



## FOR IMMEDIATE RELEASE

### CONTACT

Angela Pritchett  
Communications Manager  
[Lead to Read KC](#)  
913.645.4780

## Local Authors Start Sixth Year of Mental Health and Wellness Visits at Schools

Kansas City, Mo., October 19, 2023 - [Lead to Read KC](#) rolls out its sixth year of partnering with local authors with the return of interactive read-alouds and book giveaways at Kansas City public and charter schools. The **Reading For Life** program promotes positive mental health strategies for youth, as well as health and wellness life skills. This year, [Swope Health Services](#) has joined the program to help provide coping strategies for children and caregivers.

The first of the fall 2023 visits will take place:

**October 24, 11:15-11:45 a.m. with Vladimir Sainte**  
at **George Melcher Elementary**, 3958 Chelsea Ave., Kansas City, MO 64103

**November 7, 12:30-1 p.m. with Tony Temple**  
at **Hale Cook Elementary**, 7302 Pennsylvania, Kansas City, MO 64114

**November 14, 11:45 a.m.-12:15 p.m. with Nikiyah Crosdale**  
at **Brookside Charter School**, 1815 E. 63rd St., Kansas City, MO 64108

**November 15, 11-11:30 a.m. with Kristen Heath**  
at **Garfield Elementary**, 436 Prospect Ave., Kansas City, MO 64124

“Using books and reading to help children manage their emotions is an important strategy as we address the mental health and wellness crisis among young people,” said Pauly Hart, Lead to Read KC Executive Director. “Lead to Read KC creates these experiences to foster creativity and a greater understanding of how emotional well-being is tied to confidence. And kids love to meet a real author.”

All four of the local authors in the program have created books that support social and emotional learning skills. Lead to Read KC believes the author visits are a first step in promoting self-esteem and coping techniques for so many children who are experiencing anxiety, depression, and other trauma. Each student receives a **free copy of the author’s book** to take home after the sessions.

Learn more about Reading for Life at [leadtoreadkc.org/reading-for-life](https://leadtoreadkc.org/reading-for-life) or watch a video about the program on Lead to Read KC’s [YouTube channel](#).

[Lead to Read KC](#) is a children’s literacy nonprofit dedicated to supporting the social, emotional and reading skills that are foundational to student success. It does this by mobilizing community

volunteers, called Reading Mentors, to read one-to-one with students attending high-need elementary schools across Kansas City, as well as through its tutoring program, its Reading Is Everywhere<sup>SM</sup> community book distribution initiative, and its author visit program.

**###**