



Kids In The Middle®

TWO THOUSAND TWENTY-FOUR

Impact Report



CHILDREN'S BILL OF RIGHTS IN DIVORCE AND SEPARATION

THE RIGHT TO EXPRESS LOVE FOR BOTH PARENTS

**THE RIGHT NOT TO BE PLACED IN THE POSITION OF
MESSAGE CARRIER**

**THE RIGHT NOT TO BE TOLD NEGATIVE INFORMATION
ABOUT THEIR PARENT OR PARENT'S FAMILY**

**THE RIGHT TO REMAIN CONNECTED TO BOTH
PARENTS' FAMILIES**

**THE RIGHT NOT TO BE INTERROGATED AFTER
A VISIT WITH THE OTHER PARENT**

**THE RIGHT NOT TO BE USED AS A WEAPON
AGAINST THE OTHER PARENT**

**THE RIGHT TO REMAIN ACTIVE IN BOTH
PARENTS' LIVES**

**THE RIGHT TO EXPRESS OR NOT TO EXPRESS
THEIR OWN FEELINGS**

**THE RIGHT NOT TO BE EXPOSED TO CONFLICT WITH
THE OTHER PARENT**

**THE RIGHT TO REMAIN A CHILD AND NOT A
PARENTAL CONFIDANT**

**THE RIGHT TO BE TOLD ABOUT FAMILY CHANGES,
SUCH AS MOVING OR VISITATION**

**THE RIGHT TO NOT FEEL RESPONSIBLE FOR THEIR
PARENTS' DIVORCE**

THE RIGHT TO BE LOVED UNCONDITIONALLY



Kids In The Middle®

Empowering Healthier Families – Together.

At Kids In The Middle, we come together to celebrate resilience, transformation, and the power of community. On behalf of our entire organization, I am deeply grateful for your belief in this mission and for the many ways you show up for children and families navigating some of life's most difficult transitions.

Every day, our team witnesses extraordinary moments of courage. We see heartbreak transform into healing, fear grow into resilience, and hope begin to flourish for children and families experiencing the pain of divorce and separation. It is a profound honor to provide a safe, nurturing space where children can process their emotions, develop healthy coping skills, and begin their journey toward healing and stability.

In the greater St. Louis area alone, more than 5,000 marriages involving children end each year. The impact of these transitions can be long-lasting, affecting children's mental health, academic success, and relationships well into adulthood. That reality makes our work not only relevant, but urgent. Through professional counseling, education, and support, Kids In The Middle empowers children not just to cope, but to thrive by equipping them with the tools they need to navigate life's challenges with confidence and resilience.

The outcomes we see are powerful. Children feel heard, families feel supported, and parents gain insight and skills that foster healthier futures. None of this would be possible without the generosity of our community. Your support ensures that every child who needs our services can receive them, regardless of financial circumstances. Because of you, children facing life-altering change are finding hope, healing, and strength for the future.

On a personal note, I am incredibly excited to be rejoining the Kids In The Middle team in a new and meaningful role as Chief Executive Officer. Returning at this moment, alongside a passionate staff, committed board, and supportive community, fills me with optimism for what lies ahead as we continue to grow our impact and reach even more children and families.

Thank you for believing in our mission and for standing alongside us. Together, we are creating hope, strengthening families, and changing lives today and for generations to come.

With gratitude,



Sarah Barone, CFRE
Chief Executive Officer



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



Kids In The Middle®



Kids In The Middle®

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.

2024 Board of Directors

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Lisa Yates



ST. LOUIS COUNTY
**CHILDREN'S
SERVICE FUND**
Investing in kids. Creating brighter futures.



Kids In The Middle has but one focus – helping children and families affected by difficult family transitions. 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.

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 Core Values

- Child Centered: Focusing on the best interest of the child.
- Compassion: Showing care and kindness to others.
- Collaboration: Working together as a team, both within the Agency and in the community, to provide a positive experience for everyone we serve.

Our History

Founded in 1977 by therapist Kim Long-Lubin, Kids In The Middle (KITM) was created after she recognized that many adults still carried emotional scars from their parents' divorce, pain that could have been eased with childhood counseling. What began with group and individual therapy for children has evolved into a comprehensive family-centered program that helps both children and parents navigate separation, divorce, and remarriage. With more than 48 years of experience, KITM remains the only nonprofit in the St. Louis region dedicated to helping families heal and thrive through life's toughest transitions.



