



## **State Support for the First Thousand Days After Birth**

### **State Spotlight: Ohio**

*Information current as of December 2025.*

## **1. Care Coordination and Pregnancy Support**

### ***1.1 Pregnancy Support***

#### **Parenting and Pregnancy Program**

This is Ohio's Alternatives to Abortion program. The state uses TANF funds to support pregnancy centers and other nonprofits that promote childcare over abortion and provide pregnant moms and families with counseling, material resources, and healthcare.

### ***1.2 Care Coordination***

#### **Ohio Commission on Fatherhood (OCF)**

The OCF is part of the Department of Children and Youth. The commission provides funding to organizations that operate programs supporting dads, including [Serving, Educating, and Empowering \(SEE\) Fathers Programs](#) and [Pilot Fatherhood Programs](#). These programs provide assistance with and address topics such as parenting and economic instability.

## **2. Women's Health**

### ***2.1 Prenatal and Postpartum Medical Care***

#### **Reproductive Health and Wellness Program (RHWP)**

RHWP clinics provide women (and some men) with family planning services including STI testing and treatment and care to improve pregnancy outcomes.

## *2.2 Prenatal and Postpartum Support*

### Breastfeeding Information and Support

WIC provides resources and support to promote breastfeeding, including a [peer program](#) and [24-hour hotline \(1-888-588-3423\)](#).

### Breastfeeding Laws

Ohio law protects moms' right to breastfeed in public locations.

### Evidence Based Home Visiting (EBHV) Program

Ohio's main home visiting program is funded by federal Maternal, Infant, Early Childhood Home Visiting (MIECHV) program funds and administered by the state. Ohio's home visiting program utilizes the [following EBHV models](#):

- Healthy Families Ohio - This is a voluntary home visiting program for expectant and new parents of children with life stressors. This model serves families who enroll during pregnancy or while the child is under three months old as well as families with children under the age of five years old. Life stressors include poverty, unemployment, lack of prenatal care, lack of health insurance, single or teen parenthood, etc. This program provides parents with counseling services and teaches them about healthy child development patterns, discipline tactics, and child-parent interactions. This model is available in 68 of 88 Ohio counties, utilizes 51 providers, and has a maximum caseload of 25 families.
- Nurse-Family Partnership - This home visiting program is tailored towards first-time mothers and is available from the 28<sup>th</sup> week of pregnancy until the child turns two years old. This model is available in 28 of 88 Ohio counties, utilizes seven providers, and has a maximum caseload of 25 families.
- 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 between 12 and 24 visits per year depending on the families' needs. This model is available in 39 of 88 Ohio counties, utilizes 24 providers, and has a maximum caseload of 40 families.

### Other Home Visiting Programs

#### Help Me Grow

This program provides evidence-based support to parents and families to encourage prenatal and baby care and parenting education. Help Me Grow provides early intervention, home visits, and referrals to other Ohio programs that support families. The home visiting program is voluntary and available in every county in Ohio. Families must meet income guidelines.

#### Family Connects

This evidence-based nurse home visiting program operates in 11 Ohio counties, connecting families to nurses who support newborns and mothers postpartum at no cost. Nurses visit a family's home at three weeks' postpartum or virtually. Support is also offered to foster, adoptive, and bereaved families.

## Maternal Infant Wellness

This project provides grant money to support low income, underserved women and children who live in the geographic areas with the highest needs. Funding is provided through the federal Maternal and Child Health Block Grant and state general revenue funds.

### *2.3 General Medical Care for Women*

#### Breast and Cervical Cancer Project (BCCP)

BCCP provides free breast and cervical cancer screenings to low-income women and provides all women with cancer support, education, and referrals.

#### WISEWOMAN

WISEWOMAN is an expansion of the Ohio Breast and Cervical Cancer Program (BCCP) and serves low-income women ages 35-64. It provides screenings related to cardiovascular health to eligible program participants.

