluntary program for all FNS participants 16 and older. The state administers this program by partnering with local North Carolina county agencies, community colleges, and community-based organizations to provide SNAP participants with program services.

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 Medical Transportation (NEMT)

This is a benefit for all North Carolina Medicaid members (including those who only receive family planning services) that provides transportation to non-emergent medical and mental health appointments. Medicaid members can also receive rides to the pharmacy to pick up prescriptions and to substance abuse treatment. They can also receive travel-related reimbursements if they or a family member/friend drives them to an appointment. Travel-related reimbursements can cover gas, food, overnight or long-term lodging, parking fees, tolls, etc., but the amount one receives depends on the health plan they are enrolled in.

4.2 Food and Nutrition

WIC

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) provides healthy foods, breastfeeding support, nutrition education, and community referrals to low-income

pregnant, postpartum, and breastfeeding women, and children up to age five who are at nutritional risk. Other eligibility requirements [include](#) meeting both of the following requirements:

- Being a North Carolina resident.
- Having a family income less than 185% of the FPL.

[Food and Nutrition Services \(FNS\)](#)

This is North Carolina's Supplemental Nutrition Assistance Program (SNAP). It provides eligible low-income people with an Electronic Benefits Transfer (EBT) card that helps supplement their budgets so they can purchase healthy foods. Eligibility requirements include meeting income, resource, residency, and citizenship or immigration requirements as well as being a part of one or more of the following groups:

- Having no job or a low-paying job.
- Receiving TANF or Supplemental Security Income (SSI) benefits.
- Not being convicted of certain drug-related felonies.

[Special Nutrition Programs](#)

National School [Lunch](#) Program (NSLP) and School [Breakfast](#) Program (SBP)

These federally funded programs are run by the state and provide needy children with free- or reduced-cost breakfast and lunches at participating schools.

- [Continuation of NSLP](#)- This is a program designed to allow schools to continue operating their school lunch program for summer school students.
- [After School Snack Program \(ASSP\)](#)- This program is an extension of the National School Lunch Program, and it administers snacks to children enrolled in afterschool programs.

[Fresh Fruit and Vegetable Program \(FFVP\)](#)

This is a federal grant given to elementary schools participating in the National School Lunch Program. Priority is given to schools with a high percentage of students who are eligible for reduced-cost or free meals. The program provides fresh fruit or vegetables as a snack that is provided outside of regular school meals. All students in enrolled schools receive these snacks.

[Special Milk Program \(SMP\)](#)

This program provides milk to children in schools and childcare institutions that are not enrolled in other federal meal-service programs.

[Summer Food Service Program \(SFSP\)](#)

This program helps low-income children continue to receive free meals and snacks once school lets out and includes the [Seamless Summer Option Program](#).

[At-Risk Afterschool Meal Program](#)

This program is a component of the Child and Adult Care Food Program, and it offers federal funding to afterschool programs that serve a meal or snack to children in low-income areas.

[Child and Adult Care Food Program \(CACFP\)](#)

This federally funded program is run by the state and provides reimbursable meals to childcare centers who take care of children through age 18 in lower-income areas. Family day care homes, at-risk after-school meals programs, outside-of-school-hours care centers, emergency shelters, and adult day care centers are also eligible to receive reimbursement from this program.

[The Emergency Food Assistance Program \(TEFAP\)](#)

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

[SUN Bucks \(Summer EBT\)](#)

This 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 school through the School Breakfast and Lunch programs. Other groups of children are eligible for this program, including those who are a part of one or more of the following groups:

- Children whose families completed an application for Free or Reduced-Price School meals, and were approved (any age)
- Children ages 7-16 whose families are participating in the SNAP or TANF programs
- Children ages 7-16 who are in foster care, homeless, a migrant, or participating in Head Start.

4.3 Clothing, Household Goods, and Baby Supplies

No applicable and/or known programs.

