



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

### **State Spotlight: Texas**

*Information current as of December 2025.*

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

### **1.1 Pregnancy Support**

#### **Thriving Texas Families**

This is Texas' alternatives to abortion (A2A) program that is funded by the state. The program contracts with four pregnancy care networks: The Source (operated by Austin LifeCare), WellnessPointe (operated by Longview Wellness Center), The Pregnancy Network (operated by Human Coalition), and Texas Pregnancy Care Network. The purposes of the program, according to the [SB 24](#) (2023), which codified its new form, [include](#):

- The promotion of healthy pregnancies and childbirth in the state.
- The promotion of childbirth as an alternative to abortion.
- Increasing access to resources that help families facing unexpected pregnancies and that promote family and child development.
- Encouraging family formation.
- Educating parents on healthy and successful parenting techniques.
- Increasing the number of Texas families who are economically self-sufficient.

Those eligible for this program's services [include](#):

- A pregnant woman.
- The biological father of an unborn child.
- The biological parent(s), legal guardian or adult caregiver, or adoptive parent(s) of a child 36 months old or younger.
- Approved adoptive parent(s) of an unborn child.



- A former A2A participant who has experienced the loss of a child. In the case of a parent who has experienced a miscarriage, the miscarriage must have occurred not more than 90 days before the parent receives program services.
- The parent of a pregnant minor participating in the program.

## 1.2 Care Coordination

### [SB 24 \(2023\)](#)

This bill was passed in June 2023 and went into effect on September 1<sup>st</sup>, 2023. It combined various pregnancy and parenting programs into a single focus on family support services. This legislation also created the Texas Pregnancy and Parenting Support Network, which provides pregnant women with health-care information and access, maternity-home housing, infant-care supplies, and case-coordination services as they relate to childcare and transportation. Lastly, this legislation led to the transformation of the state's Alternatives to Abortion program into the [Thriving Texas Families program](#), which was allocated \$165 million in fiscal year 2025. The continuation of the state's A2A program focused on updating the program's goals, increasing the services available within the program, and transferring the administration of the program from the Department of Family and Protective Services to the Department of Health and Human Services.

### [Community Resource Coordination Groups](#)

These are county-based groups composed of community partners, state agencies, and family members or peer representatives that provide children and adults with home- and community-based services that require inter-agency coordination. Services offered by these programs include behavioral health services, aid with basic needs, and caregiver support.

## 2. Women's Health

### 2.1 Prenatal and Postpartum Medical Care

No applicable and/or known programs.

### 2.2 Prenatal and Postpartum Support

#### [Family Support Services Home Visiting Programs](#)

As described in Sections 1.2 and 7.3, the passage of SB 24 in 2023 consolidated Texas' home visiting programs under Family Support Services. The programs within this division are funded by the federal Maternal, Infant, and Early Childhood Home Visiting (MIECHV) Program, Temporary Assistance for Needy Families (TANF), and Child Abuse Prevention Grants as well as state funds. Home visiting programs aim to help pregnant and parenting mothers of young children address maternal or child health concerns, promote positive parent-child relationships, get children ready for school, and prevent child abuse. These home visiting programs include:

- [Texas Home Visiting](#): This is a free, voluntary home-visiting program in which early childhood and health professionals visit the homes of at-risk, low-income pregnant women or parenting women with children under six. This program is [funded](#) through MIECHV funds



and serves 30 counties. It uses several different home visiting models [such as](#) Home Instructions of Parents of Preschool Youngsters (HIPPY), Family Connects, Healthy Families America, and Parents as Teachers.

- [Texas Nurse-Family Partnership \(NFP\)](#): This is a voluntary program that helps first-time pregnant or parenting mothers through home visits by registered nurses. Funds are distributed via a competitive grant program, and the program is [funded](#) via general state funds as well as federal TANF funds. The program's services are available prenatally through the child's second birthday. It serves 53 counties. To be [eligible](#), clients must meet all the following requirements:
  - Be a first-time parent,
  - Have an income at or below 185% of the FPL,
  - Be a Texas resident,
  - Enroll before the end of the 28<sup>th</sup> week of pregnancy,
  - Agree to participate voluntarily.
- Healthy Outcomes through Prevention and Early Support ([HOPES](#)): This program focuses on addressing and preventing child abuse and neglect through home visits and other protective methods. It focuses on the Texas communities at the greatest risk for child abuse and neglect based on the rates of domestic abuse, substance abuse, teen pregnancy, child poverty, and child abuse fatalities. The program focuses on families with children ages zero to five who are at the highest risk for abuse and neglect and serves 33 counties.

## [WIC Breastfeeding Support](#)

The Texas Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides breastfeeding enrollees with free breastfeeding video consults as well as counseling services and pumps at designated WIC clinics.

