

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.



Providing Children
with Help and Hope

Spring 2006
Milestones
www.thesecondmile.org

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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 Kitchen Sink...

On a series of days that were some of the coldest of this past winter season, a group of middle school teachers, counselors, and staff not typically on "bus duty" arrived early to school and positioned themselves in the hallways nearest the school entrances or on the sidewalks where the busses disgorged the student passengers. As the winds blew hard and the temperatures dipped into the teens, they outwardly greeted the arriving students with hearty "hellos" while inwardly noting the names of the many shivering adolescents who arrived at the school doorstep in this "affluent" district wearing only windbreakers or no coats at all...and not because the students were making a fashion statement.

What does The Second Mile have to do with this seasonal "SWAT" team? To share that with you, we're going to take a different tactic ourselves. While our past *Milestones* articles typically feature introductions to programs, information about clients, and evidence of program impact, writing about our community-based programs (Foster Family Support, Children's Fund, Counseling and Referral), our early intervention programs (Friend, Friend Fitness, and Summer Challenge), and our prevention programs (PEAK, Nittany Lion Tips, and Leadership) misses The Second Mile activities that fall outside of their scope. So, if you knew "everything *but* the kitchen sink" about The Second Mile and our programs



What's putting the smile on this school counselor's face? The box of new, warm coats he's come to collect from The Second Mile for delivery to needy students!

before, here's "the kitchen sink"—a few of our activities not featured in any brochure or website but that make a difference in children's lives.

Many of these efforts are collaborative, as we work with professionals in other organizations to maximize our impact on children while ensuring efficiency and
The Kitchen Sink continued on next page



Reflections from the Founder

An Orange Bowl win in triple overtime! What an exciting ending to an incredible season! Along with all Penn State fans, I spent this past season cheering on the team, especially delighted for the most senior players who had weathered less successful seasons with dignity and class. Knowing the quality and character of these young men as I do, I know they serve as excellent examples when I speak to the children served by The Second Mile.

Most recently, in my interactions with our Summer Challenge campers, we have been focusing on reaching goals, and I have been stressing the importance of trying hard and of *continuing* to try, even if efforts do not meet with initial success. Persevering, despite obstacles, when you lack confidence is difficult. Rather than risk the embarrassment of trying and failing, many of our kids “protect” themselves by not trying at all. That way, they can say to others (and to themselves), “Of course, I failed. That’s only because I didn’t try. I don’t care how I do in math (or English or on my sports team, etc.).” We work long and hard with children to teach them that miscues are a part of learning and should be celebrated. The only thing we won’t celebrate is apathy.

Many of the youngsters we serve wouldn’t have someone in their corner, celebrating both their efforts and the outcomes, without the role models they have and the encouragement they receive through their involvement with The Second Mile. Success is sweeter, and probably easier to achieve, too, when we have a stadium full of supporters cheering on our efforts, believing that we can and will do it, if not today, then tomorrow. You are that “stadium” of supporters, cheering Second Mile kids on to victory. Because you make role models and lessons and encouragement possible, you contribute to their winning seasons, now and in the future.

Jerry Sandusky

The Kitchen Sink continued from cover

avoiding duplication of services. In the schools, for example, we provide our expertise on mentoring to districts looking to launch in-house programs, training teachers and students in the principles of effective mentoring. Providing training on topics such as bullying to school professionals at statewide conferences, such as the Pennsylvania School Counselors Association Conference, also broadens the impact that The Second Mile’s professional staff has on youth. In addition to the efforts of our program staff, our interns and student volunteers not only work with children directly through Second Mile programs but also reach out and extend our support to these children and others by serving as mentors in after-school programs, like Homework Club.

We seek out opportunities for collaboration not only with school-based efforts but also with community ventures. Staff assist with leadership of and presentations for conferences that impact students, parents, and professionals, such as Project Youth 2000+ and camp conferences, and we participate in regional Communities that Care partnerships and Human Service Councils. Additionally, Associate Vice President of Programs Marc McCann has been part of a team of professionals writing a column about parenting issues with fathers as a target audience for a number of years.