4.4 Housing, Shelters, and Maternity Homes

[Section 8 Housing Choice Voucher Program \(HCV\)](#)

This federally funded program is run by the state and assists low-income households, the elderly, and people with disabilities with rental assistance. Currently this program serves residents in Columbus, Granville, Halifax, Person, Sampson, and Warren counties. There are three programs under HCV that serve particular North Carolina populations:

- Veteran Affairs Supportive Housing Program (VASH): Provides rental assistance for homeless veterans in Granville and Person counties.
- Mainstream Voucher Program: Provides rental assistance for non-elderly people with disabilities. A list of counties served by this program can be found [here](#).
- The Emergency Housing Voucher Program (EHV): Provides rental assistance to people experiencing homelessness or at risk of homelessness. A list of counties served by this program can be found [here](#).

Transitions to Community Living Initiative

This initiative offers people with serious mental health issues affordable supportive community housing options to prevent them from being placed in restrictive living settings such as an adult care home. The program offers enrollees vouchers for housing assistance in partnership with the state's network of mental health management organizations.

Community Home Buying Programs

The North Carolina Housing Finance Agency provides two main home-buying assistance programs for low to moderate-income North Carolinians:

- Down Payment Assistance: Community Partners Loan Pool (CPLP) is the agency's down payment assistance program.
- Shared Mortgages with Habitat: Self-Help Loan Pool (SHLP) works with Habitat for Humanity affiliates to help moderate-income buyers purchase Habitat homes by providing zero-interest, shared mortgage financing.

For both programs, prospective buyers must meet [household-income limits and sales-price limits](#) and complete six hours of home-buyer education and two hours of one-on-one in-person housing counseling.

The Recovery Housing Program

This is a pilot initiative funded by federal dollars that aims to provide stable, transitional housing for people in recovery from a substance use disorder. Local governments can apply for funding and help North Carolina residents find housing with that money.

Low-Income High-Energy Assistance Program (LIHEAP)

This is a federally funded program run by the state. It provides a one-time payment to help eligible households pay their heating bills. Eligibility requirements include meeting all the following requirements:

- The household including at least one U.S. citizen or non-citizen who meets the other eligibility requirements.
- Meeting an income test.
- Being responsible for the heating bill.

4.5 Legal Support

No applicable and/or known programs.

4.6 Miscellaneous

Lifeline

This program provides up to a \$9.25 monthly discount on either a landline or cellphone for qualifying participants. This program also can support broadband services. If one receives federal assistance from SNAP, Medicaid, Supplemental Security Income (SSI), Section 8 housing assistance, etc. they may be eligible for this program. Other low-income families are eligible as

well. Participants who live on federally recognized tribal lands can qualify for a discount of up to \$34.25 a month.

5. Recovery and Mental Health

5.1 Addiction Recovery

[QuitlineNC](#)

The improved QuitLineNC hotline provides callers with referral services for quitting tobacco products including vaping and e-cigarettes. The hotline can be accessed via chat, text, or a phone call and users can create a personalized online dashboard to help track their quitting progress. The hotline can also provide adult users with free nicotine replacement therapies such as patches with gum.

5.2 Domestic Violence, Sexual Assault and Trafficking Recovery

No applicable and/or known programs.

5.3 Mental Health

[NC Peer Warmline](#)

This is a state-supported phone line staffed by peer support specialists who offer non-clinical mental health support and resources to those in crisis. Peer Support Specialists are volunteers who are living in recovery with mental illness and/or substance use disorders who help people with similar situations. The hotline number is 1-855-773-7762.

5.4 Abortion Recovery and Healing

No applicable and/or known programs.

6. Disability Assistance

[Infant-Toddler Program](#)

This is the North Carolina Early Intervention program. This program provides support and services for families with children (birth to three) who have special needs. This program is available regardless of a family's income level. Services include:

- Service coordination.
- Physical, occupational, and speech-language therapies.
- Family support.
- Assistive technology.
- Special instruction.

[North Carolina Assistive Technology Program](#)

This is a state and federally funded program that provides assistive technology services to North Carolina residents of all ages and abilities.