#### Medicaid

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

- Pregnant women- Pregnant women are eligible for full-coverage Medicaid if they meet certain family size and income limits (at or below 205% of the FPL).<sup>1</sup> This eligibility group, along with children, receives Medicaid through the Healthy Start program which is focused on healthy moms and babies. With the passage of [H.B. 110](#) in 2022 and CMS' subsequent approval of the state's extension request in August 2022, postpartum Medicaid coverage for women was extended from 60 days to one year. In addition to the full range of benefits other eligibility groups receive, pregnant Ohio Medicaid members [receive assistance](#) with scheduling appointments, transportation to Medicaid-covered services, referrals to programs like WIC and Help Me Grow, and parenting education.
- Parents and caretakers- Parents with children (under age 19) living in their home who also meet resident, citizenship, and income requirements (at or below 95% of the FPL) are eligible for full-coverage Medicaid.<sup>2</sup> This eligibility group receives Medicaid through the Healthy Families Program.
- BCCP enrollees- Those who received cancer diagnoses through the Ohio BCCP receive full coverage Medicaid if their income is below 300% of the FPL.

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

<sup>2</sup> Ibid.

- [Expansion group](#)- Adults, ages 19-64, whose income is at or below 138% of the FPL are eligible for full-coverage Medicaid.<sup>3</sup> To be eligible, members of this group must not be enrolled in another Medicaid eligibility category or have any other type of private insurance.

Those who would otherwise be eligible for Medicaid [apart from their citizenship status](#) can receive Medicaid coverage for emergency services. The State Funded Medical Assistance for Non-Citizen Victims of Trafficking (NCVOT) program provides Medicaid for non-citizen victims of human trafficking who are applying for or in the process of applying for a T-Visa. To be eligible for this program, one must be an Ohio resident, not eligible for any other Medicaid eligibility categories, and have an income at or below 100% of the FPL.

For more information, see section 6.1 for 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.

### [Safety Net Dental Clinics](#)

Over 180 safety net dental clinics in Ohio provide dental care for free or at a reduced cost. Additionally, the Ohio Department of Health and the Ohio Dental Association operate a program to provide low-income Ohioans with discounted dental care. This program is available in 60 counties.

### [STI Prevention Program](#)

This program provides state and federal funding to ensure that STI screening and treatment is provided to patients who cannot afford it.

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

### [3.1 Help Paying Bills](#)

#### [Ohio Works First](#)

This is Ohio's TANF program. To be [eligible](#), an applicant must be low-income, an Ohio resident and a U.S. citizen or qualified non-citizen, pregnant or responsible for a child under the age of 19, and be unemployed or underemployed. Work requirements may also apply.

#### [Benefit Bridge Pilot Program](#)

This pilot program is operated in Portage County by the Department of Jobs and Family Services. The 18-month program serves as a bridge for people who are newly employed and exiting or reducing public assistance due to wage increases. Participants must be part of a SNAP or Publicly Funded Childcare (PFCC) household and apply within 60 days of a decrease in benefits. Participants must also take a Bridge Score assessment and score between 44 and 88. Those who are eligible can receive help with rent or mortgage payments, childcare costs, utilities, and more.

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<sup>3</sup> Ibid

### *3.2 Employment Support*

#### Prevention, Retention, and Contingency Program (Work Supports)

These are local programs that help support low-income families in finding and keeping employment. Support can include help with transportation, work equipment, car repairs and license tags, financial literacy, gas, utility assistance, and hygiene kits. Programs are operated through the local County Departments of Job and Family Services.

#### OhioMeansJobs Centers

In Ohio, Workforce Investment Act-funded services are available at centers throughout the state. Services include employment support, training, career coaching, and more.

#### SNAP Employment and Training (E&T) Program

Ohio's SNAP E&T program helps SNAP participants meet work requirements, gain skills, and find employment.

