



2022 IMPACT REPORT



Counseling. Education. Support.

Dear Friends of Kids In The Middle,

Knowing you belong is important. For children experiencing their parent's divorce, there can be a profound sense of separation and isolation, creating anxiety and intense issues of trust. When they come to Kids In The Middle, they know they belong, and hope is cultivated. That's when lives are changed. For children like Sade, you are helping to create that change.

Twelve-year-old Sade was struggling to express her feelings about her parents' separation. She felt alone and had nobody to turn to. That all changed when she came to Kids In The Middle. "It has helped me with coping skills and being more open to talk about my life, also it's helped me become more strong about my parents separating," said Sade.

Your support is making a difference for kids like Sade. Kids In The Middle continues to make these life-changing skills available to those who need them, and we have a big goal ahead of us...

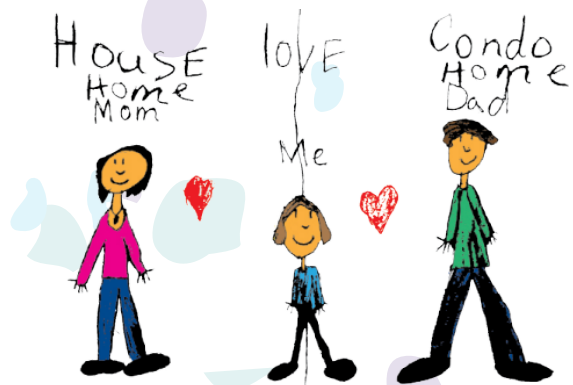
By 2031, Kids In The Middle will provide 45,000 kids and families with life-changing social and emotional skills to heal from the trauma of divorce and separation.

This work is possible because of your generosity! You are helping to make a difference in the lives of the children and families that turn to Kids In The Middle for help. Thank you for believing and supporting our mission! We are so grateful to have you as a partner in the work we do.

With Gratitude,



Erin Eberhard
Chief Executive Officer



Kids In The Middle 2023

Leadership

“Every family deserves the chance to have a healthy relationship and to be happy. No two families are the same and KITM provides families with the resources to have a healthy and happy relationship, regardless of what they are going through. – Timmy Hogenkamp, Jr”

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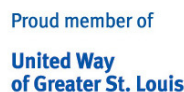
2022 Staff

Chief Executive Officer

Katy Walter-Grisham

Chief Finance Officer

Tony Naughton



Why Kids Love KITM!



"Kids In The Middle has helped me with coping skills and being more open to talk about my life. Also, it's helped me become more strong about my parents separating."

– Sade, age 12

"I have a person I can talk to."

– Nick, age 9

"I can get all my feelings out."

– Michael, age 6

"It is fun and I like sharing things in group."

– Liam, age 8

"It let's me free from secrets and stress."

– Evelyn, age 7

"They help me stay cool and not lose my temper."

– Oliver, age 8

"Kids In The Middle has helped me during the rough times of my life. It has also helped me by teaching me more things about myself."

– Landon, age 12



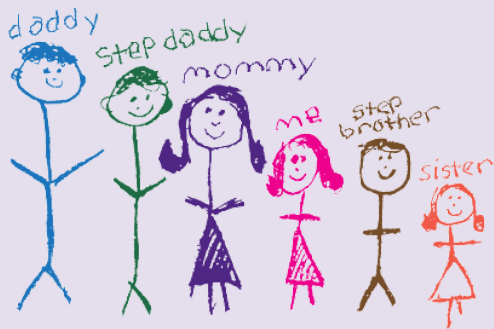
Who We Are

Our History

In 1977, Kids In The Middle's founder Kim Long-Lubin, a therapist in private practice, observed that many of her adult clients still suffered childhood emotional and psychological scars in direct relation to their parents' divorce. She recognized the internal suffering children endure during such difficult transitions, as well as their inability to name and voice conflicting emotions effectively. She determined that the trauma might have been alleviated if her adult clients would have had access to therapeutic interventions as children. Consequently, Kids In The Middle was formed as a non-profit agency in 1977 and was incorporated in 1979.

Our Mission

Kids In The Middle empowers children, parents and families during and after divorce through counseling, education and support.



Our Vision

Kids In The Middle will improve the lives of families in the greater St. Louis community with compassion, care and confidentiality to children, parents and families facing the challenges of separation, divorce and remarriage.

