

STUDENTS RUN PHILLY STYLE

FALL 2020

MILEUP REPORT



Students
Run PHILLY
STYLE

ABOUT MILEUP



In January of 2020, Students Run Philly Style (SRPS) and the Philadelphia District Attorney's Office (PDAO) formalized their partnership to launch MileUp, the first diversion pathway that brings running and mentorship to youth facing delinquency charges who were formerly ineligible for restorative interventions.

Following the SRPS model, MileUp prevents long-term system involvement by holding youth accountable while helping them build skills on the way to positive achievement across all aspects of their lives.

MileUp students who complete all season milestones **receive paid restitution, have their charges dropped, and records expunged.**

THE GOALS OF MILEUP ARE TO:

- Provide youth with a positive caring adult relationship to help them succeed
- Help youth build skills to overcome adversity and manage stress through exercise
- Provide a restorative, strengths-based option to increase positive outcomes in youth diverted away from juvenile system involvement
- Build in restitution support to reduce potential debt and continued system involvement for youth and their families
- Provide youth with long-term sustainable support
- Increase family/guardian engagement throughout the diversion process

FALL SEASON

MileUp is designed to run in 2 cohorts per year (Spring and Fall), with the goal to complete either the Broad Street Run or the Philadelphia Half Marathon. Due to COVID-19 restrictions throughout 2020, MileUp had a modified in-person fall season in which students trained to run 3 SRPS-hosted race-like events: the **Courage 5k, Effort 8k, Respect 10k**.

In September, with updated health and safety policies in place and a smaller target group size to stay within state COVID-19 guidelines, MileUp kicked off its **second cohort** with **13** students, **3** youth advocates, and **7** volunteer mentors (3 from within the PDAO).

The team was based at the Norris Square Neighborhood Project, an organization

with the mission to unite and inspire youth and families using the strengths of their community. The team ran together 3 times per week and had a chance to explore the surrounding neighborhood on their runs, while building relationships and improving their fitness.

Throughout the season, SRPS provided SEPTA passes for all students to get to and from practices. Students earned SRPS gear and shoes after running 5, 10, 20 miles, and improving their attendance.

The team of 3 youth advocates was in regular communication with students and their parents/guardians to provide support with attendance, transportation, access to other necessary resources, and encourage ongoing commitment to the program.

CROSSING THE FINISH LINE

The season lasted 9 weeks and had to wrap up earlier than planned due to tighter COVID-19 restrictions that went into effect in the city of Philadelphia at the end of November.

Despite the shortened season, students and leaders successfully completed all 3 planned milestone races: the Courage 5k, Effort 8k and Respect 10k. Each race was run on Martin Luther King Drive and welcomed a group of parents and guardians who came out to safely cheer students on at the finish line.

11 of 13 youth met the program milestones and had their restitution fees paid to victims, charges dropped, and names submitted for expungement of charges.



BY THE NUMBERS

13

STUDENTS ENROLLED

100% of students identified as African-American

\$508

AVERAGE PAID RESTITUTION

8

MALE STUDENTS

11

STUDENTS COMPLETED PROGRAM*

5

FEMALE STUDENTS

16

AVERAGE STUDENT AGE

3

YOUTH ADVOCATES

796

TOTAL MILES RUN

Students & Leaders

7

VOLUNTEER MENTORS

3 from within the PDA0

CHARGES

The District Attorney's Office of Philadelphia referred 13 students to Students Run Philly Style who were not previously eligible for diversion. The following chart illustrates the breakdown of participant charges:



*Students who did not complete the season were due to: (1) rearrest and (2) threats received to personal safety as a result of gang activity in neighborhood. This student was moved out of state by his family and enrolled in a remote diversion program.

STUDENT REFLECTIONS

After completing the Courage 5k, Effort 8k and Respect 10k, students were asked to reflect on the events that led them to MileUp and the impact their actions had on the victim(s). They set short and long term goals for their future beyond MileUp, and shared their thoughts on the team and season.

"I got to make friends and meet new people."

