



# INWARD BOUND MINDFULNESS EDUCATION

2017 Annual Report



iBme

## 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.





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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

# OUR STORY: iBme FIRSTS



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.

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**2010** iBme incorporates in July and receives a grant to hire an Executive Director

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**2011** Teen retreats are held in California and Hawaii; Jessica Morey appointed Executive Director

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**2012** Seven weeklong teen retreats take place across the country, including the first New Year's retreat which takes place in New England

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**2013** 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

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**2014** Teen retreat is held in Colorado

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**2015** Retreat held for Harvard University community; Northeast teen retreat takes place in summer

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**2016** Expansion to Canada: Toronto retreat held in summer

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**2017** Year-long cohort of Teacher Trainees begins; Expansion to Europe: UK teen retreat held in summer

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# 2017: A YEAR OF IMPACT



## Reaching youth...

**13**  
retreats offered

**164**  
facilitators guide and teach

**382**  
teens and young adults participate

## 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

# iBme IN THE SPOTLIGHT: NEWS & MEDIA



**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

# iBme RETREATS



● **Retreat Locations**

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.

# TEEN VOICES: EMMYE

**E**mmye 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.**

**—Taujvynne Daniels, 16**

# TEEN VOICES: TAUJVYONNE

**T**aujvynne 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 Taujvynne 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.”

# iBme INITIATIVES

## EQUITY & INTERDEPENDENCE

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.

## RESEARCH

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.

## TEACHER TRAINING

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  
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Hemera Foundation

Insight Meditation Community  
of Charlottesville

Insight Meditation Community  
of Washington

Insight Timer

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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

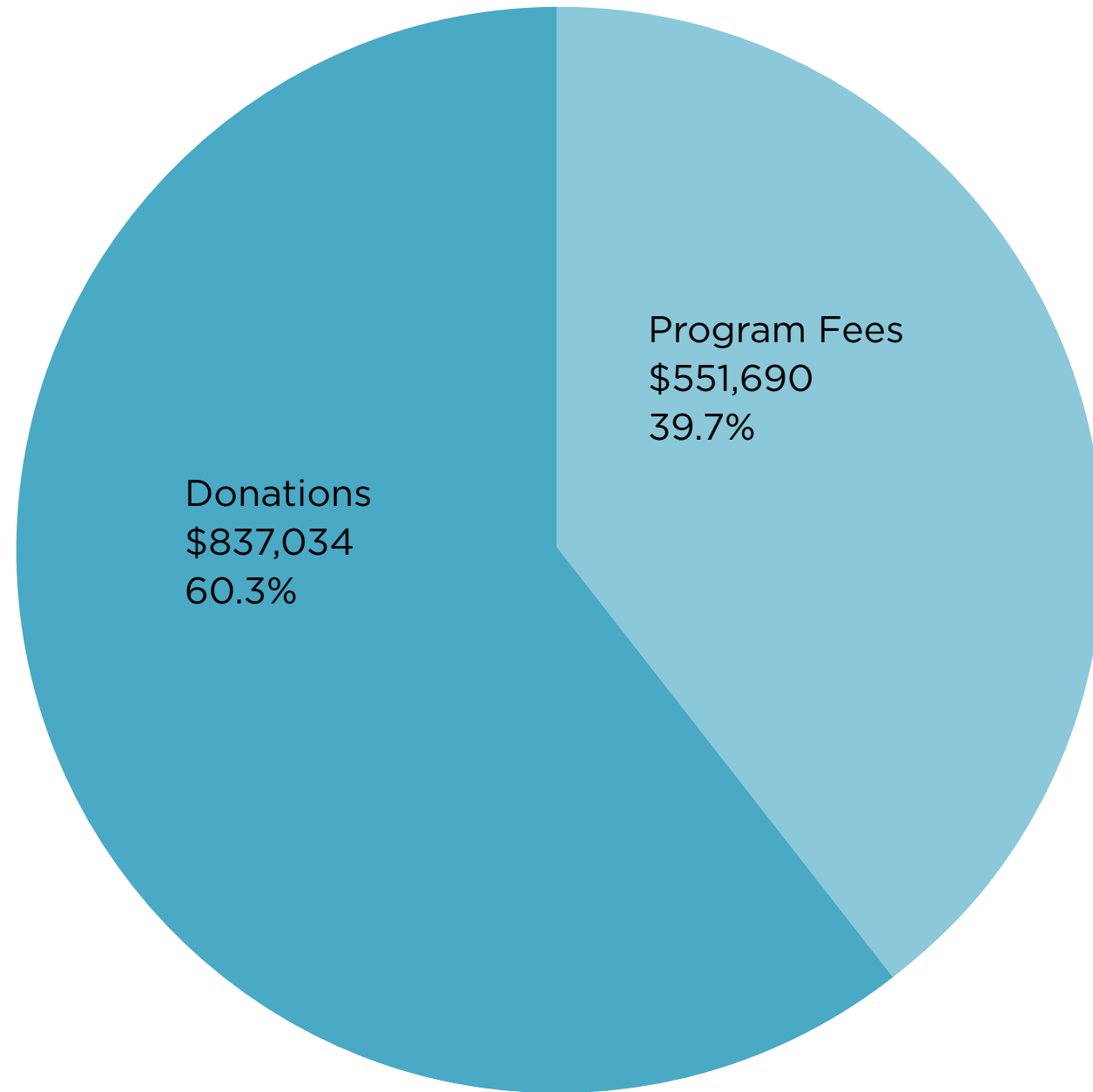




**“The connections I have made here have changed my life and allowed me to feel so free and fully connected as a human.” —Donovan**