Kids In The Middle®

Counseling Services

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

Our Programs

Counseling for Children

Group Counseling

Groups includes five to seven children of similar age and grade level that meet weekly with a therapist. Children help each other normalize their feelings and learn how to cope. They share their experiences, thoughts, feelings, challenges, and coping skills with other group members through therapeutic activities, including bibliotherapy, therapeutic games, creative writing, art activities, and play therapy.

Individual Counseling

Recommended when a child's needs are better addressed in a one-on-one setting.

Counseling for Parents

Consultation

Offered only to parent(s) as a one-time appointment with a therapist to receive assistance with a specific child-related issues. Consultations are helpful for parents who are preparing to separate or planning to re-marry and would like to consult with a therapist about the best way to tell the children.

Individual Counseling

This solution-focused service centers on the parent's ability to adjust to single parenting and learn how to assist their children through the family transitions.

Co-parenting Counseling

Offered as co-parenting group counseling, individual, or joint co-parenting therapy to reduce conflict and promote positive interactions.

Counseling for the Family

For the family or blended family

Examine issues together to achieve better communication and clarify and strengthen relationships between new family members.

Family-Systems Approach

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.



Education & Support Services

Co-Parenting Education Class

COPE is a specialized education course for parents in the process of separation, divorce, modification, and otherwise unmarried parents of minor children who come before the courts in need of educational tools and knowledge. KITM's COPE class meets the state mandated parent education requirements and has been designed to assist parents in understanding the effects of family transitions on their child(ren), as well as keep the child(ren) from being put "in the middle" of parental conflict. The COPE class is offered through Kids In The Middle for cases filed in:

- St. Louis City
- St. Louis County
- St. Charles County
- Jefferson County

Parenting Class

The eight-session virtual class is psychoeducational and provides parents with resources and tools regarding a variety of areas, including the following: self-regulation, typical development stages, how to communicate effectively with children, boundary setting, positive discipline techniques, and more. This class addresses these tough parenting topics through a separation/divorce perspective. Certificates of completion are awarded when the entire series is completed.

School Outreach Counseling

Kids In The Middle In Schools

KITM therapists Group Counseling program is available to both 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. KITM therapists work with family transitions including parental separation, divorce, remarriage, and children living in single-parent homes.

Adult Support Groups

Kids In The Middle offers support groups for adults navigating the challenges of family transitions and parenting, providing a supportive and confidential space for connection and growth.

Community Support

Kids In The Middle offers classes, activities, presentations, and other program opportunities throughout the year to the general community, private groups, schools, and organizations. We also offer printed materials regarding our agency services per request.

Kids In The Middle's Commitment

To Quality

Kids In The Middle is a nationally accredited non-profit specializing in providing services that are unavailable elsewhere in the state of Missouri. KITM has successfully provided counseling, education, and support to children and families since 1977. Our agency is recognized as a leader in the field, receiving national accreditation from the Council on Accreditation (COA).

KITM uses an evidence-based group program, Children of Divorce Intervention Program (CODIP) in conjunction with a family systems approach, making Kids In The Middle uniquely qualified to provide much-needed counseling services.

To Confidentiality

Kids In The Middle does not participate in court proceedings and does not testify in court. The organization does not conduct custody or forensic evaluations, nor does it release client records. These boundaries allow KITM to remain a safe, neutral, and supportive environment for all members of the family.

While KITM does not provide evaluative or legal opinions, the organization does collaborate with Guardians ad Litem (GALs), Domestic Judicial Officers (DJOs), and other community professionals when appropriate. In these instances, KITM can share limited, non-confidential information, including attendance, the type of services being provided, goals outlined in the Service Plan, a general overview of topics addressed in sessions, progress toward identified goals, and broad areas of concern impacting the child.



To Access to Care

As demand for children's mental health services continues to grow, Kids In The Middle remains committed to ensuring that no child waits months for support. With an average wait time of just five weeks we are accelerating access to care and helping shape stronger, more stable futures for children and families when it matters most.

To Breaking Down Financial Barriers

KITM provides services on a sliding scale 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.





Divorce doesn't just
happen between
adults — it reshapes
a child's world.