#### Comprehensive Case Management and Employment Program (CCMEP)

Run by the Ohio Department of Job and Family Services, CCMEP helps low-income young adults ages 14 through 24 find employment. The program provides training, work experience, career coaching, supportive services such as transportation and childcare, and more.

### *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)

When no other transportation is available, Medicaid can provide beneficiaries with transportation to and from covered services.

### *4.2 Food and Nutrition*

#### WIC

WIC is federally funded and operated by the state. Low-income pregnant and breastfeeding women as well as children up to five years old who are nutritional risk can receive help paying for food as well as nutrition education and breastfeeding support services. The WIC Farmers Market Nutrition

[Program](#), funded by USDA and administered by the Ohio Department of Health, provides coupons to help families purchase food at farmers' markets.

## [Food Assistance](#)

This is Ohio's SNAP program. It is federally funded and operated by the state. The program provides financial assistance via an EBT card to low-income families to help them afford food. To [avoid a "benefits cliff."](#) in which benefits are suddenly ended as families increase their income, Ohio provides full SNAP benefits to families earning less than 130% of the federal poverty level and provides a gradual reduction in benefits to families earning up to 200%. Participants aged 18-59 must meet certain work requirements. SNAP recipients are eligible for free nutrition classes ([SNAP-Ed](#)) through a collaboration between the Ohio Department of Job and Family Services and The Ohio State University.

## [Special Nutrition Programs](#)

### [National School Breakfast and Lunch 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.

### [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 entities. These supplemental food boxes contain three to five days' worth of food. Monthly income limits apply.

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

This federally funded program is run by the state and provides reimbursable meals and snacks to childcare centers who 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 the National School Lunch Program provides.

### [SUN Meals/Summer Food Service Program](#)

This program provides all children ages one through 18 with free meals during the summer at participating program sites. Individuals who are ages 19 through 21 and have a diagnosed mental or physical disability and a corresponding Individualized Education Program (IEP) through their school are also eligible for this program.

### [SUN Bucks Summer Electronic Benefits Transfer \(Summer EBT\)](#)

This program is administered by the state but is funded by the federal government. It provides eligible school-aged children with groceries during the summer months when school is closed. Families can buy groceries using program funds at grocery stores and farmers markets. If students are eligible for this program, they will receive a one-time payment of \$120 that is put towards their

family's grocery bill. If families with school-aged children are enrolled in other Ohio assistance programs (SNAP, TANF, or Medicaid) or already receive free/reduced school meals, they will automatically be enrolled in this program. If a child has been approved for free/reduced meals at their school, they will also be automatically enrolled in this program. Children who are not enrolled in these benefit programs can still apply if their child attends a Community Eligibility Provision School, which is a school where everyone receives free meals regardless of income.

## *4.3 Clothing, Household Goods, and Baby Supplies*

### Ohio Buckles Buckeyes (OBB)

Overseen by the Ohio Department of Health, OBB provides car seats and booster seats to low-income families. The program is funded by the Child Highway Safety Fund.

### Safe Sleep

The Ohio Department of Children and Youth (DCY) provides education, awareness, and resources regarding safe sleep practices for babies. The DCY partners with Cribs for Kids and local organizations to provide safe sleep kits, which include a Cribette, to eligible families who receive safe sleep education through their local program.

## *4.4 Housing, Shelters, and Maternity Homes*

### Home Energy Assistance Program (HEAP)

This federally funded program helps cover energy bills for families that meet income guidelines. The Summer Crisis Program provides a one-time benefit to help with utility costs or air conditioning costs or repairs. The Winter Crisis Program covers heating costs.

### Home Weatherization Assistance Program (HWAP)

HWAP offers inspections and modifications to make homes more energy efficient. Families at or below 200% of the federal poverty level are eligible. Those who have received assistance from SSI, TANF, or HEAP for the last year automatically qualify. Individuals over the age of 60, individuals with disabilities, families with children in their home, and households with a high energy burden are prioritized.