Going “the second mile” includes more personalized outreach, too. “Providing help and hope” comes in the form of staff members helping a Second Mile program graduate navigate the financial aid maze, providing professional references for collegiate volunteers, and meeting with a distressed mom to work on

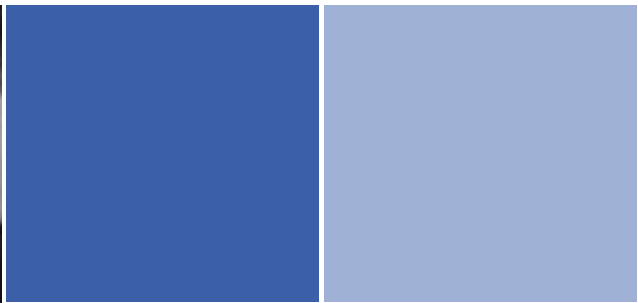
new strategies and seek out additional resources for an errant teen. “Providing help and hope” during the holiday season means connecting families in need to student and community groups who want to make the season brighter by serving as “Santa” for families whose children would have “gone without.” Stop in our offices just before December 25th, and you might feel a need to check the address on the front door to make sure you haven’t disembarked at the North Pole!

Being in the business of connecting those who want to help with those who need hope brings us back to our seasonal SWAT team. For this past December, within the limitations of our staff distribution and storage resources, as we have done often in the past and will do in the future, The Second Mile accepted a most generous donation of winter clothing from a major manufacturer—beautiful, new, fashionable coats; serviceable and stylish boots and snow pants; insulated shirts; and more—and then went to work informing some of the counselors in our network about this opportunity. By connecting a caring company to a group of compassionate counselors, in addition to serving the children involved directly in our programs, more than 600 needy children and teens stayed warm and dry this winter. As one counselor shared, “I wish you could have seen the combination look of disbelief and delight that crossed students’ faces when I called them into my office to give them these great coats and boots. Those looks made my holiday, and the new clothing made theirs!” And that’s “the kitchen sink”!

Miles of Smiles



◀▶▶ Young Friends and Campers enjoy fun with collegiate volunteers at Second Mile activities.



▶▶ Friend Fitness mentors and mentees – hard at work

Checking the Mileage

An Evaluation of The Second Mile's Foster Family Support Program

One of three community-based services offered by The Second Mile, The Foster Family Support Program began in 1987 as an outgrowth of The Second Mile foster care program established in 1982. Honored in 2005 with Community Partner Award by the Pennsylvania Foster Parent Association, The Foster Family Support Program enhances the lives of foster children across the Commonwealth by assisting Pennsylvania's Children and Youth agencies in recruiting new foster parents and recognizing and retaining current foster parents. This three-pronged program provides recreational activities to promote foster family networking and support, offers recognition events to honor foster parent contributions, and develops tools for recruitment of new foster parents.

Participants in The Second Mile's Foster Family Support Program include foster parents and their foster, natural, and adoptive children; birth parents needing supervised settings for visitations; and representatives of Children and Youth Agencies across the Commonwealth. During the most recent fiscal year, recruitment tools were available to all 67 Children and Youth Agencies, 115 foster parents participated in recognition activities, and 4,502 foster parents and their children attended recreational events.

To evaluate this program, 159 foster parents at three events held during July and August 2005 completed short surveys. Their fostering experience ranged from 2 weeks to 35 years and was on average about 7 years. Although they tended to have 1-2 children in care at that time, they had on average cared for 22-23 children. We found no significant correlation between the lengths of time

respondents had been foster parents and their answers to statements about the value of the events or The Second Mile's recognition of their efforts.

Overwhelmingly, participants indicated they enjoyed participating in these activities, with 67.5 percent indicating "strongly agree" and another 29.3 percent indicating "agree." The overwhelming majority indicated these events had been beneficial in introducing their children to new experiences (45.9 percent indicated "strongly agree," and 40.8 percent indicated "agree"), and only 12 percent were either "neutral" or "disagreed" that these events had introduced their foster children to new experiences.

Additionally, the majority (73.1 percent) either "agreed" or "strongly agreed" that attending these venues would be difficult without the support of The Second Mile, while approximately 9 percent did not feel it would be difficult for their families to participate in these types of activities without the Second Mile, and another 18.6 percent were "neutral" on this statement. Further, 76.2 percent felt these activities are more enjoyable when done with other foster families; 5.1 percent "disagreed" or "strongly disagreed," and 18.6 percent were "neutral."