Kids In The Middle®

Why Our Work Matters

The Prevalence & Impact of Divorce on Children and Families

When families change, children feel it first. Divorce and separation are among the most common and most impactful experiences a child can face in the United States. What may look like a legal or adult matter is, in reality, one of the most disruptive events in a child's life.

Approximately
50% of children in
the U.S. will
witness their
parents' divorce or
separation during
childhood.

About 30% of
children will
experience a
parents' remarriage
or repartnering.

Children in blended
or stepfamilies make
up about 20% of all
children in the U.S.

Second marriages
have a higher
divorce rate, 60%,
than first marriages.

An estimated 60%
of children in the
U.S. will experience
at least one major
family transition by
age 18.



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Understanding
the Hidden
Mental Health
Effects



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Impact on Children

These numbers are not just statistics. They represent children who carry pain, confusion, and loss into their classrooms, friendships, and future relationships.

Adverse Childhood Experiences (ACEs) can have profound impact on individuals throughout their lives, particularly when left unaddressed. A common ACE reported among children include parental divorce or separation. Other ACEs can include substance use issues, exposure to neighborhood violence, and witnessing domestic violence.

Children of divorced parents are twice as likely to experience mental health issues, including anxiety, depression, and behavioral problems.

Brain development delays, behavioral problems, learning difficulties, and physical or mental health issues are all outcomes of unaddressed early adversity.

Adolescents from divorced families report higher levels of stress and are 68% more likely to develop depression.

Children from divorced families are more likely to engage in risky behaviors, including substance use, early sexual activity, and delinquency.

1 in 3 adult mental health conditions relate directly to an Adverse Childhood Experience.

Each year in the greater St. Louis area, more than



5,000

marriages involving children end, not including separating parents who were never legally married.

Families look different across our region. In 2023, more than half of all households with children in St. Louis City, and one in three in St. Louis County, were led by single parents.

Missouri ranks #10 for the highest divorce rate in the United States.

Data shows that 50% of Missouri's children have experienced at least one Adverse Childhood Experience, while nearly 1 in 5 have experienced two or more, increasing their risk for emotional, behavioral, and long-term health challenges.



Behind every statistic
is a child's story. At
Kids In The Middle,
we are rewriting those
stories with healing,
resilience, and hope.



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2024 KITM Impact



4,132

In 2024, Kids In The Middle provided 4,132 hours of counseling for children, parents, and families navigating the challenges of a family transition.

Kids In The Middle served 2,205 children, parents and families in 2024. 95% of those helped were from the St. Louis Metro Area.

2,205



32%

Approximately 32% of the families served by Kids In The Middle are from low-income households.

More than 50% of the families served by KITM reported violence/physical abuse and or Substance Use Disorder when beginning services.

50%



How KITM Makes a Difference

In 2024, the outcomes demonstrated that children and families benefited from participating in Kids In The Middle programs. 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.

82%

82% of children developed and demonstrated the use of positive coping skills.

82%

82% of children showed a reduction in negative behaviors.



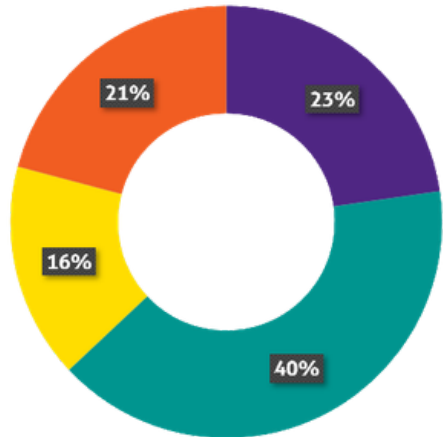
Kids In The Middle®

2024 Financials

At Kids In The Middle, we are committed to being good stewards of the funding and resources entrusted to us. Part of that commitment includes reporting how those funds and resources are utilized with full clarity and transparency. We desire to provide all of our stakeholders with relevant information about the organization so that they can make informed decisions about supporting the organization, working with us, or utilizing our services. On the KITM website, you will find our latest audited financial statements, Form 990, and an annual impact report.