### Percentage of Income Payment Plan (PIPP)

PIPP enables participating families to pay a set percentage of their gross income toward utilities, while Ohio covers the rest. To qualify, Ohioans must have a family income at or below 175% of the FPL and receive utility services from an electric or natural gas company that is regulated by Ohio's Public Utility Commission.

### Down Payment Assistance

The Ohio Housing Finance Agency provides downpayment and closing cost assistance to low- and moderate-income homebuyers. Assistance is forgiven after seven years if the home has not been sold within those seven years. Eligibility is based on income, credit score, and loan requirements.

## **4.5 Legal Support**

No applicable and/or known programs.

# **5. Recovery and Mental Health**

## **5.1 Addiction Recovery**

### **Tobacco Use Prevention and Cessation Program (TUPCP)**

This is a state-run program of the Ohio Department of Health which receives funding from CDC and other funding sources. This program provides resources for youth and adults with the goal of preventing youth from starting tobacco use and helping adults quit tobacco products. Ohio's [Tobacco Quite Line](#) (1-800-784-8669) offers free coaching to all Ohioans regardless of income or insurance status and also offers nicotine patches, gum, or lozenges to eligible individuals at no cost to them. The TUPCP also includes a quit line program specifically tailored to [pregnant women](#).

## **5.2 Domestic Violence, Sexual Assault and Trafficking Recovery**

### **Sexual Assault Services Program (SASP)**

SASP provides direct intervention, advocacy, support, and other assistance for survivors of sexual assault and their families.

## **5.3 Mental Health**

### **Intensive Home-Based Treatment**

This program provides home-based therapy for youth with serious emotional disturbances. Youth [must be enrolled in OhioRISE](#) (see section 6) to qualify. The Childhood and Adolescent Needs and Strengths tool is used to determine eligibility.

# **6. Disability Assistance**

### **Early Intervention Services**

Ohio Early Intervention supports families and kids under age three with developmental disabilities. The program provides a care coordinator and team to develop an individualized plan and provide services in conjunction with the family's daily life. Children with certain conditions may be automatically eligible while others may be evaluated. There are [no income requirements](#), and the first 100 hours of services per year are provided free of charge.

### **Genetic Services Program**

This program funds genetic centers that provide genetic counseling, diagnosis, and treatment for Ohioans affected by genetic disorders and birth defects. The program also promotes awareness among healthcare professionals.

## Disability-Specific Medicaid Programs

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

- OH Assisted Living Waiver- This waiver is for individuals with physical disabilities, ages 21-64, and individuals 65 and older who need a nursing facility level of care. Examples of covered services include assisted living services and community transition services.
- OH Home Care Waiver- This waiver is for individuals with physical disabilities from birth through age 59 who meet a hospital or nursing facility level of care. Examples of covered services include personal care aide services, non-medical transportation, and vehicle modifications.
- OH Individual Options (IO) Waiver- This waiver is for individuals with intellectual or developmental disabilities of any age who need an ICF/IID level of care. Examples of covered services include vocational habilitation, career planning services, and the provision of specialized medical equipment.
- OH Integrated Care Delivery System (ICDS) Waiver (MyCare Ohio)- This waiver is for individuals who are ages 65 and older and those with physical disabilities ages 18-64 who need a hospital or nursing facility level of care. Examples of covered services include help with chores and home maintenance, meals services, and the provision of assistive devices.
- OH Level One Waiver- This waiver is for individuals with intellectual or developmental disabilities of any age who need an ICF/IID level of care. Examples of covered services include health care assessments, money management services, and vehicle modifications.
- OH OhioRISE Waiver- This waiver provides out-of-home respite and support services for individuals aged 0-20 who have serious emotional disturbance and behavioral health needs. This [waiver runs concurrently](#) as a specialized managed care program that provides children with additional behavioral services that are not provided by traditional Medicaid.
- OH Passport Waiver- This waiver is for individuals who are ages 65 and older or are ages 60-64 with physical disabilities which require a nursing facility level of care. Examples of covered services include counseling, nutrition consultations, and home modifications.
- OH Self Empowered Life Funding (SELF) Waiver- This waiver is for individuals of any age with an intellectual or developmental disability that requires a nursing facility level of care. Examples of covered services include career planning services, behavioral assessments, home delivered meals, and respite services.