## [Breastfeeding Laws](#)

[Texas law](#) mandates that all public employers provide a supportive breastfeeding policy and have a private space for lactating employees to pump that is not a multiple-user bathroom as well as break time to pump. In 1995, the Texas legislature [mandated](#) the creation of the Texas Mother-Friendly Worksite Program which develops and maintains the breastfeeding-friendly designation criteria as well as a [list of breastfeeding-friendly employers](#).

## *2.3 General Medical Care for Women*

### [HB 1575 \(2023\)](#)

This legislation required the Texas Health and Safety Commission to adopt standardized screening procedures for the assessment of nonmedical health-related needs for pregnant women enrolled in the state's Medicaid or Thriving Texas Families program (formerly the state's A2A program). The legislation also mandated that case management services be made available to pregnant women enrolled in the two aforementioned programs. The legislation went into effect on September 1, 2023.



## Adult Safety Net

This is a state funded and run program that helps uninsured adults get free or significantly reduced cost vaccines. Vaccines covered by this program include Hepatitis A and B, MMR, Meningococcal, and Tdap. To be [eligible](#), participants must be 19 or older and uninsured.

## Medicaid

Most of Texas's adult population is served by the state's [STAR Medicaid Managed Care program](#). This program provides full healthcare coverage for its members, including coverage for physical and mental health services as well as dental and vision services. There are [multiple plans](#) for enrollees to choose from, and the availability of plans depends on the health service region in which an enrollee lives. Service area-dependent add-ons are available that provide members with extra benefits. Eligible coverage groups for this program include:

- [Pregnant women and their unborn children](#): This program provides free health coverage during a woman's pregnancy and up to 12 months postpartum. Income limits can be found [here](#). Postpartum coverage was extended from 60 days to 12 months because of the passage of [HB 12](#) in June 2023. This program provides the full list of services other STAR Managed Care eligibility groups receive but it also provides additional, pregnancy-specific services such as prenatal doctor visits, prenatal vitamins, labor and delivery services, and checkups for the baby after leaving the hospital.
  - o [Children's Health Insurance Program \(CHIP\) Perinatal](#): This program provides coverage for pregnancy-related care during pregnancy and two postpartum visits within 12 months of the end of a woman's pregnancy. The program is specifically for pregnant women who make too much money to qualify for traditional Medicaid through the STAR Medicaid Managed Care program but not enough to cover private insurance. While pregnant women enrolled in traditional Medicaid do not pay for any services, women enrolled in CHIP Perinatal do pay some fees.
- [Parents and caretakers](#): Parents with children (under the age of 19) living in their home who also meet residency, citizenship, and income requirements may also be eligible for full-coverage Medicaid.

[Healthy Texas Women](#) is a limited benefits Medicaid coverage program and is a [demonstration project](#) approved by the federal government through the end of 2030. The program offers free or low-cost women's prenatal, postpartum, and family planning services to low-income women. [As a result of a 2024 federal waiver](#), Healthy Texas Women will be transitioning to a managed care delivery model that expands the income eligibility limit for its programs from 200% of the FPL to 204.2%. This transition will take effect in the first quarter of the state fiscal year 2026. It provides three main programs within it:

- [Healthy Texas Women Plus](#): This program provides an enhanced postpartum benefits package that includes additional benefits that women receive from the Family Planning or Breast and Cervical Cancer Screening programs described below. The enhanced services package provides services focused on treating the conditions that lead to maternal



morbidity and mortality in Texas. To qualify for coverage under this program, enrollees must have been pregnant within the last 12 months. Services include:

- Treatment services for postpartum depression and other mental health conditions as well as psychotherapy services and peer support services.
- Cardiovascular and coronary screening and treatment services such as imaging studies, blood pressure monitoring, and medications.
- Substance use disorder medication-assisted treatments, interventions, screenings, counseling, and smoking cessation services.
- [Family Planning Program](#): This program funds clinics that provide free or low-cost family planning services to uninsured Texas residents. Services covered by this program include contraceptive services, pregnancy testing and counseling, STI testing and treatment, clinical breast and cervical cancer screenings and exams, blood tests, sterilization, screening for postpartum depression, and vaccines, etc. To be [eligible](#), participants must meet all the following requirements:
  - Be under 65 years old.
  - Have a household income at or below 250% of the FPL.
  - Be ineligible for Medicaid and Healthy Texas Women.
- [Breast and Cervical Cancer Screening Program](#): This program provides funding to clinics that provide free breast and cervical cancer screening and diagnostic services to low-income women. Clinics funded by this program provide screening services such as breast exams, mammograms, pelvic exams, pap test, HPV tests, and patient navigation and educational services. They also provide diagnostic mammograms, breast ultrasounds and biopsies, colposcopies, Loop Electrosurgical Excisional Procedures, and cervical biopsies as well cervical dysplasia treatment. To qualify for the services provided by clinics funded this program participants must meet all the following requirements:
  - Be a Texas resident.
  - Be a female 18 years or older.
  - Be underinsured or without health insurance.
  - Live in a household with income at or below 200% of the FPL.

