MISSION AND VISION

Inward Bound Mindfulness Education (iBme) is a nonprofit that offers in-depth mindfulness programming for youth and the parents and professionals who support them. Our programming guides teens and young adults in developing self-awareness, compassion, and ethical decision making, and empowers them to apply these skills in improving their lives and communities.

iBme is committed to caring for the natural world and addressing issues of social justice in all that we do.

Our vision at iBme is to support future generations of heart-centered, diverse leaders who are prepared to respond to the challenges of their time with focus, resiliency, and compassion for themselves, their communities, and the global environment.
Dear Friends,

I am humbled by the extraordinary outpouring of generosity and kindness from which our organization benefits—the time, energy, and philanthropic support that serves to bring our mission to life. 2017 was a remarkable year of impact and expansion for Inward Bound Mindfulness Education (iBme), and I am excited to share this report with you.

iBme is growing. In 2017 we offered more retreats than ever and expanded to Europe with a UK Teen Retreat. We accepted our first cohort of 39 trainees for the inaugural Mindfulness Teacher Training for Youth Professionals program. We maintained our strong commitment to accessibility, offering 278 teens and young adults retreat scholarships totalling $387,010. iBme continues to make great strides in supporting future generations of heart-centered, diverse leaders who will be prepared to respond to the challenges of their time with focus, resiliency, and compassion.

I invite you to read on to learn more about the inspiring work underway and to hear directly from some of our teens about the lasting impact iBme has had.

On behalf of our entire team, and the many teens and families we serve, thank you for being part of the iBme community!

—Jessica Morey, Executive Director
iBme is part of a 30-year lineage of teen mindfulness retreats that began in Barre, Massachusetts in 1989. Jessica Morey, iBme co-founder and current Executive Director, attended her first teen retreat at the age of 14. Since it was incorporated in 2010, iBme has grown from a DC-based nonprofit to an organization hosting retreats across the US, Canada, and the United Kingdom.

**OUR STORY: iBme FIRSTS**

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>2010</td>
<td>iBme incorporates in July and receives a grant to hire an Executive Director</td>
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<td>2011</td>
<td>Teen retreats are held in California and Hawaii; Jessica Morey appointed Executive Director</td>
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<td>2012</td>
<td>Seven weeklong teen retreats take place across the country, including the first New Year’s retreat which takes place in New England</td>
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<td>2013</td>
<td>Teen and Young Adult Wilderness Retreat begins; partnership to train Mindfulness in Schools Project (MiSP) teachers is launched; research with Dr. Brian Galla at the University of Pittsburgh starts; first annual Commit to Sit fundraiser supports teen retreat scholarships</td>
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<td>2014</td>
<td>Teen retreat is held in Colorado</td>
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<td>2015</td>
<td>Retreat held for Harvard University community; Northeast teen retreat takes place in summer</td>
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<td>2016</td>
<td>Expansion to Canada: Toronto retreat held in summer</td>
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<tr>
<td>2017</td>
<td>Year-long cohort of Teacher Trainees begins; Expansion to Europe: UK teen retreat held in summer</td>
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2017: A YEAR OF IMPACT

**Creating inclusion...**
- 75% teen retreatants on scholarship
- 32% participants identify as LGBTQIA+
- 28% teens of color

**Allocating scholarships...**
- $387,010 scholarship dollars given to teens attending retreats
- 57% of teen retreat fees were covered by scholarships
- 75% of Teacher Trainees received scholarships

**Reaching youth...**
- 13 retreats offered
- 164 facilitators guide and teach
- 382 teens and young adults participate
Mindfulness for Children, *New York Times*: Experts share tips for different age groups, including recommendations for teenagers from iBme’s Executive Director, Jessica Morey.

How to Be Mindful When You Are Angry, *New York Times*: Jessica Morey discusses how to skillfully respond to anger as it arises.

How to Be Mindful on a Hike, *New York Times*: iBme Program Director Khalila Archer shares simple mindfulness practices for connecting more closely with nature.

Jessica Morey presented the keynote lecture at the 10th Annual Mindfulness in Education Conference at Tufts University.

Teaching Meditation to Teenagers, *10% Happier* podcast: ABC newsman Dan Harris interviews Jessica Morey about her journey to meditation and iBme.

A Deep Dive into Mindfulness, *Mindful* magazine: A journalist describes the experience of an iBme retreat (see sidebar).

Find these and other articles and videos in the Press section on our website.

“What teens carry with them [from an iBme retreat] are the experiences of unconditional positive regard from their peers and adults, the insights about their inherent lovability, and a belief that they can work with their hearts and minds to feel more peaceful. They learn to not believe every thought that forms in their minds.”

