

Mission Statement

The Second Mile challenges young people to achieve their potential as individuals and community members by providing opportunities for them to develop positive life skills and self-esteem as well as by providing education and support for parents and professionals addressing the needs of youth.

**THE
SECOND
MILE™**
Providing Children
with Help and Hope

Fall 2008
Milestones
www.thesecondmile.org

Collegiate Internships – Another Way to Serve Youth

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The official registration and financial information of The Second Mile™ may be obtained from the PA Department of State by calling toll-free within PA, 1-800-732-0999. Registration does not imply endorsement.

The Second Mile is “committed to helping young people achieve their potential.”

Through its nine programs, including the Challenge camps, Friend mentoring, and Foster Family days, The Second Mile honors its promise of supporting Pennsylvania’s youth.

One program that isn’t listed among the nine, but serves young people nonetheless, is The Second Mile’s internship program, a service that receives little recognition but has a major impact on those it serves. This past summer, The Second Mile offered eight college students the opportunity to learn about and serve the organization while obtaining life skills that they can take with them into the workforce.

Internship opportunities are available in three general areas: programs, communications, and development, and in the summer, the primary area of focus of the program interns is the Challenge Program. Staff assigned each of the interns two weeks of programming for which they had primary administrative responsibility. Tasks of program interns Jack Demarest, Josh Gaines, Leigha Galgan, Rich Orhnberger, and Ben Roth included calling participants’ families to ensure they turned in all paperwork prior to arrival, arranging for needed transportation, and detailing the special needs of each child. They also sought out in-kind donations from local businesses and ordered and organized supplies. “I did not expect that there would be as many chances to work outside of the office as there have been,” said Demarest.



Interns Josh Gaines and Rich Orhnberger flank fellow interns Leigha Galgan, Leslie Stahl, Andrea Roposh, and Ben Roth.

Galgan said she was also surprised by the responsibilities of the internship. “One hears so often about interns having to do ‘busy work’ or run pointless errands, allowing their true strengths to go unnoticed. With The Second Mile, however, the interns are given the great responsibility of ensuring that each camp week meets its participant target and that the organization has the tools necessary to make the experience fulfilling for the children. Being able to really be a part of the organization has made the experience so much more than expected.”

While the program interns were hard at work on the Challenge Program, communications interns Andrea Roposh, Leslie Stahl, and

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Reflections from the Founder

How do you put 25 years into a few paragraphs? How do you measure the difference one person makes? How do you know how many children have benefited from one person’s “behind the scenes” guidance? You try! You don’t! You can’t!

Dr. Jack Raykovitz has been with The Second Mile for 25 years as of August 2008. He took over an infant, searching for identity, reacting to doubters, needing direction, misunderstood. That infant, The Second Mile, was small but determined to be helpful somewhere, someplace, somehow. Jack analyzed it, fed it, guided it, and steered it. He stayed in the background, encouraged others, handled problems, parented the organization, motivated the volunteers.

And The Second Mile grew...and continues to grow! As an infant, there were small challenges; today, there are much larger ones. However, the approach is the same: stay calm; stay steady; discuss, decide, and go forward.

Yes, Jack, you have made a huge difference! Thousands of kids have been encouraged and received help and hope. Thank you, Jack, for all the years of service to young people and all of the hours you have taken to help mold The Second Mile.

Jerry Sandusky

President/CEO Jack Raykovitz

1983

2008



Bryn Zeigler were busy letting others know about the impact of The Second Mile. They wrote press releases and calls for press and contributed to *Milestones*, as well. Additionally, they worked on informational packages for donors and the program manual for the Nittany Lion Tips Program. “I’ve learned a lot about my work ethic and my writing style,” said Roposh.

While some interns serve as volunteers and others are receiving course credit, [Roth shared that the credit is not why he chose the internship](#). “It’s a great opportunity to be a part of an organization that does something special and meaningful. One doesn’t find too many places like this,” he said. That attitude is instilled in all of the interns. “[The internship] has helped to reinforce that helping other people is much more rewarding than focusing on myself,” said Demarest. Modeling that mindset is Second Mile staff, including four members who began their Second Mile careers as interns.

