

City of Philadelphia



Council of the City of Philadelphia
Office of the Chief Clerk
Room 402, City Hall
Philadelphia

(Resolution No. 251033)

RESOLUTION

Honoring and recognizing Inner Strength Education during the celebration of its 10-Year Anniversary for its decade of transformative work empowering Philadelphia's youth through mindfulness-based social-emotional learning, trauma-sensitive mentoring, and whole-person developmental programming, as part of the Children & Youth Spotlight, which celebrates community-centered organizations uplifting young people across the City.

WHEREAS, The Council of the City of Philadelphia recognizes that the well-being, emotional resilience, and long-term success of young people are essential to building safer communities, stable families, and a stronger, more compassionate Philadelphia; and

WHEREAS, Inner Strength Education, founded in 2014 by visionary educator and award-winning author Amy Edelstein, is dedicated to helping adolescents realize their higher potential through calm, curiosity, compassion, and confidence, guided by Edelstein's 40 years of expertise in contemplative and restorative youth development within Philadelphia's schools; and

WHEREAS, Over the last decade, Inner Strength Education has provided its innovative mindfulness-based programming to more than 35,000 Philadelphia middle and high school students, and while also offering stress-management and wellness sessions to 5,000 teachers and administrators across the School District of Philadelphia, significantly contributing to improved school climate and student mental health; and

WHEREAS, Inner Strength's trauma-sensitive curriculum equips young people with practical tools including mindfulness practices, systems thinking, and emotional regulation strategies that help them manage anxiety, understand stress within both social and biological contexts, and experience greater optimism, perseverance, self-compassion, and belonging; and

WHEREAS, Research conducted by Syracuse University since 2015 has demonstrated statistically significant improvements among Inner Strength participants in key indicators of adolescent well-being including self-regulation, happiness, perseverance, and overall emotional

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resilience. Also, contributing to the growing body of evidence supporting high-quality social-emotional learning; and

WHEREAS, Inner Strength Education has been recognized nationally, receiving the recommended program designation from CASEL, and it has expanded its programming to support youth in after-school programs, recreational centers, and summer initiatives, including innovations such as a multilingual AI mindfulness coach to support English Language Learners; and

WHEREAS, It is vital to uplift organizations like Inner Strength Education whose work strengthens the social fabric of our City by providing young people with the skills to navigate adversity, cultivate empathy, deepen their sense of purpose, and contribute positively to their communities; now, therefore, be it

RESOLVED, THAT THE COUNCIL OF THE CITY OF PHILADELPHIA, Hereby honors and recognizes Inner Strength Education for its extraordinary impact on the youth of Philadelphia through mindfulness-based education, emotional resilience programming, and dedicated mentorship that fosters healthier, happier, and more empowered young people; and

FURTHER RESOLVED, That an Engrossed copy of this Resolution be presented to Amy Edelstein, Founder & Executive Director, and the Inner Strength Education team in recognition of their outstanding service, unwavering commitment to youth development, and contributions to creating a more compassionate and resilient Philadelphia.

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CERTIFICATION: This is a true and correct copy of the original Resolution, Adopted by the Council of the City of Philadelphia on the

**Kenyatta Johnson
PRESIDENT OF THE COUNCIL**

**Elizabeth McCollum
CHIEF CLERK OF THE COUNCIL**

Introduced by: Councilmember Phillips

Sponsored by: Councilmembers Phillips, Gilmore Richardson, Gauthier, Lozada, Brooks, Harrity, O'Rourke, Driscoll and O'Neill