Texas women diagnosed with breast and/or cervical cancer through the state's breast and cervical cancer screening program (see above) receive full coverage Medicaid through the state's [STAR+PLUS Medicaid program](#) (see section six for more information on STAR+PLUS). To be eligible for the Medicaid for Breast and Cervical Cancer Program, women must meet all the following requirements:

- Be a Texas resident.
- Be a U.S. citizen or eligible non-citizen.
- Be 18-64.
- Be uninsured.
- Have an income at or below 200% of the FPL.
- Have been diagnosed with and need treatment for breast or cervical cancer.



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.

### County Indigent Health Care Program

This program helps low-income Texas residents (male and female) who don't qualify for Medicaid, CHIP, or other state or federal health care programs access health care. The program is administered by local Texas counties, hospital districts, and public hospitals. Services covered by this program include vaccines, screening services, yearly exams, inpatient and outpatient hospital visits, lab and radiological services, and skilled nursing facility services. To be eligible, participants must meet all the following requirements:

- Be a Texas resident.
- Have an income level at or below 21% of FPL.
- Have resources less than \$2,000.
- Not be eligible for Medicaid.

### Primary Health Care Program

This program partners with public health clinic sites across the state to provide primary and preventative health services to men, women, and children who do not qualify for other health insurance programs that cover the same services. Services covered by this program include diagnostic and treatment services for common health issues, emergency services, family planning services, vaccines, preventative health services, diagnostic testing, and health education services. To be eligible, participants must meet all the following criteria:

- Be a Texas resident.
- Have an income level at or below 200% of the FPL.
- Be ineligible for other programs offering the same services.

### Title V Maternal and Child Health Fee-for-Service Program

This federally funded program is administered by the Texas Department of Health and Human Services. It provides low-cost health coverage to low-income women, children, and teens who aren't eligible for Medicaid, CHIP, or CHIP Perinatal coverage. Medical services are available to women during pregnancy and up to 90 days postpartum. These services include physical exams, family planning services, referral services if specialty medical care is needed, and lab testing. Dental services such as regular cleanings and diagnostic imaging are available to women during this same time period. Health and dental services are available to eligible children from birth to 21. These services include well-child exams, sick care, vaccines, lab and diagnostic tests, dental cleanings and imaging, dental fillings, etc. Additionally, to be eligible, participants must meet all the following criteria:

- Be a Texas resident.
- Have an income level at or below 185% of the FPL.
- Be ineligible for any other health coverage plans that provide the same services.



## 3. Finances, Work, and Education

### 3.1 *Help Paying Bills*

#### TANF

Texas' TANF program provides cash payments to help needy families pay for food, housing, clothing, and other essentials such as utilities, transportation, cell-phone service, etc. The amount of money a family makes as well as the value of possessions they own determines their monthly payment amount. To be eligible, families must meet all the following criteria:

- Have a child 18 years old or younger
- Meet income limits
- Be a U.S. citizen or qualified non-citizen
- Be a Texas resident
- Meet the program's work requirements or be looking for work
- Follow child support rules and take parenting classes
- Not abuse alcohol or drugs
- Get their child vaccinated and make sure their child attends school

#### One-Time TANF Payment for Relative Caretakers

The TANF program provides eligible caretakers of related children with a one-time \$1,000 payment to go towards the necessities covered by the standard TANF program described above. TANF considers related caretakers to be grandparents, aunts and uncles, and siblings. To be eligible, caretakers must meet the following two criteria:

- Be 25 years old or older
- Not have a lot of money or a way to get more

### 3.2 *Employment Support*

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

This program helps Supplemental Nutrition Assistance Program (SNAP) recipients with a SNAP work requirement find jobs through training and education. Workforce Development Boards offer job search and training services as well as work experience to SNAP E&T participants that are not receiving TANF benefits, but SNAP E&T participants can also get regular jobs as well. To help SNAP E&T enrollees maintain a job, this program offers transportation and childcare services.

#### Choices Program

This is the job-training program for the Texas TANF program. It helps TANF participants find and maintain jobs to allow them to become economically self-sufficient. This program also provides educational services if the participants desire to obtain their high school diploma or its equivalency. To help TANF enrollees be able to maintain a job this program offers transportation and childcare services as well as financial assistance to help pay for GED tests and one-time payments for short-term needs. The program's services are not only available when TANF



participants are actively enrolled in the program and looking for a job but also for a limited time after a former TANF participant gets a job.

### *3.3 Education and Training*

No applicable and/or known programs.

### *3.4 Financial Advice or Education*

No applicable and/or known programs.