[The program staff works closely with the interns to make sure they understand their responsibilities and keep to the schedule](#). “[The staff’s] care and concern for their

work is their greatest contribution to the organization and to our development,” said Ohnberger. While the staff was supportive and helpful from the start, the interns still had to adjust to working in a professional environment. Galgan and Gaines said time management and staying organized were challenges they faced when they began the internship. Demarest added, “I’ve never worked inside during the summer.”

All of the interns said they will be able to take a lot with them from their experiences when the internship is over. “Being able to see that the work you’ve done has paid off and that you’ve reached your goal and gotten those kids to camp is the most rewarding part as is being able to accomplish something for a good cause,” said Gaines. Not only will they carry new skills and a feeling of satisfaction in a job well done with them, but they will also carry the The Second Mile outlook with them.

“I will take with me the impact of so many people working for the same reason and seeing that people who work for such great reasons find much satisfaction with their work,” said Zeigler.



Penn State junior Leslie Stahl, a marketing and public relations major, served as author of this article, and Penn State senior Andrea Roposh, Secondary Education - English and Communications, senior Jessie Greger, and Leslie are responsible for much of this Milestones’ content.

Above: Interns Rich and Leigha along with intern Jack Demarest take a break after helping with a Challenge Program picnic.

Miles Ahead

Past Second Milers: Where Are They Now?



José Allyon

Then

José and Kennett High School teammates attended the 2002 Second Mile Leadership Institute and were awarded first place statewide for their project. José is currently a Second Mile scholar.

Fondest Memory

Only seven months before being invited to the Leadership Institute, José moved to the U.S. His English was limited but he made the most of the opportunity: “Today I can tell you that The Second Mile Leadership Institute definitely changed my life and provided me with skills that have been essential in college.”

The Second Mile’s Impact

“Since attending the Institute, I became more motivated about school and community. I began volunteering at the Senior Center teaching Spanish and implemented a similar program in school.”

Now

A senior at Marywood University, dual majoring in International Business and Spanish, José hopes for a career with the FBI.



Rachel Kelly

Then

Rachel, a current Second Mile Scholarship winner, participated in The Second Mile Challenge Program.

Fondest Memory

“I have many great memories from my time in the Challenge Program. I met great friends and bonded with each of them. The infamous talents shows and singing around the campfire are also fond memories of mine.”

The Second Mile’s Impact

“As a young girl, it is good to recognize your strengths. That is what The Second Mile did for me. The Second Mile’s volunteers and staff gave me courage to accomplish my goals and helped me to find the strength to achieve them.”

Now

Rachel is currently working to obtain a Bachelor of Science in Actuarial Science from Montgomery County Community College. She says she hopes to start her career at Abington Hospital as an actuary technician.



Thoughts from the President

In a publication entitled *Milestones*, it seems appropriate to mention a milestone that I never would have predicted more than two decades ago. In August 2008, I marked my 25th anniversary with The Second Mile. Why would I not have anticipated a 25-year tenure? Founding Board members who knew of my work as a psychologist sought me out because they believed that the organization, the children they were serving, and the volunteers who were mentoring them would benefit from my knowledge and experience in charting a course for The Second Mile. But when I was approached about the position in 1983, The Second Mile had been serving children for just one year through two fledgling programs reaching 31 children. I came to the interview willing to provide guidance but certain that I would choose to continue the rewarding work I was doing consulting with the schools.

But surprising myself, I left the meeting saying “I would think seriously about the position.” Why? A combination of the enthusiasm of Jerry, the dedication of the volunteers, their compassion for children, and the expressed commitment to excellence, innovation, and expansion. And having decided “yes,” I can say that those are the factors that have made this unexpected tenure both exciting and rewarding.

I have had the pleasure to work with great Boards and Chapters and to participate in the expansion of the organization from one serving central PA children to one serving youth and families in all 67 of the Commonwealth’s counties. I’ve experienced the satisfaction of our working together to develop more programs, delivered directly and through school counselors, to more than 100,000 youth annually. I’ve also appreciated having our collective efforts validated (our selection by the Pennsylvania School Counselors Association as its charity of the year and by *Harrisburg Magazine* as its “Simply the Best” Volunteer Organization being the two most recent examples). Most significantly, I have been privileged to witness the many journeys of young people through obstacles to success. I thank you for that opportunity.