Two additional statements reflected other aspects of the Foster Family Program, foster parent recognition, and recruitment. Foster parents seem to appreciate the recognition The Second Mile provides for service milestones, with the respondent group indicating "agree" (40.4 percent) or "strongly agree" (46.2 percent) to a statement about such

recognition. Only 13.5 percent were "neutral" or "disagreed." With regard to the recruitment aspect of this program, while only 39 respondents (24.5 percent) were familiar with the fostering public service announcements, more than 75 percent of those with that familiarity either "agreed" or "strongly agreed" that these are good tools for recruiting new foster parents and the remaining respondents were "neutral."

In addition to brief survey responses, some respondents provided a glimpse of what these events mean to them via more extended responses. Beyond offering positive comments about the events themselves, some foster parents said their foster children appreciated knowing they were not so different from other children after all, and still others noted that biological children appreciated being included and saw it as a reward for the many accommodations biological children make when their parents bring foster children into their families. Overall, The Second Mile's Foster Family Support Program received strong commendations by foster parents participating in this study. We look forward to continuing to expand this service to these special people who serve as an important resource for children in need.

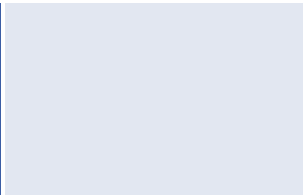
Thank you so much for this wonderful day. It is so great to see other families that look like your own and understand what's in your own heart.

Our little ones enjoyed it so much that they don't want the day to end. We look forward to this event every year.

I get to meet so many foster parents and share our love and (our) concerns.

Miles Ahead

Past Second Milers: Where Are They Now?



Janelle LaCoille

Then

Janelle was involved with the Friend Fitness program for seven years, participating in the 6th through 12th grades, and now is a recipient of a Children's Fund scholarship.

Fondest Memory

"I enjoyed the workouts and interacting with the different people dedicated to the program, both mentors and participants. I especially remember having a great time at the social events like the time when The Second Mile mentors took us to a Penn State basketball game."

The Second Mile's Impact

"Because of The Second Mile, I am at college studying to become a fitness trainer. All those years of being in the gym gave me a passion for strength training and helping people feel better about their bodies."

Now

Janelle is currently a junior at Lock Haven University. She is a Recreation/Fitness major and has been both secretary and president of the Strength, Fitness, and Conditioning Club. She also provides tutoring in nutrition.

Matthew Miller

Then

Recently awarded a Children's Fund scholarship for college, Matt participated in the Summer Challenge Program—both the camp for younger campers and the SMILE (Second Mile Intensive Learning Experience) outdoor adventure camp for teens.

Fondest Memory

"The best part of the program was that my instructor John, the four campers in my small group, and I became friends. That was the first point in my life when I felt important to other people and that I *had* friends."

The Second Mile's Impact

"The Second Mile had a huge impact on my life. It helped me believe in myself and realize I needed to take control. I began to try my best in everything. At The Second Mile, I was able to meet people who made me the person I am today. I thank God for John's presence in my life and for helping me follow the right path."

Now

Matt is currently a member of the Army National Guard, and he is also a student at the Pennsylvania College of Technology with plans to graduate with a degree in Physical Fitness.

Thoughts from the President



In highlighting some activities that we undertake beyond the scope of our programs, this issue's lead article describes a collaboration aimed at putting warm coats on the backs of shivering children in numerous schools, including in districts many would consider "affluent." So it seemed a good time to share information on "The State of the Child in Pennsylvania," because these data underscore the challenges, economic and otherwise, confronting children across the Commonwealth.

Many children begin life in situations that inhibit their success: 1 out of every 7 is born to a mother without a high school education, 1 in 11 to teen mothers, 1 in 12 with low birth weight. While the contrasts between counties may be significant, from a high of 1 in 3 children born to a mother without a high school diploma in one rural county to a low of 1 in 20 in an affluent suburb, in every county there are children facing challenges, as the 1500 school counselors from all 67 Pennsylvania with whom we work will attest.

Statewide, 1 in 3 children, including those in Pennsylvania's wealthier counties, is low income (>\$37,700/family of 4); in rural areas, the statistic is 1 in 2. One in 7 lives in extreme poverty (>\$18,850/family of 4), and 1 in 4 lives in a single parent family. Families headed by single mothers have a median income of \$18,564. Across all income levels, sixty-six percent (66%) of youth living with 2 parents have both parents in the workforce.

Impoverished children have more difficulty in school, are more likely to become teen parents, and, as adults, will be more frequently unemployed. Children living with single parents are more likely to be poor, experience reduced attention and support, and have lower academic and social achievement.