## 4. Material or Legal Support

### *4.1 Transportation*

#### Non-Emergency Transportation (NET)

This Medicaid service provides transportation to non-emergency medical appointments for Medicaid beneficiaries and their children. Program benefits are also available to those enrolled in the [Children with Special Health Care Needs](#) program. Rides can also be provided to a dental visit, the hospital, or a pharmacy. Types of transportation in this program include public transportation, taxi/van services, and commercial transit for appointments in distant cities. The program also will provide gas reimbursements to beneficiaries as well as travel reimbursements for out-of-state travel to Louisiana, Arkansas, Oklahoma, and New Mexico. Lastly, this program will provide meals and lodging for children (20 or younger) who are staying overnight to get Medicaid covered services.

#### Transportation for Indigent Cancer Patients

This program provides transportation to indigent cancer patients, who are uninsured but not eligible for Medicaid or payments under the Children with Special Health Care Needs program (see section 7.2). It will take them from their residence to regional or distant cancer referral or treatment facilities. This program is available in select counties. Eligibility is impacted by family income.

### *4.2 Food and Nutrition*

#### WIC

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

#### SNAP

This program is funded by the federal government but run by the state. It provides supplemental assistance to low-income families' monthly food budgets. To be eligible, participants must meet the following requirements:

- Being a Texas resident.



- Meet household income limits.

With some exceptions, participants must work or participate in the E&T Program described in Section 3.2 for at least 20 hours per week. Exceptions to this work requirement can be found [here](#).

### Special Nutrition Programs

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

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

- [Afterschool Care Program](#): This is a federally funded program that provides public and private schools as well as childcare institutions with subsidized snacks for after-school programs. The snacks are provided for free or reduced cost to eligible children who are enrolled in schools with National School Lunch and/or Breakfast programs.
- [Summer Meal Program](#): This federally funded program is run by the state and includes two subprograms: the Summer Food Service Program and the Seamless Summer Option. Both subprograms provide free meals to children 18 years or younger in participating communities and day camps. This is an extension of the National School Lunch and National School Breakfast programs.

### Special Milk Program

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

### Fresh Fruit and Vegetable Program

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

### Child and Adult Care Food Program

This federally funded program is run by the state and provides reimbursable meals to childcare centers that take care of children under 13 years of age or adults with disabilities.

### 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.

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

### Safe Riders Child Passenger Safety Program

This is an inter-agency program run by the Texas Department of State Health Services and the Texas Department of Transportation. It aims to prevent injuries and deaths to children due to motor



vehicle crashes. The program provides car seats and car seat inspections/checkups to families in need as well as child passenger safety training.

### [S.B. 379 \(2023\)](#)

This legislation exempts diapers and wipes, breast pumps, feminine hygiene products, and maternity clothing from the state's sales and use taxes. It was signed into law in June 2023 and went into effect on September 1, 2023.

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

### [Comprehensive Energy Assistance Program \(CEAP\)](#)

CEAP is a utility assistance program that helps low-income families pay their utility bills and control their energy bills through consumer education. This program integrates all Low Income Home Energy Assistance Program (LIHEAP) programs funded by the federal government but is administered by the Texas Department of Housing and Community Affairs. CEAP covered services are available in all 254 Texas counties.

### [Weatherization Assistance Program](#)

This federally funded program helps low-income individuals and families save money on their utility bills by weatherizing their homes to conserve energy. This program is funded by the federal government and run by the Texas Department of Housing and Community Affairs. Services covered by this program include the performance of an energy audit and the installation of weatherization measures such as caulking, insulation, and duct work. The weatherization updates must be cost saving and the home that is updated must be owned by the person(s) seeking assistance or the landlord must approve the updates.

### [Adult Mental Health Housing](#)

#### [Permanent Supportive Housing](#)

This federally funded program helps Texas residents 18 and older who are at high risk of becoming homeless find housing and learn skills that allow them to remain housed and live independently. Service availability is based on local mental or behavioral health authorities.

#### [Supportive Housing Rental Assistance Program](#)

This program is run by 20 state agencies and provides assistance to homeless people or people at risk of homelessness. Assistance can cover rent subsidies, utility payments, and move-in costs. Homelessness prevention education is another core component of this program. To be eligible, participants must meet all the following requirements:

- Be eligible to receive mental health services at local mental health or behavioral health agencies.
- Be homeless and willing to apply for Section 8 public housing vouchers (see Housing Choice Vouchers below).

### [Projects for Assistance in Transition from Homelessness](#)



This federally funded program is run by the state and helps Texans with mental illnesses, who are also homeless or at risk of being homeless, to find housing, jobs, healthcare, and complete their education. This program is available in 15 of Texas's 254 counties.

#### [The Healthy Community Collaborative](#)

This program is a state funded and run program that provides a network of support for the chronically homeless in Texas's largest cities. The program provides the chronically homeless with community resources that allow them to find stable housing. The program is for adults (18 and older) who are homeless and have a mental illness. The program is also available to those who are homeless and have a substance-abuse issue or a health problem in addition to their mental health disorder.