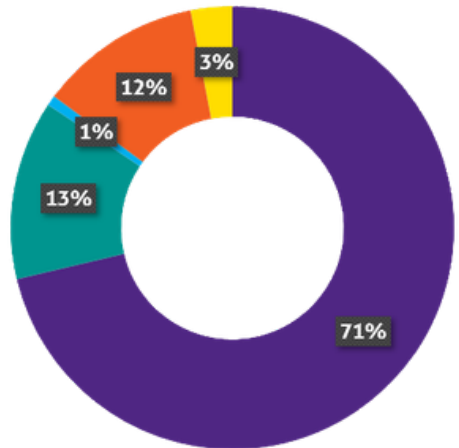
Agency Revenues

- Local Gov't Fees
- Contributions
- United Way
- Client Fees



Agency Expenses

- Agency Based Counseling
- Fundraising
- Management & General
- Court Programs
- Community Education





With your help, we
can give children
back their childhoods.



Kids In The Middle®

Get Involved

Kids In The Middle relies on support from volunteers and members of the community 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. Because we are a mental health counseling agency, there are no volunteer opportunities with direct contact with children and families.

Volunteer Committees

Board of Directors

Interested in joining our Board of Directors? If you have experience with boards and fundraising, have a good network of friends and business associates to connect to the organization, and you feel a strong commitment to our mission, this might be the volunteer position for you.

Additionally, our Board of Directors also has several committees that are open to community volunteers. If you have an interest in finance, fundraising, program development, marketing, strategic planning, or leadership development, we have a place for you as a Committee Volunteer.

Advisory Council

Advisory Council members serve in an advisory capacity to the Agency. Council members have a unique opportunity to be involved without the full-time commitment of joining a Board of Directors. The Council advises the Board and staff on issues facing the Agency and keeps Kids In The Middle connected with the community at large.

Ways to Give

YOP MO
Tax Credits

Event
Sponsorship

Matching
Gifts

Stock
Donations

Tribute
Gifts

Planned
Giving

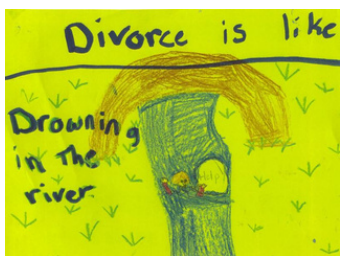
Monthly
Giving

Give a Gift
Today!



\$89

CAN PROVIDE ONE CHILD WITH A GROUP COUNSELING SESSION



\$148

CAN PROVIDE ONE INDIVIDUAL COUNSELING SESSION FOR A CHILD



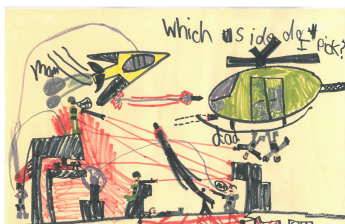
\$360

CAN SUPPORT ONE PARENT THROUGH THE 8-WEEK KIDS IN THE MIDDLE PARENTING CLASS



\$522

CAN SUPPORT AN ENTIRE FAMILY THROUGH THE INTAKE PROCESS AS THEY BEGIN SERVICES AT KITM



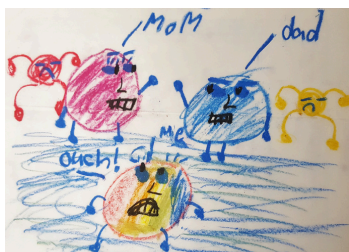
\$1,320

PROVIDE 10 CHILDREN IN KITM'S GROUP COUNSELING PROGRAM WITH PERSONALIZED COPING SKILLS KITS



\$2,728

CAN SUPPORT ONE GROUP OF CHILDREN FOR A FULL SEMESTER IN OUR SCHOOL OUTREACH GROUP COUNSELING PROGRAM



\$5,340

CAN SUPPORT AN ENTIRE GROUP OF CHILDREN THROUGH THE 12-WEEK GROUP COUNSELING PROGRAM



Kids In The Middle®

MANY THANKS

On behalf of the entire team at Kids In The Middle, we extend our deepest gratitude to YOU!

Your support has been instrumental in making our mission a reality. Thanks to you, we are able to continue serving the children and families in our community, helping them navigate their journeys with care, understanding, and compassion.

Your contributions not only empower us to offer essential services, but they also allow us to create lasting positive change for those we serve. Together, we are making a real difference in the lives of so many, and for that, we are truly thankful.





Kids In The Middle[®]

www.kidsinthemiddle.org