



# Kids In The Middle®

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



[www.kidsinthemiddle.org](http://www.kidsinthemiddle.org)

# COUNSELING. EDUCATION. SUPPORT.

Kids In The Middle serves children ages 3½ to 18, along with parents, guardians, and families who are navigating a new way of life before, during, and after separation or divorce. Its work is centered on supporting families through these transitions with care that is developmentally appropriate, family-focused, and responsive to each child's unique needs.

KITM is dedicated to helping children and families move through difficult family transitions by building on children's strengths and providing the support they need to grow into healthy, successful adults, regardless of their ability to pay. Services are offered on a sliding scale and made possible through the generosity of private foundations, individual and corporate donors, the United Way of Greater St. Louis, and the St. Louis County Children's Service Fund.

With a singular focus on helping children and families affected by family transitions, KITM's services emphasize resilience, skill-building, and goal achievement, equipping children with the tools and support necessary to transition into adulthood in a productive and healthy way.



## COUNSELING FOR CHILDREN

*Group Counseling  
Individual Counseling  
School Outreach Counseling*

## COUNSELING FOR PARENTS

*Consultation  
Individual Counseling  
Group Co-Parenting Counseling*

## COUNSELING FOR FAMILIES

*Family Counseling  
Blended Family Counseling*

## EDUCATION & SUPPORT

*Co-Parenting Education Class  
Parenting Class  
Parent Support Groups*



# Kids In The Middle's Commitment to Confidentiality & Court Collaboration

Kids In The Middle (KITM) is a nonprofit organization that serves children and parents experiencing family transitions by providing a neutral, objective, and clinically informed environment that supports emotional processing and family adjustment during and after separation or divorce. All services are delivered in accordance with the National Association of Social Workers (NASW) Code of Ethics, which establishes the ethical framework for social work practice, with confidentiality upheld as a central and foundational ethical obligation.

## FREQUENTLY ASKED QUESTIONS

### **How does KITM define confidentiality?**

Consistent with NASW Code of Ethics §1.07, social workers are ethically required to maintain client confidentiality and to disclose only the minimum amount of information necessary to fulfill a specific purpose. Any disclosure is limited to information that is directly relevant to that purpose.

### **Why is confidentiality essential to KITM's clinical work?**

Confidentiality is foundational to effective therapeutic services. It enables children and parents to engage authentically in treatment, supports emotional safety, and preserves the integrity of the therapeutic relationship. These conditions are essential for meaningful clinical progress.

### **How does KITM collaborate with the family court system?**

KITM recognizes the value of appropriate collaboration with the family court system and Guardians ad Litem (GALs). The agency has reviewed and updated its communication practices to ensure that information-sharing supports families while remaining consistent with ethical and clinical standards.

## What information may be shared with GALs and the court?

Once KITM receives a signed authorization to exchange information from a child's legal guardian(s), any information shared is limited to general, logistical, and administrative content and will only be shared verbally, including:

- Attendance and type of service provided
- Treatment goals identified in the service plan
- A high-level overview of topics addressed in sessions
- Progress toward stated goals
- Broad areas of concern impacting treatment
- General recommendations for continued or additional services

## What information is excluded from disclosure?

KITM does not disclose confidential clinical material, including:

- Detailed session content
- Therapeutic process notes
- Individual statements or disclosures made by children or parents

These exclusions are necessary to preserve confidentiality and therapeutic effectiveness.

## Does KITM provide opinions or recommendations regarding custody or visitation?

No. KITM does not provide custody or visitation recommendations, nor does it offer forensic opinions. The agency's role is strictly therapeutic and supportive, not evaluative or decision-making.

## How does this policy benefit the court and families?

This approach allows KITM to function as a reliable therapeutic resource while maintaining ethical boundaries. It supports court-informed decision-making through appropriate context without compromising confidentiality or the therapeutic alliance essential to effective treatment.

## Purpose of This Policy

This structure supports ethical collaboration with GALs while preserving confidentiality and the integrity of the therapeutic relationship, allowing children and families to engage safely and effectively in services.