Disturbing? Certainly. Hopeless? I certainly don't believe so, or I wouldn't have spent my career working for an organization that provides "help and hope." Our outcomes research shows that intervention and support *can* make a difference. And I appreciate the opportunity that you've afforded me to see that difference in action.

Olliver, Diane J. (2004). *The State of the Child in Pennsylvania*. Fact Book Series. Harrisburg, PA: Pennsylvania KIDS COUNT.

Miles To Go

Golf is a Game for Kids



A Young Friend finds one way to keep a "poker face."

"One of the most fascinating things about golf is how it reflects the cycle of life. No matter what you shoot, the next day you have to go back to the first tee and begin all over again to make yourself into something."
—PGA Pro Peter Jacobsen

Here at The Second Mile, we have built quite the reputation for presenting several of the premiere golf events in Pennsylvania through the leadership of many dedicated volunteers. Hundreds of golfers, scores of sponsors, all gathering annually to support the work of The Second Mile. A Second Mile golf event is obviously a great way to spend a beautiful (and for the avid golfer and Second Mile supporter, even a not-so-beautiful) day, but beyond the fellowship, the fun, the prizes and the smiles, [what does golf have to teach us?](#)

For one thing, as Peter Jacobsen notes, [the game of golf reminds the player, hole after hole, that success is invariably followed by challenge](#). Here at The Second Mile, we are reminded of that cycle daily. Today, generous gifts of financial support help thousands of kids strive to overcome life's obstacles, set challenging goals for themselves, and become proud examples of the great things that can be accomplished when someone takes the time to care about them. Tomorrow will be another day, with thousands more young

people needing the support and encouragement that The Second Mile provides. To serve them, we need to continue to grow. [We can't take time to rest in the clubhouse; rather, we need to move on to the next tee, the next event, the next donation, the next challenge.](#)

So, for us, even though it is played by adults, golf is a game for kids. [In 2006, The Second Mile will present five great golf events around the Commonwealth to benefit kids in need of support. You can participate by becoming a sponsor, a golfer, or a volunteer with all of the benefits, including the smiles of The Second Mile kids who will reap the benefits of your generosity.](#)

While we're on the subject of special fundraising events, please check the listing at right for other great opportunities to come out and support the children and programs of The Second Mile. [From Art and Silent Auctions to Reverse Drawings to Celebrity Banquets, from Kids' Kick-offs to Monte Carlo Nights to Spring Celebrations, there is a place for everyone to have a great time while providing Pennsylvania's children with help and hope.](#)

*"[in 2005,] all our Special Events Committees worked tirelessly along with staff to produce memorable events for their fellow donors, yet they always kept their focus on what matters most—Second Mile kids. Through volunteers and staff maintaining this focus on the most **important** bottom line—the children we serve, I'm pleased to report that The Second Mile was **very** successful this year in limiting our [overall] fundraising expenses to 12 cents of every dollar raised.* That's a great record! I look forward to continuing meeting and working with donors this year to maintain that record and to sustain and expand the programs we provide for children."*

—Jerry Sandusky, 2005 Annual Report

*Our audit showed that two of every three special events dollars make it to that bottom line, an exemplary effort.

Special Events 2006 Calendar

March 24

The KPMG Celebration of Excellence
Hershey, PA

April 1

Clearfield Chapter Monte Carlo Night
Clearfield, PA

April 7

The 5th Annual Second Mile
Blair County Reverse Drawing
Altoona, PA

April 25

The Berks County Kick-Off for Kids
Reading, PA

April 28

The 17th Annual Second Mile Art Auction
State College, PA

TBD

Lancaster Chapter Spring Celebration
Lancaster, PA

May 5

The 13th Annual Sandy Kranich
Penn State Celebrity Golf Benefit
York, PA

May 5

Clinton County Sports Night &
Silent Auction
Lock Haven, PA

May 15

The Lehigh Valley Chapter Banquet
Allentown, PA

May 19

Southeast PA Celebration of Excellence
King of Prussia, PA

June 6

The 2nd Annual Second Mile
Pitt vs. Penn State Golf Challenge
Pittsburgh, PA

June 12

The Chester County Second Mile
Golf Classic
Downingtown, PA

June 22-24

The Second Mile Golf Classic
State College, PA

September 18

The Universal Media Second Mile
Celebrity Golf Classic
Hershey, PA

November 17

The Second Mile Mercedes-Benz
Reverse Drawing
State College, PA