Our Impact Statement

By 2031, Kids In The Middle will provide 45,000 kids and families with life-changing social and emotional skills to heal from the trauma of divorce and separation.

KITM will not turn families away because of an inability to pay. A sliding scale is used based on income to assess an equitable amount for each family.

HOW WE MADE A DIFFERENCE

In 2022, the outcomes demonstrated that children and families benefited by participating in Kids In The Middle programs.



82%

of children developed and demonstrated the use of positive coping skills.

82%

of children showed a reduction in negative behaviors.

KITM's services emphasize building on children's strengths and providing support and opportunities to help them achieve goals and transition into adulthood in a productive, healthy manner.

HOW WE SERVED

Our programs use a family-systems approach in which services are tailored specifically to the needs of each family. Our focus is on helping families heal in the best way, especially for the benefit of the children involved. These significant changes in the family structure affect each member in their own way. All of our services are provided by licensed or provisionally licensed therapists.

810

sessions

Group Counseling for Children

125

sessions

Co-Parenting Groups

2,719

sessions

Individual Counseling for Children

47

sessions

Family Counseling

24

sessions

SOC Group Sessions

31

sessions

Co-Parenting Education Class

514

sessions

Individual Counseling for Parents

89

sessions

Parenting Class

In addition to the core counseling programs listed above, Kids In The Middle provides an array of services that compliment these programs by helping families in the areas of counseling, education, and support. For more info, visit www.kidsinthemiddle.org.

OUR IMPACT



We provided

5,725

hours of counseling to
children, parents, and
families in 2022.



Approximately

35%

of the clients that
KITM serves are from
low-income households.



Annual rate of

5,000

dissolutions of
marriage in the greater
St. Louis area.



In 2022

1,978

children, parents,
and families were
helped by KITM.



Approximately

86%

of the clients directly served
are from St. Louis City,
St. Louis County, St. Charles,
and Jefferson County.



Approximately

39%

of families served
reported experiencing
at least one type
of high-risk behavior.

School Outreach Counseling Program

In 2022, Kids In The Middle introduced the School Outreach Counseling (SOC) program. The SOC program is a unique, group counseling service where Kids In The Middle's therapists provide Group Counseling services in public and private schools in the greater St. Louis region. Children are referred to the groups by counselors, social workers, teachers, and other school personnel.

As of April 2023, KITM has been in 14 schools and is continuing to grow the program!



We are currently in the following school districts:

Affton
Bayless
Clayton
Kirkwood
Ladue



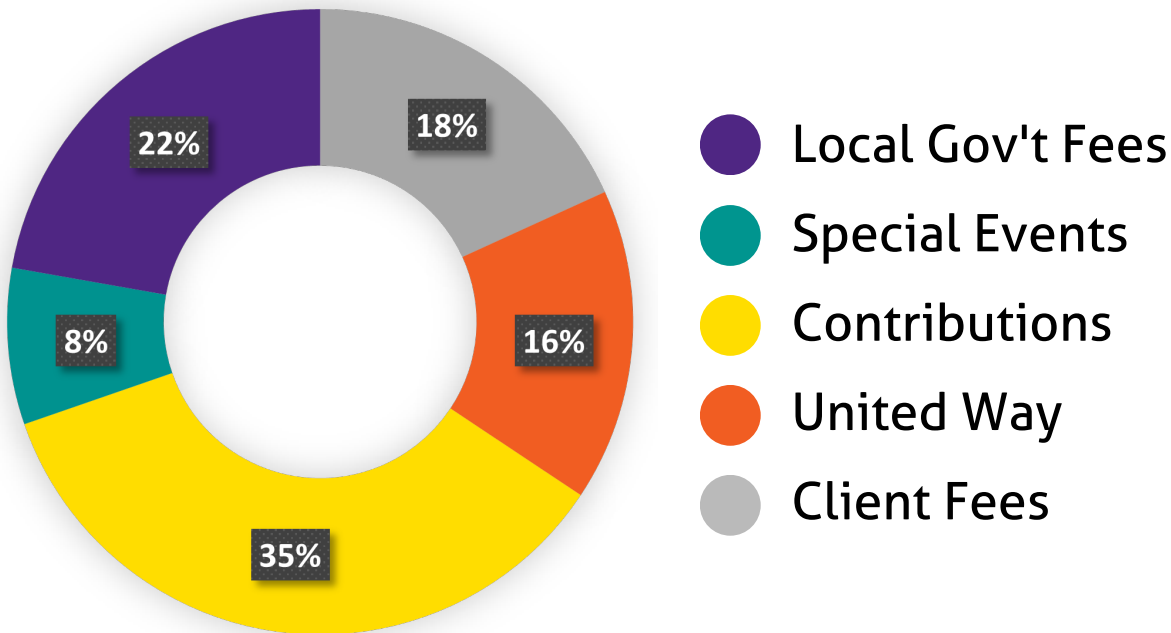
From the schools we serve!