—Jessica Morey
Our multi-day residential retreats teach participants proven awareness and concentration practices. Through guided mindfulness meditation, small group discussions, and mindful movement, participants learn how to settle a busy mind, direct and sustain attention, investigate emotions and thoughts, cultivate compassion, and communicate with their peers.

iBme offers residential retreats for teens, college students, young adults, adults, parents, and youth-serving professionals.
Emmye attended her first iBme retreat during her senior year of high school. “I was experiencing a lot of changes in my life, and was feeling unsteady about all the transitions that were happening as I prepared to leave behind my friends, family, and hometown to attend college,” she recalls.

“I knew that I needed to cultivate some kind of inner-groundedness to support myself in this move and beyond.”

Little did she know how far “beyond” her retreat experience would take her. In addition to building long-lasting friendships and deepening her own mindfulness practice, her time with iBme ultimately served to shape her life path.

“That retreat inspired so much of the work that I do today, and the work I hope to continue to do in the future,” she says. “Being able to experience heartfelt friendship and solidarity with people across their differences helped me to understand what compassionate communities can look like. I have dedicated both my personal practice and my academic career to exploring the ways that mindfulness can support social justice work and community building—and so much of it started with iBme!”

Being able to experience heartfelt friendship and solidarity with people across their differences helped me to understand what compassionate communities can look like.

—Emmye Vernet, 21
I think practicing mindfulness can help teens to form healthy relationships with everything in their lives.

—Taujvyonne Daniels, 16

TEEN VOICES: TAUJVYONNE

Taujvyonne got inspired to attend his first retreat after his sister returned from a transformative week with iBme. “She was feeling so much joy that she had trouble voicing her experience,” he remembers. “No words could come close to replicating the warmth she had felt during the trip. I couldn’t imagine why she fell in love with meditation, so I had to find out for myself!”

It wasn’t long before Taujvyonne had a transformative retreat experience of his own. Discovering mindfulness for himself while surrounded by his peers, proved to be life-changing. “It was a feeling of authenticity and intimacy,” he says. “Just looking into the eyes of another person, without knowing anything else about them, and realizing that everyone is experiencing something in their lives.”

He also discovered that connecting with others helped him to connect more deeply with himself. “I had internal conflicts that I really got to confront while on retreat,” he says. “I think practicing mindfulness can help teens to form healthy relationships with everything in their lives. It’s given me a real sense of what’s best for me, and I no longer feel the need to be like everyone else. I’ve been inspired to improve my life by following my individual interests.”
Equity, diversity, and justice are core values of our teen retreats; in fact, they are inherent in the very tenets of mindfulness.

iBme has committed to creating widely accessible and culturally appropriate programs so that mindfulness practices can benefit youth from all races, genders, socioeconomic classes, abilities, religions, and ethnicities. In 2017, in addition to important research and assessment, the work of the Equity and Interdependence Committee (EIC) included:

- hosting two Equity and Interdependence webinars: “What is Collective Liberation?” and “Nurturing Collective Liberation at iBme”;
- providing training and support for iBme retreat staff;
- engaging the iBme Board of Directors; and
- raising awareness with parents.

In response to increased interest from peer organizations looking to develop their own programming, the Committee is writing a Mindfulness, Youth, and Justice White Paper to be made available in 2018.

Our research partner at the University of Pittsburgh, Dr. Brian Galla, published a new waitlist control study of iBme summer teen retreats and their impact on participants. As a result of an iBme retreat, teens experienced:

- decreased depressive symptoms, rumination, and reactivity;
- increased self-compassion, life satisfaction, and emotional self-regulation; and
- increases in working memory.

Published in the Journal of Adolescence, this study also sheds new light on the outcomes of intensive, weeklong, residential meditation retreats when compared to the outcomes of school-based meditation and mindfulness programs.

Residential retreats allow teens to experience many hours of daily mindfulness and self-compassion practices in the close company of teachers, mentors, and peers.

Our Teacher Training initiative came about in response to requests from individuals and organizations who wanted to learn from us how to best bring mindfulness to teens.

A key focus of our reflections on how to best teach what we know became: How do you adapt the iBme approach to the unique needs of the teens in a given community?

A remarkable team of people contributed to the collaborative effort of creating an iBme teacher-training curriculum. This included mindfulness teachers, lifetime educators, social workers, graduate students, college administrators, and iBme alumni — all with a passion for sharing mindfulness with teens.

39 people participated in the first teacher training. We are thrilled by not only the important work of this cohort, but also the potential impact of the initiative.
OUR PARTNERS

iBme is proud to partner with these like-minded organizations and people.