[Aged, blind, and disabled adults](#) not enrolled in these waivers can also receive full Medicaid through the state's Medicaid program if their income meets SSI benefit rate limits. Those who are employed but disabled and have an income at or below 250% of the FPL can buy into the state's [Medicaid Buy-In for Workers with Disability Program](#).

## 7. Care for Children

### 7.1 Childcare

#### Child Care Assistance

The Ohio Department of Job and Family Services provides childcare assistance to low-income families so that parents can work or attend school.

- [Publicly Funded Child Care \(PFCC\)](#) – This program assists families with an income at or below 146% federal poverty level. Income limits are higher for families who have a child with special needs.
- [Child Care Choice Program Voucher](#) – This program assists families whose incomes are over the limit for PFCC. Families with an income at 146%-200% of the FPL may be eligible. The family may be responsible for covering a portion of the childcare costs.

### 7.2 Children's Health Care

#### Medicaid for Children

Ohio residents under age 19 can qualify for full-coverage Medicaid through the Healthy Start program if they meet [immigration or citizenship guidelines](#) as well as income guidelines. The income of all individuals (such as a legal parent or stepparent) included in “family size” is counted. The income limit for children is at or below 161% of the FPL.<sup>4</sup>

Ohio's Early Period Screening, Diagnostic and Treatment (EPSDT) benefit (otherwise known as [Healthchek](#)) 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. Children are screened so they can be treated before health problems become permanent disabilities. Preventive health services are also available to Medicaid-eligible children under age 21.

#### CHIP

This program provides health insurance coverage to children whose families make too much money to qualify for Medicaid but not enough to pay for private insurance. Eligibility requirements include meeting all the following criteria:

- Be 18 years or younger
- Have no private insurance
- Be an Ohio resident and U.S. citizen
- Meet income limits- Income must be at or below 211% of the FPL<sup>5</sup>

The applicable program for this eligibility category is the Healthy Start program.

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<sup>4</sup> Ibid

<sup>5</sup> Ibid

## Newborn Screening Program

Ohio requires that all infants receive screening for 48 conditions, hearing loss, and critical congenital heart disease. Religious exemptions are allowed. It is important to note that while this program is required, parents pay for these services. The fee is included in most hospitals' birth bill which is billed to insurance providers.

## Infant Hearing Program

Ohio law requires that all infants receive a hearing screening before being discharged from the hospital. If a hearing problem is flagged, the family is connected with an audiologist for further testing and diagnosis. After being examined by the audiologist, the baby is referred to Early Intervention services. The Infant Hearing Program facilitates communication with parents and doctors, provides follow-up, offers referrals, and helps access services.

## Ohio Hearing Aid Assistance Program

This program provides children from birth to age 26 with hearing aids and other assistive devices. Families with income at or below 400% of the federal poverty level who are not eligible for Medicaid are eligible.

## Vaccines for Children Program

This federal program is implemented in Ohio by the state's Department of Health. The program provides participating doctors' offices with free vaccines to administer to residents aged 18 and younger whose families cannot afford to vaccinate their children. Children are eligible if they are under 19 years old and are one of the following:

- Uninsured
- Underinsured
- Eligible for or enrolled in Medicaid
- Native American

## Complex Medical Help (CMH) Program

The CMH program serves Ohio children with special healthcare needs. The program is funded through a combination of federal, state, county, and private dollars. CMH provides three types of services: diagnostic, treatment, and service coordination. Children, ages 0-25, who are Ohio residents and are being cared for by a CMH-approved doctor are eligible. Financial requirements apply to the treatment program.