Miles To Go

Highmark Healthy High 5 Initiative Supports The Challenge Program's Expansion and Assessment

Along with their camp counselor, happy campers smile their "thanks" to Second Mile donors.



In addition to individual donations and volunteer-led fundraising events, foundation and corporate donations provide a critical base for The Second Mile's nine prevention, early intervention, and community based programs. [Recently, The Second Mile received a Highmark Healthy High 5 two-year grant of \\$479,068 to support Second Mile children through our Challenge Program.](#)

In 2006, the Highmark Foundation introduced Highmark Healthy High 5, a five-year, \$100 million children's health promotion initiative aimed at reversing current trends in children's health and promoting lifelong healthy habits in children throughout the communities served by the Highmark Foundation. Highmark Healthy High 5 addresses five critical children's health issues—self-esteem, nutrition, physical activity, grieving, and bullying—through education, communications, volunteerism, grants, and programming.

Specifically, this grant, the largest foundation donation ever awarded to The Second Mile, supports the expansion of the number of young people in the Challenge Program, a program that promotes self-confidence, enhances positive life skills, and improves self-esteem in at-risk children ages 8 to 14 years old. Participation begins with a week-long residential session that focuses on goal-setting and decision-making, peer relationships and teamwork, and academic achievement and motivation. The Second Mile then

provides year-round follow-up and support and the opportunity to earn ongoing program participation.

The intent of that opportunity is to teach self-reliance, rather than continue patterns of helplessness. Campers come from rural, suburban, and urban communities in all regions of the Commonwealth of Pennsylvania, and they generally face one (and typically more) of a variety of challenging circumstances, such as parents' divorce; death or illness of a family member; financial hardship; familial substance abuse, neglect, or incarceration; academic deficits; or difficulties with peer interactions and socialization. Through this program, participants should learn that their behaviors determine whether or not they will receive a return invitation to the program, no matter what the challenges and difficulties encountered at home. [The additional evaluation opportunities made possible through the support of the Highmark Healthy High 5 grant will give The Second Mile the opportunity to further measure the extent to which the program design is effectively achieving those aims and impacting self-esteem.](#)

The Second Mile looks forward to continuing to help youngsters build their self-confidence and self-esteem through this partnership with the Highmark Foundation this year and in the future. For more information on Highmark Healthy High 5, visit www.highmarkhealthyhigh5.org.

Challenge Accepted

Supporting Second Mile Youth in a Big Way

As one parent shared with a program volunteer as she arrived at camp this summer with her daughter, "They get so much from this program. They get more self-esteem. They set goals, and they are responsible for fulfilling those goals. They really learn how to dig down inside."

Making that experience possible for the 760 young people participating in the Challenge Program is the support of individual "angel" donors, corporate contributors, foundation gifts, and special events participants. The following individuals and companies were among those that "dug down" themselves to ensure a wonderful residential week for the participants and paved the way for the year-long support and monitoring of those goals that the Challenge Program entails. We are incredibly grateful for the generosity of these donors and wish to acknowledge each of their contributions.

[Camp Bank of America](#)

Building strong, healthy neighborhoods where all can live, work, and dream... especially our youth

[Camp Cleveland Brothers](#)

Caterpillar® dealer serving central PA whose "People Make the Difference," particularly to us

[Camp First & Goal](#)

Honoring Coach Sandusky's commitment to youth, former PSU football players make a difference, too

[Camp Nemes](#)

Jack Nemes, retired from Keyser Aluminum, offering youth support from his CA base

[Camp Poole Anderson Construction](#)

80 years in the industry with a dedication to improving communities...and kids' lives

[Camp S&A Homes](#)

"The builder who cares" about our youth and the homes they build in PA and West Virginia

[Camp Turner](#)

International leader Turner Construction, valuing integrity, teamwork, and commitment, as do the campers

[Camp Willaman](#)

Offering youth hope, Verne M. Willaman, PSU grad and former chairman of Ortho Pharmaceutical

Checking the Mileage

Comparisons Between The Second Mile Challenge Clientele, Same-Aged Pennsylvania Students, and a National U.S. Sample

By Ty Ridenour, Ph.D., M.P.E., University of Pittsburgh's Center for Education and Drug Abuse Research and Pennsylvania State University's Prevention Research Center

