



Inner Strength Foundation

Inner Strength Teen Program

Overview

Inner Strength (ISF) offers teens a unique curriculum designed to connect students with the tools of mindful contemplation and systems thinking. The goal of the program is to help students cultivate calm, curiosity, and care. Students learn social emotional tools for healthy relationships and mental wellness, focus and perspective taking methods for academic success, and stress reduction exercises for self care. The Inner Strength System is a CASEL recommended program, which incorporates social emotional learning, systems thinking, and intentional context or perspective taking. These tools help teens to succeed personally and academically in what is often an overwhelming world.

Focus

Given that nearly every participating student has experienced poverty-related stress, the ISF program uses a trauma-informed lens. The personal challenges caused by this stress, most notably anxiety, poor emotional self-regulation, and brain-based focus issues, are among the factors that the broad suite of mindfulness and contextual thinking tools are best suited to address.

Instructors

All ISF instructors must complete The Inner Strength Level 1 (8 weeks) instructor training, the Level 2 instructor training totaling 80 hours. Additionally, ISF instructors are advised to obtain additional training in Teen Mental Health First Aid as well as in trauma-informed education and racial literacy.

Program Duration and Class Size

We suggest 15-30 students in a class. Typically, the Inner Strength Teen Program is 12 weeks.

Professional Development, Assemblies, and Retreats

As part of the Teen Program “package”, ISF also offers the Reducing Secondary Stress Training for school teachers and introductory/refresher assemblies for students.