Thank you for partnering with us! We are so thankful to be able to provide this support to our families. The ability to offer a specialized group like this at school eliminates so many barriers to support our students/families. Students look forward to attending group sessions and ask when their KITM therapist will return.

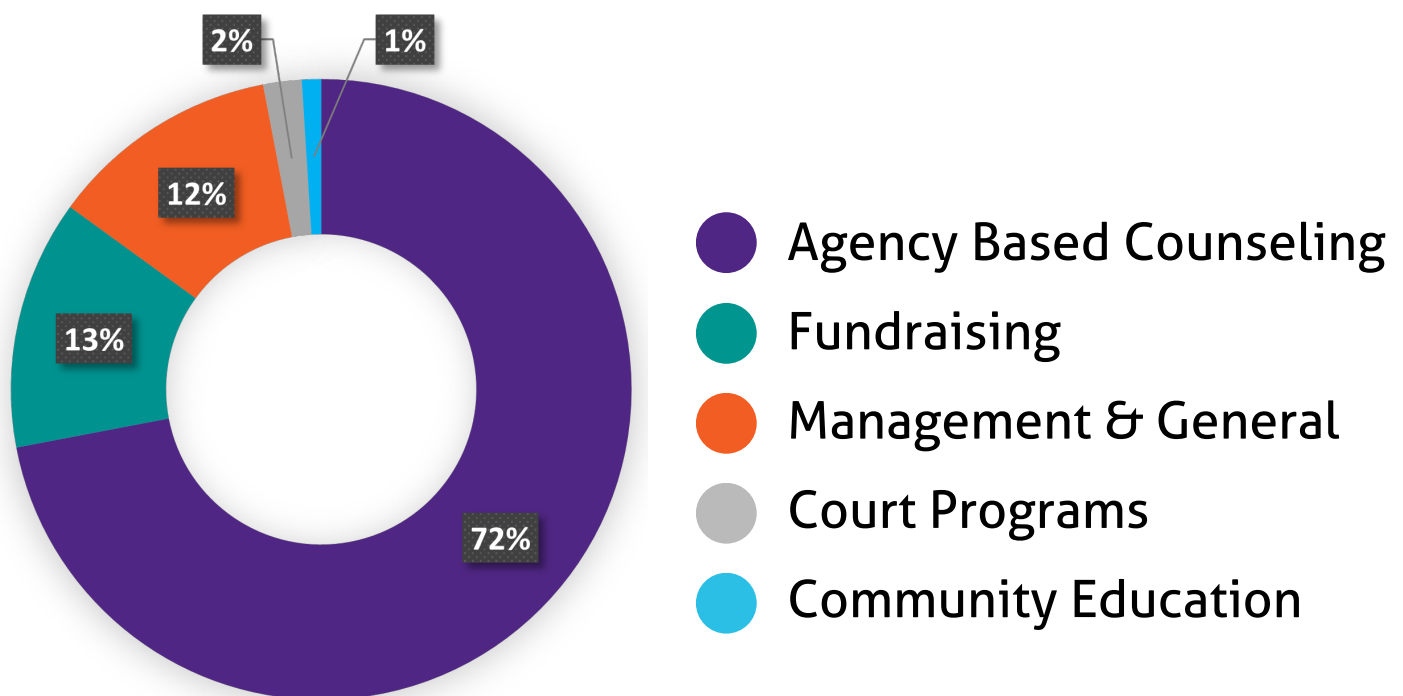
Scan the QR Code to learn more or visit
www.kidsinthemiddle.org/education-support/soc-program

2022 Financial Report

Agency Revenues



Agency Expenses



Fundraising Events

GIVING
KIDS 4

2022 GIVING 4 KIDS
RESULTS:

We raised over \$220,000!