- [The Project Access Pilot Program](#): This pilot program uses Texas Department of Housing and Community Affairs Section 8 vouchers provided by the federal government to help low-income Texans with disabilities find housing after transitioning from institutional care to independent living. To be eligible participants must meet all Section 8 eligibility requirements described below and additional criteria that can be found [here](#).

#### [Housing Choice Vouchers \(Section 8\)](#)

This is a federal housing-assistance program that pays some or all rental costs for eligible households directly to property owners. Households must meet Department of Housing and Urban Development (HUD) income guidelines (a household's annual gross income can't exceed 50% of HUD's median income guidelines). To be [eligible](#), participants must be a U.S. citizen or qualified non-citizen and Texas resident. Medical and childcare expenses are [taken into account](#) when determining if applicants are income eligible.

#### [Mainstream Voucher Program](#)

This is a federal housing program that is run by the state and helps non-elderly disabled Texas residents transition from institutional living arrangements to independent living arrangements. It also helps homeless Texans and those at risk of homelessness. To be eligible, participants must meet all the following criteria:

- Meet federal HUD Housing Choice Voucher program eligibility requirements described above.
- Be in a family that includes at least one person with a disability between the ages of 18-61.
- Meet housing insecurity criteria.

### **4.5 Legal Support**

*No applicable and/or known programs.*

### **4.6 Miscellaneous**

No applicable and/or known programs.



## 5. Recovery and Mental Health

### 5.1 *Addiction Recovery*

#### [Rural Border Intervention Program](#)

This state funded and run program provides home and community-based substance use prevention and treatment services in remote rural border areas of Texas. This program is available to men and women who live in rural border counties in Texas Human Services Regions 8, 10 and 11 within 62 miles of the Texas-Mexico border.

#### [Pregnant and Parenting Intervention Program](#)

This program provides intervention services to substance-exposed mothers as well as their children and families to reduce the severity of the exposure to the child. Services provided by this program include case-management services, referral and retention services for community programs, and education for mothers on the dangers of substance-use exposure to babies in the womb. Pregnant Texas residents with a present or past substance use disorder and her family members are eligible to receive this program's services. Parenting women with a child under six years old who are Texas residents with a present or past substance-use disorder are also eligible for services provided by this program.

#### [Maternal Opioid Misuse \(MOM\) Model](#)

This is a limited coverage Medicaid program that helps pregnant women with an opioid use disorder receive treatment during and after pregnancy. This new program is fully funded by the federal government. Services include specialty visits (maternal fetal medicine doctors, psychiatrists, and psychologists), specialized care during labor and delivery as well for newborns, referrals to treatment facilities, parenting support, medications for the disorder, etc. This program is only available in the Houston area as of now. To be eligible for this program, a woman must be receiving STAR managed-care Medicaid benefits and be pregnant.

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

No applicable and/or known programs.

### 5.3 *Mental Health*

#### [Children's Mental Health Residential Treatment Center \(RTC\) Project](#)

This program provides children with serious mental illnesses with access to intensive treatments. The goal of this program is to keep children from entering the custody of the Department of Family and Protective Services (DFPS) so they can remain in custody of their parents while receiving treatment for their mental health needs. Families of these children are connected with necessary



mental health services and have the costs of room and board at a residential treatment center paid for by the program. To be eligible for this program, children must:

- Be a Texas resident
- Be younger than 18 years old.
- Have a serious mental health illness or emotional disturbance
- Be clinically eligible to be in a RTC.
- Be in the custody of their parents and not the DFPS.
- Be in a family at risk of losing custody because there are no community resources that address the seriousness of their child's mental health needs.

### [Mobile Crisis Outreach Teams](#)

These teams provide in-person assessment, counseling, and resource referrals to people at risk of harming themselves or others in their homes, schools, or other community-based locations. The services provided by these teams are available to everyone and can be accessed by contacting Texas mental and behavioral health authorities.

## *5.4 Abortion Recovery and Healing*

No applicable and/or known programs.

## 6. Disability Assistance

### Disability-Specific Medicaid Programs

[STAR+Plus](#) is Texas's managed care program for disabled Texans. Plans available under this program provide members with full coverage that the plans above cover as well as additional coverage for long-term care services. The long-term services provided by this managed care program include personal care services, basic home adaptations, and respite care. To be eligible for this program, participants must be eligible for Medicaid and be 21+ years old and meet one of the following criteria:

- Are low income and receiving SSI benefits
- Not getting SSI benefits and in need of the services that STAR+Plus covers
- Getting Medicaid through Social Security Exclusion programs and meeting program requirements for income and asset levels
- Reside in a nursing home and receive Medicaid while in the nursing home

Texas has [six home and community based service \(HCBS\) waivers](#) that provide full coverage for the full array of typical services covered by the other Texas managed care programs as well as long-term care services. These waivers are focused on allowing enrolled members to live at home instead of at a care institution.

