



**Live Long & Prosper**  
Mitchell (as Tevanik, one of his three roles on *Star Trek: Discovery*) “brings such heart to his characters,” says co-showrunner Michelle Paradise.

## STAR TREK'S KENNETH MITCHELL

# ‘I Have ALS and I’m Not Giving Up Hope’

AFTER A DEVASTATING DIAGNOSIS, THE ACTOR IS CHERISHING TIME WITH HIS FAMILY—AND FINDING WAYS TO CONTINUE HIS CAREER  
By **CHRISTINA DUGAN**

Photographs by **CHLOE AFTEL**



In a moment of pure joy, Kenneth Mitchell crowd-surfed through a sea of fans on a *Star Trek* cruise in early March. “I felt different hands, lifting me up and supporting me,” the *Star Trek: Discovery* actor, 45, recalls. “It was a beautiful metaphor of everything that I’m going through.” Just a few days before, Mitchell publicly revealed he is living with amyotrophic lateral sclerosis, or ALS, a debilitating and often terminal neurological disease that slowly takes away a person’s ability to control his or her muscles. “I can’t hide it anymore,” says Mitchell, who was diagnosed with limb onset ALS (a form of the disease that attacks limbs first) in August 2018 and began using a wheelchair last October. “I have ALS and I’m not giving up hope. I feel like it’s time for me to be a voice.”

Married for almost 14 years, the Toronto native and his wife, Susan May Pratt, who has appeared in films such as *Center Stage* and *10 Things I Hate About You*, have built a comfortable life together as successful, if not widely famous, actors.

They live in Studio City, Calif., with their kids, 12-year-old daughter Lilah and 7-year-old son Kallum. Mitchell says it took a while to come to grips with the gravity of his diagnosis, but he was overwhelmed with gratitude as friends and family showered him with love and support. “Over time I think I began to accept this with grace,” he says. “I’m trying to see the beauty in it.” He’s also continuing to act, starring in the CW’s *Nancy Drew* and the upcoming FX on Hulu series *The Old Man*, in a role created specifically for him as an FBI agent who uses a wheelchair. His wife isn’t surprised by his positive outlook. “He’s always been able to roll with the punches,” says Pratt, 46.

‘You’ve got to just keep moving forward and adapting’  
—KENNETH MITCHELL

Since childhood, Mitchell, the son of David, a contractor, and Diane, a nurse, has loved sports and being active. He