10% Happier
1440 Foundation
Brooklyn Zen Center
The Center for Koru Mindfulness
The Center for Mindful Living
Compassion Institute
Compassionate Schools Project
Evolve Foundation
Harvard University Health Services
Hemera Foundation
Insight Meditation Community of Charlottesville
Insight Meditation Community of Washington
Insight Timer
Kalliopeia Foundation
Michelle Gale
Middlesex School
Millennials Don’t Suck
Mindful Families
Mindful Schools
Mindfulness and Therapy Center
Mindfulness without Borders
Opulent Mindfulness
Peace in Schools
Process
Project Wayfinder
Susan Stiffelman
Trust for the Meditation Process
UCLA Mindful Awareness Research Center
YES (Youth Empowerment Seminar)
Youth Passageways
“The connections I have made here have changed my life and allowed me to feel so free and fully connected as a human.” —Donovan
2017 FINANCIAL SNAPSHOT

income

Donations
$837,034
60.3%

Program Fees
$551,690
39.7%

$1,388,724

expenses

Programs
$842,371
69.7%

General & Admin
$252,468
20.9%

Fundraising
$113,124
9.4%

$1,207,963
2017 HONOR ROLL OF DONORS

TRANSFORMATION CIRCLE ($25,000+)
Anonymous (3)
Jamie Gates
Hemera Foundation
Hershey Family Foundation

WISDOM CIRCLE ($5,000-$24,999)
Anonymous (2)
Andrew Family Foundation
Owsley Brown III
LWH Foundation
Jessica Morey and Doug Worthen
Adam Savage and Julia Ward
Chris and Tony Smith
Trust for the Meditation Process
Wisdom Lotus Foundation

EQUITY CIRCLE ($1,000-$4,999)
Anonymous (3)
Awesome Foundation – Boulder
Elizabeth Bentley
John and Johanna Boynton
Compassion Institute, Inc.
Demoulas Foundation
Geoff Gray
Mitch Gordon
Lisa Henson
Julie Hersch
Brett Hershey
Roland Hoch
Jim and Marcia Kelly
Lena Mandelis and Mark Curelop
Gary Moon
Lara Patriquin
Dawa Tarchin Phillips
Rupinder Sidhu

COMPASSION CIRCLE ($500-$999)
Anonymous (2)
Wendy Abrams
Marv Belzer
Jasmine Cherazi
Cary and Lewis Collins and Family
Alexander Eaton
Maureen Fallon-Cyr
Gia Gagnon
Terri Goslin-Jones
Linda Graham
Paul Grotas
Edward Harding
Pham Truc Lam
Mara Landis
Brian Margolis
Keely McDonald
Jonathan Moses
Brooke Muggia
Andrea Polle
Susan Salek

COMPASSION CIRCLE (up to $499)
Anonymous (20)
Wendy Abrams
Susan Abrams
Alva Ackley
Kristin Keimu Adolfson
Grace Aheron
Robin Albertson
Melissa Ambrose
Beatrice Anderson
Matthew Andrews
Charles Anton
Sooz Appel
Martha Archer
Michael Arenson
Chris Ashley and Katy Ward

MINDFULNESS CIRCLE (up to $499)
Anonymous (20)
Susan Abrams
Alva Ackley
Kristin Keimu Adolfson
Grace Aheron
Robin Albertson
Melissa Ambrose
Beatrice Anderson
Matthew Andrews
Charles Anton
Sooz Appel
Martha Archer
Michael Arenson
Chris Ashley and Katy Ward