[Disability-Specific Medicaid Programs](#)

North Carolina 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. North Carolina HCBS waivers [include](#):

- NC Community Alternatives Program for Children Waiver: For medically fragile children, ages 0-20, who need a hospital or nursing facility level of care. Examples of covered services include care management, respite services, assistive technology, and home modifications.
- NC Community Alternatives Program for Disabled Adults Waiver: For those 65 and older and those 18-64 with physical disabilities that necessitate a nursing facility level of care. Examples of covered services include non-medical transportation services, meal preparation and delivery, and pest control services.
- NC Innovations Waiver: For those of any age with intellectual or developmental disabilities that necessitate an ICF/IDD level of care. Examples of covered services include benefits counseling, home modifications, and supportive living services.
- NC Traumatic Brain Injury (TBI) Waiver: For adults 18 and older who need a hospital or nursing facility level of care because of a brain injury. Examples of covered services include physical, occupational, speech, and language therapies as well as life-skills training, vehicle modifications, and respite services.

[Aged, Blind, and Disabled adults](#) also can receive full Medicaid through the state's Medicaid program if their income is at or below 100% of the FPL and they are either 65 or older or blind/disabled according to Social Security standards. Furthermore, full-coverage Medicaid is available to those ages 16-64 who are employed but disabled through the Health Coverage for Workers with Disabilities (HCWD) program. If one's income is at or below 150% of the FPL, the enrollee will pay an annual 50\$ enrollment fee. If one's income is at or below 200% of the FPL, the enrollee will pay the annual enrollment fee and a monthly premium.

[Independent Living for People with Disabilities](#)

This collection of programs provides services that help people with disabilities live independently and participate in family and community life. To be [eligible](#) one must have a disability that substantially limits one's ability to function independently in their family or community (e.g. self-care, communication, mobility, housing, employment, education). An individual's financial resources are considered in the eligibility- determination process for independent living services' financial resources. [Services include](#) diagnostic and assessment services, guidance and counseling, skills training, personal-assistance services, housing and community integration, and rehabilitative technology and assistive devices.

[Care Coordination for Children](#)

This is a free and voluntary program for any family in the state. It helps families with children (birth to five) who have or are at risk for development delays or disabilities, long-term illnesses, and/or social, emotional disorders find and connect with community services

7. Care for Children

7.1 Childcare

[Child Care Subsidy](#)

This program uses federal and state funds to subsidize childcare services to eligible families. Eligibility requirements include parents qualifying for one or more of the following groups:

- The parent(s) is working or attempting to find work.
- The parent(s) is in school or a job training program.

Or the child qualifies for one or more of the following groups:

- Receiving child protective services.
- The child needs care to support child welfare services or the family is experiencing a crisis.
- The child has developmental needs.

7.2 Children's Health Care

[Newborn Screening Program](#)

North Carolina's newborn screening program requires that all babies born in the state are screened for 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.

[Medicaid for Children](#)

North Carolina residents under 19 can qualify for full-coverage Medicaid if they meet the citizenship or immigration requirements as well as meet [income guidelines](#). The income of all people (such as a legal parent or stepparent) included in "family size" is counted. To be eligible, a child's family income must be at or below 216% of the FPL.⁴

[Child First](#) is a mental health program for families who are active NC Medicaid members and have young children at the time of referral to the program. The child also must have developmental, behavioral, or emotional concerns. This program helps families develop nurturing relationships and avoid trauma and is active in 29 of North Carolina's 100 counties.

[Care Management for At-Risk Children](#) is a Medicaid program that offers care management services for at-risk children (birth to five). The program coordinates services between health care

⁴ Ibid

providers, community support programs, and family support programs. The program is run by the North Carolina Department of Health and Human Services' Medicaid Division and is provided by local health departments.

North Carolina's Early Periodic Screening, Diagnostic and Treatment ([EPSDT](#)) Medicaid 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.

[NC Health Choice \(CHIP\)](#)

The Children's Health Insurance Program (CHIP) is a program for children whose parent(s) makes too much money to qualify for traditional Medicaid but not enough to pay for private insurance. [As a result](#) of the state's 2022 budget, North Carolina's CHIP program transitioned from CHIP coverage to Medicaid coverage so that former CHIP members can now receive additional physical and behavioral health services such as Non-Emergency Medical Transportation (NEMT), pregnancy and postpartum coverage for up to 12 months, and the EPSDT benefit. Families whose children had their coverage plans transitioned because of this budgetary change no longer are required to pay enrollment fees or copays for medical visits or prescriptions.