- TX Community Living Assistance & Support Services (CLASS) Waiver: This is for those of any age with developmental disabilities who need an ICF/IID level of care. Examples of covered services include occupational therapy, dietary services, and dental services.



- TX Deaf Blind with Multiple Disabilities (DBMD) Waiver: For those with developmental disabilities of any age who need an ICF/IID level of care. Examples of covered services include audiology services, physical therapy services, and employment assistance.
- TX Home and Community-Based Services (HCS) Program Waiver: For those with intellectual or developmental disabilities of any age who need an ICF/IID level of care. Examples of covered services include speech and language pathology services, cognitive rehabilitation therapy, and home health care services.
- TX Medically Dependent Children Program (MDCP) Waiver: For medically fragile children (ages 0-20 years) who need a hospital- or nursing-facility level of care. Examples of covered services include financial management services and minor home modifications.
- TX Texas Home Living (TxHmL) Program Waiver: For those with intellectual or developmental disabilities of any age who need an ICF/IID level of care. Examples of covered services include occupational therapy, behavioral support, and prescription assistance.
- TX Youth Empowerment Services (YES) Waiver: For those ages 3-18 with a serious emotional disturbance that necessitates a hospital level of care. Examples of covered services include minor home modifications, paraprofessional services, and specialized therapies.

[Texas Medicaid for the Elderly and People with Disabilities](#) is Texas's fee-for-service Medicaid program. This program provides full coverage for the full array of typical services covered by the other Texas managed-care programs as well as long-term care services. To be eligible, participants must be age 65 or receive disability benefits. They must be Texas residents and U.S. citizens or qualified non-citizens, and they must meet income requirements. Eligibility for this program is also based on Medicare eligibility and need for care.

[Qualified disabled working individuals](#) (Medicaid Buy-In for Adults) provides low-cost Medicaid services to adults with disabilities who can work and do not live in an institution or nursing home full-time. How much people pay for the program's services depends on their income. Other eligibility requirements include meeting the Social Security disability guidelines and meeting income limits.

[STAR Kids](#) is a Texas Medicaid managed care program for children 20 and younger with disabilities. Participation in the STAR Kids program is mandatory for those who are aged 20 and under, covered by Medicaid, and meet one of the following criteria:

- Getting SSI.
- Getting Medicaid or Medicare.
- Living in an ICF/IID or nursing facility.
- Enrolled in any of the six HCBS waivers described above

The [Medicaid Buy-In for Children \(MBIC\)](#) program allows children with disabilities to buy into low-cost Medicaid even if their families exceed income guidelines for regular Medicaid. The services covered by this program are the same base-level services as other Medicaid programs, but it also covers long-term services. To be eligible for this program, children must meet all the following requirements:

- Be 18 years old or younger.
- Have a disability.
- Be a U.S. citizen or a qualified non-citizen



- Be a Texas resident
- Meet income limits.

### Early Childhood Intervention Services (ECI)

This is a support program for families with disabled or developmentally delayed children (birth to 36 months old). The program provides case-management services to qualifying families in their homes or the child's school. A variety of healthcare professionals can be involved in the provision of services under this program including speech pathologists, social workers, psychologists, etc. To qualify for the program's services a child must meet one of the following criteria:

- Have a medically diagnosed condition. The list of conditions that the ECI program considers to qualify for services can be found [here](#). A few examples of qualifying diagnoses include spina bifida, brain tumors, or autism.
- Be deaf, hard of hearing, blind, or visually impaired.
- Have a developmental delay of at least 25% in one or more areas of development: social/emotional, adaptive and self-help, communication, motor, or cognition.

### Specialized Telecommunications Assistance Program (STAP)

This voucher program provides specialized assistive phones and other adaptive services to disabled Texans whose disability interferes with their ability to use a regular cell phone or land line. Eligibility requirements include meeting all the following requirements:

- Being at least 5 years old at the time the application is submitted.
- Being a Texas resident.
- Having the application certified by one of the types of professionals listed on the application.

Examples of equipment covered by this program's vouchers [include](#) braille devices, amplified cell phones, anti-stuttering devices, etc.

## 7. Care for Children

### *7.1 Childcare*

#### Child Care & Early Learning Program

This program provides scholarships for childcare to low-income families so that the parents can work, find a job, or attend school. It is run by the Texas Workforce Commission. The program also includes the [Texas Workforce Prekindergarten Partnerships](#). This is a partnership between a public school's PreK program and childcare programs associated with the Child Care & Early Learning Program. These partnerships help working parents have their child's childcare and pre-K program in the same place and help the child experience consistent care and learning. These partnerships are partially funded by the Child Care & Early Learning Program and other state funds.

#### S.B. 1145 (2023)

This legislation amended the existing law to allow localities to exempt child-care facilities from property taxes. While the legislation was signed into law in May 2023 it would only go into effect if



the state's ballot measure on the property tax exemption for child-care facilities was approved. That measure was approved in the state's November 2023 election, so the legislation went into effect on January 1, 2024.

