

First Steps Program

What it is:

The First Steps Program is designed to promote healthy birth outcomes, increase access to early prenatal care, and reduce infant morbidity and mortality. It is a voluntary program and services include:

Medical Services

- Prenatal care,
- Delivery,
- Post-pregnancy follow up,
- Dental care, NO DENTAL AFTER THE 60 DAYS POST PARTUM
- Vision care and
- One year of family planning services post pregnancy for eligible women. Newborns receive one year of full medical care.

Enhanced Services

- Maternity Support Services (MSS),
- Infant Case Management (ICM), and
- Childbirth Education (CBE)

Expedited alcohol and drug assessment and treatment services

Ancillary services

- Expedited eligibility determination,
- Case finding,
- Outreach,
- Transportation, and
- Interpreter services.

What it does:

Maternity Support Services (MSS) is designed to provide enhanced preventive health and education services and brief interventions to eligible pregnant women as early in a pregnancy as possible based on individual risks and needs.

Infant Case Management (ICM) is to improve the welfare of infants by providing their parent(s) with information and assistance in order to access needed medical, social, educational, and other services through the infant's first year of life.

Goals of MSS/ICM include:

- Increase early access and on-going use of prenatal and newborn care;
- Decrease maternal morbidity and mortality;
- Decrease low birth-weight babies;
- Decrease premature births;
- Decrease infant morbidity and mortality rates;
- Decrease health disparities;
- Reduce the number of unintended pregnancies;
- Reduce the number of repeat pregnancies within two years of delivery;
- Increase initiation and duration of breastfeeding; and
- Reduce tobacco use during pregnancy and pediatric exposure to second-hand smoke.

Who is eligible:

To be eligible for MSS, a client must:

- Be pregnant or within 60 days post pregnancy; and
- Be covered by a benefit service package that covers MSS.

To be eligible for ICM, the infant must:

- Have a valid Medical Services Card; and
- Be covered by a benefit service package that covers ICM;
- Be within the ICM eligibility period which is the day after the maternity cycle ends, through the last day of the month of the infant's first birthday; and
- Reside with at least one parent; and
- Not be receiving any case management services funded through Title XIX Medicaid that duplicate ICM services.

[Click here for more detailed First Steps information.](#)

How to get connected:

First Steps providers are available statewide. To receive MSS and/or ICM individuals may be referred by the [local Community Services Office \(1-877-501-2233\)](#) or call 1-800-322-2588.

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