[Vaccines for Children \(VCF\) Program](#)

The North Carolina Immunization Program works with the federal VCF program. VFC provides free vaccines to public and private providers across the state who provide free vaccinations to eligible North Carolina residents under the age of 19. Eligible children also must be part of one or more of the following groups:

- Medicaid-enrolled.
- Uninsured
- Underinsured
- American Indian or Alaska Native.

[Children and Youth with Special Health Care Needs \(CYSHCN\)](#)

North Carolina'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, locates and coordinates in home care, and fills in service gaps. A brief list of qualifying medical conditions includes childhood cancers, diabetes, Down syndrome, and heart disease.

7.3 Family and Parenting Education

[North Carolina 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 families at or below the federal [poverty guidelines](#). Children whose families receive public assistance, who are in foster care, or who are experiencing homelessness are also eligible regardless of income. The state's Head Start program is administered by the federally funded [North Carolina Head Start Collaboration Office](#).

[The Positive Parenting Program \(Triple P\)](#)

This program provides free online parenting classes for families with children. It is [available in all 100 North Carolina counties](#) and serves the first 25,000 North Carolina residents who sign up for the classes. Triple P classes are available in person in 46 counties. The federal government partially funds this program as does the North Carolina Department of Health and Human Services' Division of Public Health and Division of Social Services.

[Community Based Child-Abuse Prevention Programs](#)

These programs are designed to enable the healthy development of children, strengthen families, and reduce the need to involve child protective services and juvenile justice systems. The full list of programs can be found [here](#). Some of the services covered in these programs include counseling, case management, skills training, therapy, and financial assistance.

7.4 Adoption Services

[Medicaid](#)

Those receiving federal [Title IV-E](#) adoption subsidies or foster care assistance are eligible for full-coverage Medicaid. The child's income as well as their family's is not considered. Those receiving non-IV-E or special needs adoption assistance receive full-coverage Medicaid in North Carolina as well.

[Adoption Assistance](#)

This federal program provides adoptive families with monthly payments, medical benefits, and other services. Eligibility for this program depends on the age of the child and if the child has special needs.

7.5 Foster, Kinship, and Short-term Care

[Medicaid](#)

Those who are transitioning out of foster care are enrolled in North Carolina Medicaid until their 26th birthday if they were enrolled in North Carolina Medicaid at the time they aged out of foster care.

[KinGAP \(Guardianship Assistance Program\)](#)

This program provides youth in kinship care with financial assistance and Medicaid coverage. Eligibility requirements can be found [here](#).

[NC LINKS](#)

NC Links is a program administered by the North Carolina Division of Social Services that includes two sub-programs that provide independent living services to all foster children, 13-21 years old. Certain services are available based on age. The two programs include:

- Education and Training Voucher Program: This is a federally funded but state-run program. It helps transitioning foster youth pay for college or job training programs.
- Chafee Foster Care Program for Successful Transition to Adulthood: This program helps foster children think about their future, understand their current and future medical coverage, and find housing. Coordinators can also help foster care youth take advantage of federal benefits related to college tuition vouchers and rental assistance for foster care youth aging out of the system.

[NC Reach](#)

This is a state-funded scholarship program for former foster youth who are also North Carolina residents and who were adopted from the state's foster care system after they turned 12 or aged out of the system when they turned 18. The scholarship can only be awarded to students attending public colleges or universities in North Carolina.

7.6 Safe Haven and/or Baby Boxes

[Safe Haven Law](#)

North Carolina's "Safe Surrender" law allows a parent to anonymously surrender a newborn up to 30 days old to a designated safe person without fear of prosecution. A safe person could be:

- A health care provider who is on duty or at a hospital or at a local district health department or at a nonprofit community health center.
- A first responder (law enforcement officer, emergency medical technician, or a firefighter)
- A social services worker who is on duty or at a local department of social services.

Miscellaneous

[Choose Life License Plates](#)

Through North Carolina's Division of Motor Vehicles, North Carolina drivers can pay for a "Choose Life" vanity plate and part of the proceeds from the sale of the plate (\$15 of \$25) will go towards 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.

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