## *7.2 Children's Health Care*

### Newborn Screening Program

All infants born in Texas hospitals must be tested for genetic disorders, hearing loss, and Critical Congenital Heart Disease. As of June 1, 2021, the Newborn Screening Program also began screening for Spinal Muscular Atrophy. As of 2023, it began screening for Congenital Cytomegalovirus (cCMV). If an infant is diagnosed with any of the above, practitioners quickly refer them for or start treatment depending on the infant's needs. Texas's Newborn Screening Program also provides clinical-care coordination services. It is important to note that while this program is required, parents pay for these services as part of the cost to deliver their child. However, the state facilitates the program and provides free screenings for children enrolled in Medicaid. A parent can only refuse the screenings for religious reasons.

### Texas Early Hearing Detection and Intervention (TEHDI)

This program is run by the Texas Department of State Health Services and oversees the screening of all newborns born in Texas hospitals as well as follow-up and intervention services in cases where infants are found to have hearing loss.

### Vaccines for Children Program

This is a federal program run at the state level, and it provides participating doctors' offices with free vaccines to administer to children whose families could otherwise not afford to vaccinate their children. Eligible participants must be Texas residents under the age of 19 and meet any of the following criteria:

- American Indians and Alaska Natives
- Medicaid eligible or enrolled in CHIP
- Uninsured
- Underinsured

### Pediatric Supportive Palliative Care

This is a program that provides specialized medical and psychosocial care to children living with serious illnesses and their families. The focus of the program is to help children have a good quality of life despite their complex medical needs and to address their symptoms, options for care, and to navigate care barriers. Care teams can be composed of doctors, nurses, social workers, child life specialists, and religious figures.

### Medicaid for Children

Texas residents under 19 can qualify for full-coverage Medicaid through the [STAR Managed Care Program](#) if they meet citizenship or immigration [requirements](#) as well income guidelines. The income of all people (such as a legal parent or stepparent) included in "family size" is counted.



Texas' Early Period Screening, Diagnostic and Treatment ([EPSDT](#)) benefit (otherwise known as Health Steps) provides health coverage for well-child visits and diagnostic screenings for all children enrolled in Medicaid with actual or potential health issues, from birth to age 21. 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.

## [CHIP](#)

CHIP provides health insurance coverage to children whose families make too much money to qualify for Medicaid but not enough to pay for private insurance. The program is for pregnant women and children 18 years and younger who don't have private insurance and are Texas residents, U.S. citizens or qualified non-citizens, and whose family income meets the limit. Depending on a child's family income, the family may have to pay an enrollment fee and co-pays.

## [Children with Special Health Care Needs \(CSHCN\) Services Program](#)

This is an assistance program for children with long-term, complex, qualifying medical conditions. The assistance can cover medical, mental health, dental, and vision services, as well as medical equipment and supplies, case management services, and community services. To be eligible for this program, children must meet all the following requirements:

- Be 20 years old or younger with special health care needs. (People with cystic fibrosis can be of any age)
- Be a Texas resident
- Have an income at or below 200% of FPL
- Have a medical condition that is expected to last at least one year, will limit one or more major life activities, requires a higher level of care, and has physical symptoms

Parents must apply for Medicaid and CHIP coverage for their children before applying to this program.

## *7.3 Family and Parenting Education*

### [Family Support Services Division](#)

This program was previously known as the Prevention and Early Intervention program. As mentioned in Section 1.2 with the passage of SB 24 in 2023, Texas consolidated various existing parenting- and pregnancy-support programs under one state run division, the Family Support Services Division. This division does not provide services directly but contracts with organizations that provide services supported by the division's funding. The programs funded by this division that are not already described elsewhere in this summary include:

- [Family and Youth Success](#): This program provides free one-on-one coaching and group-based therapy for families experiencing conflict. This program is focused on serving families with children under 18 who are dealing with family conflict and is available in all counties. In some areas of Texas, the program only serves families with children ages 6-17.



- [Fatherhood Effect](#) (Educating Fathers for Empowering Children Tomorrow): This program funds community organizations that provide parenting-education classes and resources to fathers. Program services are available in 11 counties.
- [Long-Term Youth and Family Support](#): This program helps children at the highest risk of reentering custody of the state to avoid doing so by focusing on reducing teen pregnancies, increasing graduation rates across the state, and reducing the number of interactions with the juvenile justice system. The program is available in four counties.
- [Statewide Youth Services Network](#): This program is a statewide network of youth programs aimed at fostering positive youth development across the state. The program funds grantees to provide these services so that they are delivered at a more local level. The program serves children ages 6 through 17. The Network determines which counties are served.