Colette Auerswald
Hana Augustinova
Jason Baker
Sarah Baldiga
Jacoby Ballard
Townsend Bancroft
Diana Barrett
Ioana Barza
Connie Batten
Cherline Bazile
Asabi Beal
Janna and Eric Bear
Oliver Beavers
Belongsip Limited – Cecile Randoing
Adi Bemak
Andrew and Catherine Bendheim
Jessie Benjamin
Lyndsey Bens
Joyce Bentley
Gwen and Michael Berliner
Hassan Bhatti
Tristan Binns
Stephanie Bishop and Sara Berks
Michael Blackwell
Jennifer Blake
Lauren Blas
Babette Bloch
Diane Bloch
Justine Bloch
Ian Bogert
Jared Boggs
Allison Bolles
Helene Bouchard
Gaynor Bourgeois
Barry Boyce
Nancy Brach
Brian Ethan Brandt
Patti Breitman
Susanne Brennan
Matthew Brensilver
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Lee Brosnick
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Hugh Byrne
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Robin Mansfield
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Eli Marienthal
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Charlotte Milan
Jane Miller
Pamela Miller
William Mingis
Jane Mitchell
Tom Mitchell
Ezequiel Montemayor
Aída Moore
Barbara Moore
Meredith Moore
Rex Morey
Mary Jean Moriarty
Vasile Morton
Karel Morton
Tanzanite Msola
Gwendolyn Murphy
Carmen Murray
N. Netchvolodoff
Mick Neustadt
Cheryl Nunes
Ronald Nunes
Hannah Oberman-Breindel
Yong Oh
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Isaiah O’Neal
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Glenn Peacock
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Deborah Philippe
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Andrea Picott
Monica Pielage
Martin Plackett
Susan Priester
Progressive Change Fund
Amy Putnam
Willie Quayle
Sarah Rabkin
Holmes Rackliff
Emily Rapp
Dave Rapson
Arlene Reed
Irene Reti
Seth Reynolds
Nancy Riker
Darci Rogers
Holly Rogers
Scott Rogers
Laura Rose
Elisabeth Rosenthal
Robin Rosholt
Eric Ruben
Lauren Rubenstein
Benjamin Rubin
David Rubin
Janet Rubinson
Derek Rubinstein
Jane Sachs
Danielle Saint Louis
Rafi Santo
Andrea Santoriello
La Sarmiento and Wendy Taylor
Daniel Saver
Ari Savitzky
Stefanie Schmidt
Craig Schuessler
Lawrence Schuessler
Sebene Selassie
Rahul Shah
Saba Shapouri
Shahla Shapouri
Andrew Sheriff
Ellen Sherron
Anton Shuster
James Sibelle
Loren Silvertrust
Stefanie Simons
Vijay Sinha
Juliana Sloane
Debra R. Sloss, LMFT
Margaret Mary Small
Cathy Smith
Evan Smith
Julia Smith
Leslie Smith
Dana Solomon
Benjamin Standish
Caitlin Standish
Jessie Standish
Robert Standish
Mark Stefanski
Melissa Stevens
Maureen Stewart
Abigail Strietmann
Elizabeth Stuart
Sarah Stuart
Trevor Stutz
Wade Sulzman
Sarah Swinger
Colleen Taintor
Susa Talan
Suzanne Tassie
Carolyn Taylor
Eliza Taylor
Ian Taylor
Rebecca Tedesco
Inge Terrill
Nan Theberge
Jen Trujillo
Emily Tulman
Lori Tuominen
Bryan Van Vranken
Joel Veenstra
Jacques Verduin
Mary Vernon
Elizabeth Vogel
Kristin Wade
Cynthia Wagner
Jenny Yang
Julianne Yazbek
Mary P. Yntema
Aiko Yoshino
LT Yoson
Sarah Young
Abby Zeiser
Eva Zeiser
Xuan Zhao
Alex Zima
Amelie Zurn
Ari Weisbard and Rebecca Ennen
Richard and Dorothy Wheeler
Dana White
Daniel Whitebread
Jesse Whittle-Utter
Jacqueta Wier
Barnaby Willett
Cynthia Williams
Michael Williams
Liz Wood
Joseph W. Worthen
Jenny Wax
Mary Jean Moriarty
Mary P. Yntema
Aiko Yoshino
LT Yoson
Sarah Young
Abby Zeiser
Eva Zeiser
Xuan Zhao
Alex Zima
Amelie Zurn
BEHIND THE SCENES: THE iBme TEAM

**Staff**

- Jessica Morey, Executive Director
- Khalila Archer, Program Director
- Tom Rocco, Outreach & Communication Manager
- Sarah Argeropoulos, Program Coordinator
- Amanda Fallon, Development & Operations Coordinator

**Operational Support**

- Caitlin Standish, Programs
- David Hart, Design and Community Engagement
- Justin Wilson, IT
- Lindsay Noll, Finance

**Current Board Members**

- Jake Davis, President
- Beatriz Meza-Valencia, MD, Vice President
- Lewis Collins, Treasurer
- Jena Brooker, Teen Director and Secretary
- Chay Ellenbogen, Teen Director
- Lauren Hall
- Charlie Harding
- Chris McKenna
- Lara Patriquin
- Dawa Tarchin Phillips
- Gretchen N. Rohr
- Dan Scheibe
- Charisse Minerva Spencer

**Past 2017 Board Member**

- Rob Kaufold

**Guiding Teacher Committee**

- Charisse Minerva Spencer, Friends School of Virginia Beach
- Chas DiCapua, Insight Meditation Society
- Dawn Scott, Spirit Rock Meditation Center
- Dori Langevin, Mainstream Mindfulness
- Enrique Collazo, Challenge Day
- Jessica Morey, iBme
- Jose Shinzan Palma, North Country Zen Circle
- Marvin G. Belzer, UCLA Mindful Awareness Research Center