-MB, 15

"One highlight of this program was to teach me to stay on the right track and not follow behind other people and use my own mind. This has told me about myself, that I can do whatever I put my mind to. I would never had thought that I could had ran those 3 races. I may came in last but I did it and I am proud of myself."

-MR, 15

IF I COULD SAY ANYTHING TO THE VICTIM I WOULD APOLOGIZE TO HIM. I THINK EVENTUALLY I WILL HAVE TO BE THE BIGGER PERSON AND APOLOGIZE. ONE OF THE HIGHLIGHTS OF MILEUP WAS PROBABLY THE STAFF. ONE CHALLENGE BEING IN MILEUP WAS MOTIVATING YOURSELF TO DO SOMETHING YOU REALLY DON'T WANNA DO. MILEUP AND MY ADVOCATE HAVE REALLY HELPED ME STAY OUT THE WAY AND FOR THAT I'M GRATEFUL.

-DS, 16

"MileUp helped me understand to not give up"

-AC, 16

Students were asked to describe MileUp in 1-2 words:

WILLING
CARING FUNNY LOVING
FUN
ACHIEVED TIRING
NO QUITTER

"Look at you now, you nearly been in jail or house arrest. You got off easy this time ever since your 15 birthday you have been wilding out sis. You just turn 18 and get ready for the real world. At 17 you were arrested and sat in a holding cell for hours. Why were you being dumb? I know life is getting hard now you feel like "NOBODY there for you" but you grown now there is no more MileUp for you. You stole for what, to be cool, for what.

Mileup was the best thing for you; you were lucky to get up out of that situation [...] one thing I loved about MileUp was my support system when I didn't have one [...] The mentor gave me a safe space to vent when needed [...] My experience was great. I love MileUp so much I might even think about being a mentor one day in the near future. MileUp gave me courage to start back running and getting active and wanting to help kids like me."

-NC, 18

MENTORS & YOUTH ADVOCATES

The heart and leadership of the team ran side-by-side with students and shared their thoughts about the season



"It was rewarding to see how much [the students] grew as individuals during the short time we had with them [...] and to see them take on new goals and start to apply the lessons they learned from running / being part of a team to their everyday lives. They really opened up and pushed themselves to be the best that they could be during the time they spent, sometimes begrudgingly, with us. Towards the end of the season, I noticed the positive influence of this program on the kids and the goals they set for outside of the program (e.g., going to college, getting jobs, working harder in school)"

- **Mentor**



"I really enjoyed just being at the practices with the students and getting to know them. It was cool to see the same group weekly and be there as an adult who will follow through with showing up. It was an honor!"

-**Mentor**

"I liked watching the students grow closer over the course of the season and be there for each other. I'm sure they never bargained that completing the hard work of the program would also bring new friends into their lives. I felt the students really embraced the core ideas of Courage, Effort, and Respect."

-**Youth Advocate**

"IN A TUMULTUOUS YEAR, MILEUP BECAME SOMETHING FOR ME TO LOOK FORWARD TO EACH DAY. WITH RESTRICTIONS AND SOCIAL DISTANCING IN PLACE, VOLUNTEERS, LEADERS, AND STUDENTS WERE STILL ABLE TO CREATE STRONG BONDS THAT WILL LAST WELL BEYOND THE SEASON."

-**Youth Advocate**

"[My favorite part] was watching kids run across the finish line at races [and] seeing the look of pride on their faces!"

-**Mentor**

FAMILY PERSPECTIVE

MileUp is committed to increasing parent/guardian engagement and voice throughout the diversion process. Youth Advocates fostered relationships with participants' parents/guardians and listened to their end-of-season feedback



"The program was good. I liked that [my son] was allowed to take responsibility for himself and deal with the consequences of his charges. It helped resolve things and helped him clean up his mess."

"Good program for keeping the kids focused and dedicated"

"[MileUp] kept her busy, alert, and motivated, no chance to slack off. It taught her more responsibility, which she needed."

"He was made to be responsible and he even made some friends in the program."