### [Family Violence Program](#)

This program helps adult and child survivors of family violence and/or dating violence stay safe, become self-sufficient, and become and stay independent. Trauma-informed service providers offer emergency shelter, counseling services, a 24-hour hotline, legal assistance, and emergency transportation to participants in this program. All Texas residents who have experienced such violence are eligible. There is no income limit for this program, and all services are free.

## *7.4 Adoption Services*

### [Adoption Assistance](#)

This program is funded by both the state and the federal government. It is run by the Texas Department of Family and Protective Services and provides financial assistance to families who have adopted children with special needs. Financial assistance can take the form of Medicaid; reimbursement for specific one-time expenses; or monthly payments (based on the child's needs). The assistance for one-time expenses can cover adoption-agency fees and court/attorney fees.

### [Medicaid](#)

[STAR Health](#), a managed care Medicaid program, provides Medicaid coverage to foster children, former foster children, youth 21 and younger in Extended Foster Care, and children receiving Adoption Assistance or Permanency Care Assistance.

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

### [Texas Family First Pilot Program](#)

This pilot program aims to prevent the placement of children in the foster-care system by providing court-ordered services to families at risk of having their children taken into state custody because of safety concerns. The program utilizes the Family-Based Services model and allows the child to stay at home under the supervision of the court. If the program's services are deemed to be necessary by the court the family must participate in it. The state contracts with private organizations to provide these services, and the program is available in multiple service areas in the state.



## Permanency Care Assistance Program

This is a state program that provides financial support to kinship caregivers (often relatives) who provide a permanent home to children who are unable to be reunited with their parents. Monthly payments amount to \$400-\$545 depending on the child's needs. These monthly payments continue until the child turns 18 or 21 if the child was 16 years old or older when adopted by the caregiver.

## Transitional Living Services

This is a collection of programs that helps Texas foster youth transition out of the foster system to independent adulthood:

- Education and Training Voucher: This is a federally funded program that helps students ages 16 to 23 in foster care or who have aged out of foster care pay for college. This program is also available to foster youth in custody of the Texas Juvenile Justice Department or a local juvenile probation department. It gives eligible students up to \$5,000 per year to attend college or a vocational program. The voucher can cover the costs of books/supplies, tuition, room and board, childcare, transportation, etc. Eligibility requirements include:
  - o Being at least 16 and in foster care, extended foster care, aged out of foster care and are not yet 23 years old; having been adopted from foster care after turning 16 but not yet 23; or having entered the PCA program after turning 16 but not 23.
  - o Having a high school diploma or a GED.
  - o Being enrolled in at least 6 semester hours in college.
- Extended Foster Care Program: This is a federally funded voluntary program run by the state that allows foster care youth turning 18 to remain in the foster care system, under the supervision of the Department of Family and Protective Services, while transitioning to independence. Eligibility requirements include meeting one of the following criteria:
  - o Attending high school or GED program.
  - o Attending college or other institutions of higher learning.
  - o Attending a job preparation program.
  - o Employed at least 80 hours a month or not able to work or go to school because of a documented medical condition.
- Preparation for Adult Living: This state program prepares foster youth ages 16 to 21 for the transition from foster care to independent adulthood. Components of this program include independent-living skills training, support services, financial assistance of up to \$1,000, housing assistance, and case-management services.
- Housing Program: This partially federal- and state-funded program helps transitioning foster youth find housing and provides housing and rental assistance. Assistance can go towards in-care and out-of-care housing options as well as transitional independent living programs.
- Circles of Support and Transition Plan Meetings: These are youth-led meetings that help foster youth 16 years and older develop a transition plan for moving from foster care to independent adulthood. Circles of Support planning meetings follow the Family Group Decision Making model.



- [State College Tuition Waiver](#): This tuition waiver waives the payment of tuition and associated fees at public state colleges or universities for current or former foster youth who were in foster care under a variety of circumstances that can be found [here](#).

## 7.6 Safe Haven and/or Baby Boxes

### [Safe Haven Law](#)

Under Texas's Safe Haven law (the Baby Moses law) parents can relinquish custody of their child, 60 days old or younger, with an employee at a designated facility without fear of prosecution.

Designated facilities include hospitals, fire stations, police stations, adoption agencies, and places of worship. Babies may also be relinquished via baby box, a special, temperature-controlled hatch that allows a parent to anonymously surrender a child at a safe location.

## Miscellaneous

### [Financial Pilot for Youth and Young Adults](#)

The Texas Department of Family and Protective Services recently agreed to partner with Capitol Credit Union to help youth and young adults (aged 14-21) achieve financial independence as they transition to adulthood. The program helps participants in establishing savings and checking accounts in their own name with no co-signer requirements and no monthly or overdraft fees. The program also provides participants with online financial education classes with incentives.

### [Choose life License Plate Program](#)

Texas drivers can purchase a "Choose Life" vanity plate for \$30 from the Texas Department of Motor Vehicle. Twenty-two dollars of the \$30-dollar fee goes to qualified organizations that assist pregnant women, including pregnancy 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.**

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