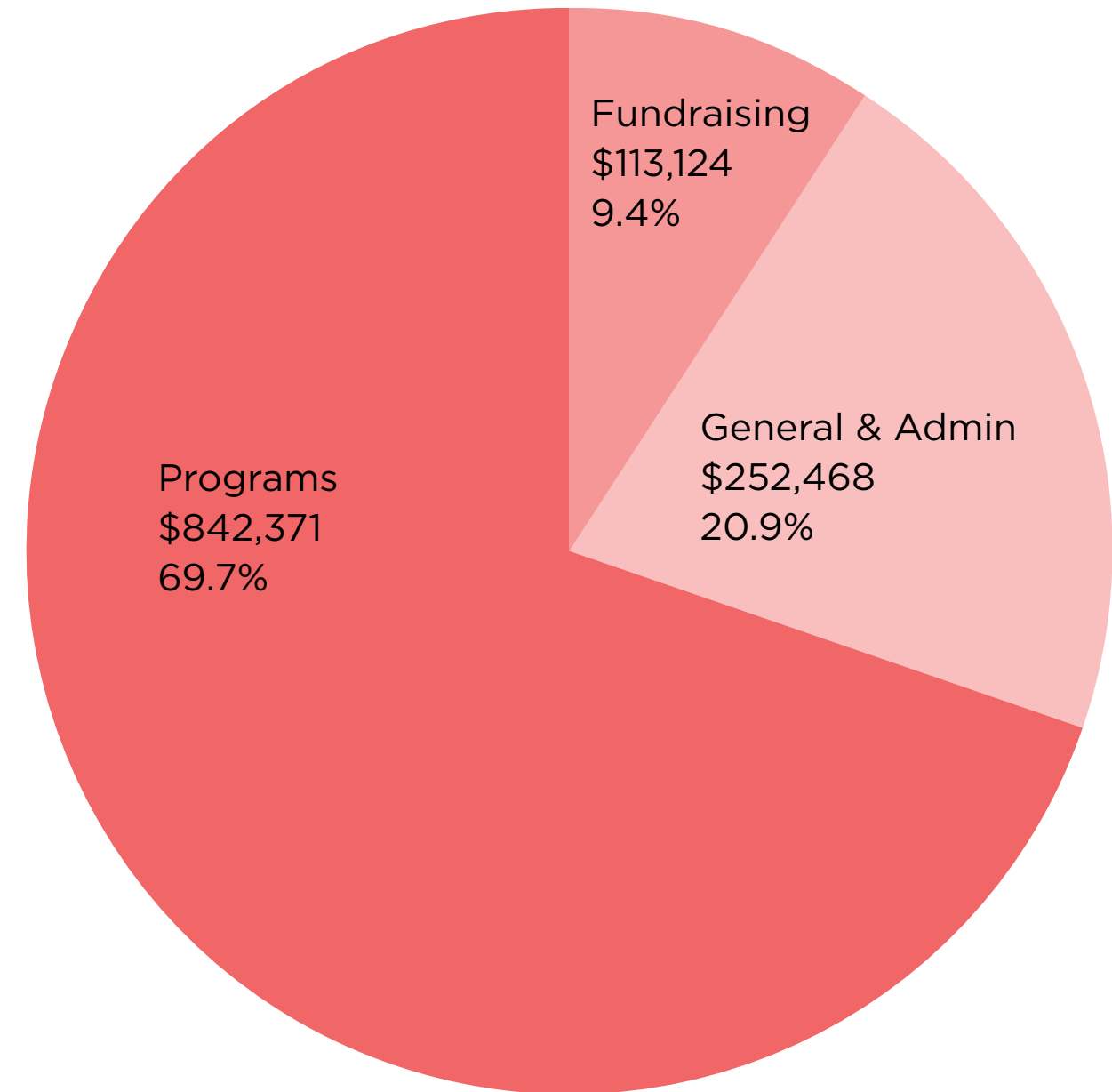
# 2017 FINANCIAL SNAPSHOT

**income**



**\$1,388,724**

**expenses**



**\$ 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  
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Jessica Morey and Doug Worthen  
Adam Savage and Julia Ward  
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## EQUITY CIRCLE (\$1,000-\$4,999)

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# BEHIND THE SCENES: THE iBme TEAM

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Khalila Archer,  
Program Director

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Outreach & Communication  
Manager

Sarah Argeropoulos,  
Program Coordinator

Amanda Fallon,  
Development & Operations  
Coordinator

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David Hart, Design and  
Community Engagement

Justin Wilson, IT

Lindsay Noll, Finance

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Charisse Minerva Spencer

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