"I like that he started and finished - it made me proud to see. It was a good experience that gave him an opportunity to grow and do better."

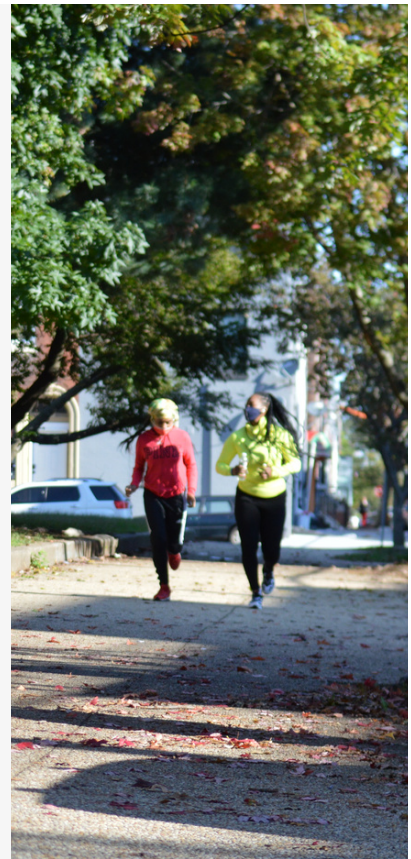
"I WANT TO THANK [HER MENTOR] FOR NOT GIVING UP AND PUSHING MY DAUGHTER TO HER FULL POTENTIAL. I HONESTLY FEEL LIKE MILEUP IS THE BEST THING THAT HAPPENED FOR MY DAUGHTER THIS YEAR. SHE HAS GROWN TO HAVE PATIENCE AND A LOT MORE RESPECT FOR OTHERS. AWESOME PROGRAM"

PARTNER SPOTLIGHT

"Mile Up's holistic programming has once again allowed the District Attorney's Office to address our goals of youth accountability and victim restoration, while working to shield diverted youth from the potential collateral consequences that may arise from traditional Juvenile Justice System involvement. When discussing Mile Up's fall programming with our office, youth almost unanimously indicated that they would recommend this program to a friend or colleague who found themselves in a similar situation. Youth and families appreciated the adventure and incentives of the program, while lauding the patience and support of MileUp staff. I have personally witnessed the lengths that MileUp's team takes to create better outcomes for youth, and the Philadelphia District Attorney's Office greatly appreciates MileUp's support and partnership."

-Jordan King

Director of Juvenile Diversion Programs, Philadelphia District Attorney's Office



MILEUP IN 2021

PROGRAM SEASONS

With the likelihood of continued COVID-19 restrictions at the start of 2021, MileUp aims to enroll 15 new students and 10 mentors/youth advocates in a 12-week hybrid spring season. The team will practice in person 3 times per week, except when the weather does not permit outdoor running, in which case MileUp will hold virtual practices as needed. The team will train to run the **Courage 5k**, **Effort 8k**, and **Respect 10k**.

While we can't predict how the Fall of next year will look, we are committed to having two cohorts in 2021 - as long as COVID-19 restrictions permit us to do so - with the goal to run in-person official or virtual races.

PROGRAM ENHANCEMENT

MileUp aims to further support youth formerly involved in the juvenile justice system by providing employment, social development, leadership, and community engagement opportunities to serve as Peer Mentors in the MileUp program.

SRPS will hire 5 paid **Peer Mentors** per cohort ages 16-20 who shall be MileUp alumni or other youth who have previously faced delinquency charges/adjudication.

Peer Mentors will receive tailored trauma-informed mentoring training before and during the season, and ongoing supervision from program staff. Each Peer Mentor will also be paired with an adult MileUp mentor who will provide individualized guidance throughout the season.

Peer Mentors will train with MileUp youth 3 times per week, run all milestone races, and develop a leadership role on the team alongside youth advocates and volunteer running leaders.



FOR MORE INFORMATION ON STUDENTS RUN PHILLY STYLE:

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TO GET INVOLVED WITH MILEUP CONTACT:

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