



## National Children's Mental Health Awareness Day



Positive mental health is related to a child's healthy growth and development which means reaching developmental and emotional milestones such as learning positive coping skills and healthy social skills.

KITM's Chief Program Officer, Katy Walter, stopped by FOX 2 News to chat with Margie Ellisor about National Children's Mental Health Awareness Day as well as the impact that divorce and separation can have on a child's mental health.

[Click Here To Watch The Interview](#)

## Meet Scott Myers

Scott Myers joined Kids In The Middle as Chief Executive Officer in January 2019. Before KITM, he spent almost four years as Director of Development at American Youth Foundation, a youth development non-profit with locations in Missouri, Michigan, and New Hampshire. "I love the dedication I see every day from those associated with the Agency - everyone from the Board of Directors to interns to



the staff. To say that they all have a deep appreciation for the work going on here is a complete understatement," says Scott.

During his spare time, Scott enjoys basketball and golf as well as taking on projects around the house but says that his three daughters and their activities take up a lot of his time outside of work. His favorite food is Mexican, more specifically enchiladas! Between his love of the beach and his wife's love of the mountains, their travel tends to take them between both wherever possible.

A fun tidbit about Scott is that one of his bucket list items is owning a '65 Ford Mustang, preferably a red convertible. "It is by far the most beautiful car I have ever seen," he says.

## Have Fun With The Whole Family

School is getting ready to release for summer break, and the kids are thrilled! But as a parent, we know that after a few weeks the excitement wears off and boredom sets in. The good news is that St. Louis has plenty of kid-friendly, family-oriented activities that kids of all ages will enjoy. Plus, lots of places are free.



Here are just a few ideas for family fun this summer:

**Everyday Circus:** Since 1989, EVERYDAY CIRCUS has wowed party-goers young and old with a dazzling lineup of top-notch circus entertainment. From acrobats to petting zoos and every clown, juggler, and stilt walker in between, we can create a custom party entertainment program that takes your event theme to the next level.

**Purina Farms:** Visit, explore and learn how animals connect us all by getting up close and personal with barnyard animals and everyday dogs and cats. Other activities including playing in the hayloft, milking a cow, taking a wagon ride and watching exciting canine performances of flying disc, agility and diving dog.

**Myseum:** Award-winning discovery center for kids and families. Fun, highly interactive and unique exhibits like a dino-dig, Zoo Vet Clinic, Interactive Video

Wall, radar slide, Magnetic Ball Wall, giant UFO maze, plus much more.

**Shaw Nature Reserve:** Twenty-four hundred acres of natural Ozark landscape with 1.5 miles of Meramec River frontage and a diversity of native plant and animal habitats. Ponds, prairies, woodlands, wildflowers and hiking trails.

**Meramec Caverns:** Guided tours of a natural wonder, including Jesse James' Hideout. Other services in the park include a gift shop, restaurant, riverboat rides, canoe rentals, sluicing operation, motel, zipline & campground, and picnic areas.

[Visit Explore St. Louis For More](#)

## Self-Care After Separation & Divorce



Self-care is essential for everyone but especially for those going through separation or divorce. The stress and upheaval of this transition is hard, and it is the time to engage in some self-care for your own sake and for the purpose of everyone who loves you and relies on you.

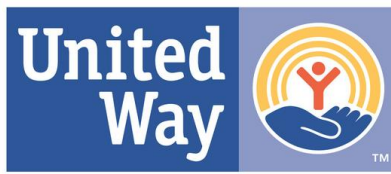
**Reach out for support.** Everyone needs a listening ear when experiencing the break-up of a marriage or long-term relationship. You might find this through friends, family, or a support group.

**Eat well and exercise.** Exercise relieves stress and actually makes us feel happier. And while it may be tempting to stop cooking and rely on take-out, you'll feel better keeping up a healthy diet.

**Allow yourself to grieve.** There is no timeline for when you're supposed to be "over" the divorce. Give yourself time, and don't be surprised by the ebb and flow of the different emotions.

**Make time for yourself.** Prioritize activities that you enjoy, even if it sometimes means putting off other things.

[United Way of Greater St. Louis Community Needs Survey](#)



**United Way  
of Greater St. Louis**

This year, United Way of Greater St. Louis is conducting a Community Needs Survey across its 16-county service area in Missouri and Illinois to gain a deeper understanding of how to make our region healthier, stronger and safer for all. It is important to hear from as many people in the area as possible, so I'm hoping you'll take the survey. All answers are anonymous, and the survey should take less than 15 minutes to complete. Thank you for your participation!

[Take The Survey](#)

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