Giving 4 Kids is our annual 24 hour online-giving campaign. Every dollar donated on the day of the campaign is **QUADRUPLED** thanks to our matching donors. This means that for every dollar that you give, Kids In The Middle will receive \$4. The campaign is **ALL OR NOTHING**, meaning that we must achieve our goal during the 24 hours or all donations will be returned.



2022 CELEBRATION OF
CHILDHOOD RESULTS:

We raised over \$166,000!

The Celebration of Childhood is Kids In The Middle's annual gala where guests enjoy an elegant evening of hors d'oeuvres, dinner, live auctions, entertainment, and more!



Scan the QR Code to view
our 2023 Fundraising Events!

2022 Champion of
Kids Award Recipient:

Bill Clarke



Ways To Get Involved



VOLUNTEER

The support from volunteers and members of the community helps to spread the word about the services we provide. Whether you have two hours a week or two hours a year to spare, your time and commitment are appreciated. For more info, please visit www.kidsinthemiddle.org/get-involved/volunteer

JOIN OUR BOARD

If you have experience with boards and fundraising, have a good network of friends and business associates to connect to the organization, and/or you feel a strong commitment to our mission, this might be the volunteer position for you. For more info, please visit www.kidsinthemiddle.org/get-involved/join-our-board



SUPPORT AN EVENT

The Celebration of Childhood Gala and our 24-hour Giving 4 Kids online campaign are our two main fundraising events. You are able to support the gala through a sponsorship or purchasing a ticket to attend the event. For Giving 4 Kids, you can be a matching donor to help make donations quadruple the day of the event! For more info, please visit www.kidsinthemiddle.org/events

DONATE

Give a meaningful gift of any size and know it supports kids and their families going through the difficult transition of divorce and separation. For ways to give, please visit www.kidsinthemiddle.org/ways-to-give



Our Donors

Kids In The Middle relies on the generous gifts of individuals, foundations, grantmakers, and corporations to help us provide much-needed mental health services to kids and their families going through the difficult transitions of divorce and separation. The following list reflects all donations between January 1, 2022 and December 31, 2022. We want to thank every donor who supported Kids In The Middle in 2022!

\$25,000+

Dee Dee and Eliot Simon

\$15,000 - \$24,999

Dana Brown Charitable Trust

Ed Smith

Jefferson Foundation

Judy and Bruce Rubin

Raymond and Laurie Van de Riet, Jr

St. Louis Unitarian Foundation For Children

William & Joan Edmonds Foundation

\$10,000 - \$14,999

Bob and Kim Brinkmann

Enterprise Holdings Foundation

Mike M Grisham

Sunnen Foundation

Valerie and Steve Carr

\$5,000 - \$9,999

American Academy of Matrimonial Lawyers Foundation

Arleen and Dr. Phillip Korenblat

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Blues for Kids

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The Saigh Foundation

Timmy Hogenkamp, Jr.

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\$2,500 - \$4,999

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Robert Lehr

SAK Construction

Sikich LLP

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Tracy Family Foundation

UBS Financial Services

\$1,000 - \$2,499

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Bob's Discount Furniture

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Judicial Council of California
Kendall and Caroline Young
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Robert Greiner
Steve & Meredith Friedman
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Thomas and Camille McKinney
Todd Hovermale
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\$100 - \$249

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Tony Susi
United Way of Metropolitan
Chicago
Veronica Simms
Vivian Boyd
Vivian Tebeau

Thank
you!



THANK YOU!

Kids In The Middle continues to provide kids with a place to express their feelings, process them, and learn the necessary coping skills to heal from these difficult family transitions. On behalf of the families we serve, thank you.

Client Success Story



Kelly came into KITM numb and really disconnected from emotions. After working with one of our therapists for over a year, Kelly now reconnects with emotions and can process through feelings of abandonment caused by one of her parents disappearing. She used to use self-harm and disordered eating as coping skills. Now Kelly has been able to identify positive, healthy ways of coping, no longer feels the need to self-harm, and is in a better space.

Kids In The Middle is Kelly's safe space.



Kids In The Middle®

Divorce Hurts.

Kids In The Middle Helps.®



We're a family even if we live in 2 homes.

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