Beginning in summer 2004, campers at the University Park site have been asked to complete a computer-based questionnaire, the Assessment of Liability and Exposure to Substance Abuse and Antisocial Behavior (ALEXSA), during their Challenge camp week. The ALEXSA questionnaire covers intrapersonal skills (i.e., academic, affective, behavioral, biological, cognitive, competencies, and spiritual), family and friends, environment, and exposure to illegal substances. During the first year of data collection using the ALEXSA with The Second Mile Challenge clients, data also were being collected from 9- to 12-year-old students in regular (N = 127) and remedial (N = 145) education programs in central Pennsylvania (as part of a separate research study). Using these data, the mean scores of 9- to 12-year-old Second Mile participants (N = 213) were compared to the student sample to test whether The Second Mile clients have elevated risk factors and lower protective factors than other youth their age.

For each ALEXSA subscale (risk factor or protective factor), we found that all the means were statistically significant such that Second Mile Challenge clients were at greater risk on every subscale. The largest differences in risk factors were found on the depression, family conflict, and violence exposure subscales and, in protective factors, on the social support, planning and concentration, and academic achievement subscales. Therefore, The Second Mile Challenge clientele is considered to be at greater risk for substance use, delinquent behavior, and depression than their same-age peers.

One goal of The Second Mile program is to lower their risk for these outcomes to levels at least equal to their same-aged peers. To understand whether The Second Mile is succeeding in this mission, program evaluation analyses were conducted and demonstrate:

1. Compared to same-age PA peers, Challenge participants of The Second Mile have greater mean levels of risk factors for substance use and antisocial behavior and have lower mean levels of protective factors for substance use and antisocial behavior.
2. Growth curve analyses demonstrate that, as Challenge participants age, their average levels of risk factors increase and average levels of protective factors decrease. Therefore, Second Mile clients' overall risk for substance use increases steadily with age (as it does for all youths) and as a result of multiple factors.

Based on these findings, it could be expected that clients of The Second Mile also would have greater prevalence of substance use compared to their same-aged peers. However, when compared to the results of the Centers for Disease Control and Prevention (CDC) national survey of U.S. youth, rates of lifetime tobacco and alcohol use are lower in clients of The Second Mile (see Table 1). What is of additional note is that the definitions of "use" in the ALEXSA are much lower than in the CDC Behavior Survey; therefore, it is probable that the differences in use between the Second Mile Challenge participants and the national sample of U.S. students are even greater than noted in Table 1.

Table 1: Prevalence of Any Lifetime Use of Tobacco and Alcohol: The Second Mile Participants Versus the CDC Youth Risk Behavior Survey of U.S. Students Nationwide

		Age			
		14	15	16	17
The Second Mile Clients	% Lifetime Tobacco Use	38.9	44.2	56.8	
	% Lifetime Alcohol Use	63.1	70.1	68.6	
2005 U.S. Youth Risk Behavior Survey (CDC)	% Lifetime Tobacco Use	48.7	52.5	57.5	60.3
	% Lifetime Alcohol Use	66.5	74.4	76.3	81.7



◀ Central Region Art Auction

▶ Blair/Bedford/Cambria/Huntingdon Reverse Drawing

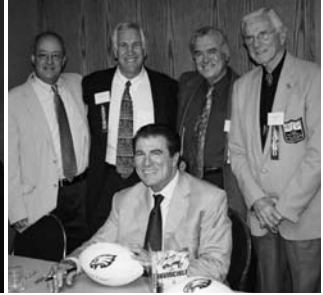


◀ The KPMG Celebration of Excellence

▼ Southeast Region Celebration of Excellence

Miles of Smiles

A Year of Second Mile Special Events...
A Future of Hope for Kids



▲ Clinton County Sports Night

◀ York Chapter Sandy Kranich Golf Benefit

▶ Second Mile Golf Classic



◀ Berks County Kickoff for Kids

▶ Clearfield Chapter Monte Carlo Night



◀ Pitt vs. Penn State Golf Challenge



◀ Mercedes Benz Reverse Drawing



▲ Lehigh Valley Chapter Celebrity Banquet

◀ Lancaster Chapter Spring Celebration



◀ Universal Media Second Mile Celebrity Golf Classic



◀ Chester County Chapter Golf Classic