## *7.3 Family and Parenting Education*

### Ohio Head Start and Early Head Start

This is a federally funded program that coordinates with service sites to educate low-income parents of children from birth to age five on child development and school readiness. Head Start typically serves children between ages 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, who 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 Ohio Head Start Collaboration Office.

## ***7.4 Adoption***

### **Ohio Adoption Grant Program**

Ohio replaced its adoption tax credit with one-time grants administered by the Department of Jobs and Family Services. Families may be eligible for \$10,000 for a standard adoption, \$15,000 if the family has been caring for the child through foster care, and \$20,000 if the child has special needs. This grant program is open to all adoptive parents who adopted a child on or after January 1, 2023.

### **State Adoption Maintenance Subsidy**

This program gives financial assistance to adoptive families of children with special needs. To be eligible, the adoptive family's gross income must not be more than 120% of the median income of a family of the same size. Eligible families will receive a monthly payment and/or Medicaid for the child. Families eligible for Title IV-E Adoption Assistance (federal assistance) are not eligible for this program.

### **Post Adoption Special Services Subsidy**

This non-recurring subsidy is given to all adoptive families, except adoptive stepparents, who have children with physical, developmental, mental, or emotional conditions regardless of the type of adoption. The subsidy is intended to cover medical or psychological services, respite care, or residential treatment programs. Other eligibility requirements include meeting all the following criteria:

- Child must have a physical, developmental, mental, or emotional condition which existed before the adoption was finalized or that can be attributed to something in the child's history
- Child must be under age 18 (or under age 21 if the child's condition impairs daily functioning)
- Family must have tried to look at other types of assistance that were either found to be unavailable or unable to cover the child's needs
- Expenses related to the care for the child must exceed what the adoptive family is able to pay for
- Family must reside in Ohio
- Child cannot be in the custody of the state

While there is no income limit for this program, if a family's gross income is more than 200% of the FPL, they will be required to pay a 5% copayment on the approved subsidy amount.

## ***7.5 Foster, Kinship, and Short-term Care***

### **Kinship Care**

Ohio offers financial assistance to kinship caregivers. Programs include:

- Kinship Support Program- This program provides caregivers with monthly payments for up to six months or until they become licensed foster parents
- Kinship Permanency Incentive Program- This program provides financial assistance to kinship caregivers who have legal custody of the child. Caregivers receive an initial payment and then payments every six months, for up to eight payments. The caregiver's family income must be no more than 300% of the FPL.

### Medicaid for Youth in or Aging Out of Foster Care

All children in foster care are eligible for Medicaid. If a child ages out of foster care and was enrolled in Medicaid at the time of aging out, they are eligible for Medicaid until they turn 26 years old.

### Youth Navigator Network (YNN)

YNN serves young adults up to age 23 who have had an open case with children services, been in foster care, or aged out of foster care. Youth receive one-on-one support in accessing services and programs.

### Bridges

Bridges serves young adults who left foster care and are now 18 to 21 and who are in school, working, or have a health condition that prevents them from working. Bridges Liaisons help connect youth with housing, education, employment, and well-being resources. Some financial assistance is available. Young adults may participate in Bridges and YNN simultaneously.

## *7.6 Safe Haven and/or Baby Boxes*

### Safe Haven Law

Parents may voluntarily surrender a newborn 30 days old or younger to a newborn safety incubator or designated person, which includes a peace officer or peace officer support employee of a law enforcement agency, hospital employee, or EMS worker. A parent may also call 911 to relinquish the infant to a designated person who is described above.

## Miscellaneous

### Choose Life License Plate Program

Ohio's specialty Choose Life license plates produce funding for pro-life nonprofit organizations that provide information and resources for adoption.

**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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