

ANNUAL IMPACT REPORT

Growing Together.

Mind-Body Bridging reached more people than ever in 2025, across clinical, academic, and community settings throughout Utah and beyond.

4,686

People Trained in MBB

+43%

Growth Over 2024

\$120K

Total Revenue

11

New Certified Clinicians

Why We Do This Work

OUR MISSION

The I-System Institute exists to promote well-being through its teaching, training, research, and clinical services using the practices of Mind-Body Bridging.

FROM THE DIRECTOR

Derrick Tollefson, Ph.D.

ISI DIRECTOR

Utah State University

4,686

People reached in 2025

+43%

Year-over-year growth

+128%

Conference & community

143%

Social media growth

“Reaching people who need these tools requires meeting them where they are.”

2025 was a year of significant progress for the I-System Institute.

We expanded access to Mind-Body Bridging across clinical, academic, and community settings, reaching 4,686 people – a 43% increase over the prior year. The growth in this report represents real outcomes for real people, from K-12 students learning emotional regulation tools, to first responders building resilience under pressure, to clinicians deepening their practice through MBB certification.

One of the most meaningful developments of the year was the launch of Bridges to Change, our new program for individuals who have caused harm in intimate partner relationships. Lasting community safety requires more than intervention. It requires transformation, and MBB offers a practical, research-informed path toward that goal.

2025 also brought a leadership transition. After years of foundational contributions, Kevin retired. Tanya Comer has stepped into an expanded leadership role, and the Institute is well positioned for what comes next.

We also invested in visibility through a redesigned website and expanded social media presence, resulting in a 143% increase in social media engagement and a 128% increase in conference and community participation.

I am grateful to our team, partners, students, and community. The work continues.

Derrick Tollefson, Ph.D.

Director, I-System Institute · Utah State University

● 2025 BY THE NUMBERS



● YEAR-OVER-YEAR GROWTH

Reach grew across every audience we serve.

Participation expanded in all five categories in 2025. The most significant gains came in Conferences & Community (+128%) and First Responders (+50%), reflecting the Institute's growing presence in community and public safety settings.

STANDOUT GROWTH

+128%

CONFERENCES & COMMUNITY

+57%

EDUCATORS

Audience	2024	2025	Growth
Conferences & Community	470	1,070	+128%
Educators	188	296	+57%
Business & Nonprofit Employees	961	1,261	+31%
First Responders	650	973	+50%
USU Faculty, Staff & Students	1,010	1,086	+8%
TOTAL	3,279	4,686	+43%

PROGRAM SPOTLIGHT

NEW IN 2025

Bridges to Change

In 2025, the I-System Institute launched Bridges to Change, a therapeutic and skills-based program for individuals who have caused harm in intimate partner relationships. Grounded in MBB principles and designed to support genuine, observable, and sustained behavior change.

This initiative reflects the Institute's belief that lasting community safety requires more than crisis response. It requires the kind of deep, practical skill-building that MBB is uniquely positioned to offer.

SAFETY FIRST

Safety for partners, children, families, and the community is the foundation of everything we do.

RESPECT & DIGNITY

Direct feedback, mutual respect, and dignity for all participants throughout the process.

OBSERVABLE CHANGE

Change that can be seen, measured, and sustained — not just awareness, but transformed behavior.

ACCOUNTABILITY & REPAIR

Clear responsibility for choices, with a focus on safer behavior now and into the future.

USU ACADEMIC PROGRAMS

MBB Courses at Utah State

Mind-Body Bridging continued to grow as an academic program at USU in 2025, with courses offered across spring, summer, and fall semesters.

9

MBB COURSES
TAUGHT

86

TOTAL
STUDENTS

11

CERTIFIED
CLINICIANS

"Its simplicity belies its profound depth. Our members have reported increased clarity, improved decision-making, and a more positive outlook."

— Steve Hansen, CEO · Utah Local Government Trust

LEADERSHIP TRANSITION

A New Chapter of Leadership

2025 brought meaningful change to the Institute's leadership team, ensuring continuity and momentum as we grow.

RETIRED 2025

Kevin Webb

Kevin's foundational work shaped the Institute's infrastructure, partnerships, and culture. We are deeply grateful.

ASSOCIATE DIRECTOR

Tanya Comer, LCSW

Tanya has stepped into an expanded leadership role, bringing deep clinical expertise, a longstanding commitment to the MBB model.

EXPANDING OUR REACH

More people finding MBB than ever before.

In 2025, the Institute made significant investments in visibility and community engagement, launching a redesigned website and building a more active social media presence.

143%

INCREASE IN SOCIAL MEDIA ENGAGEMENT

128%

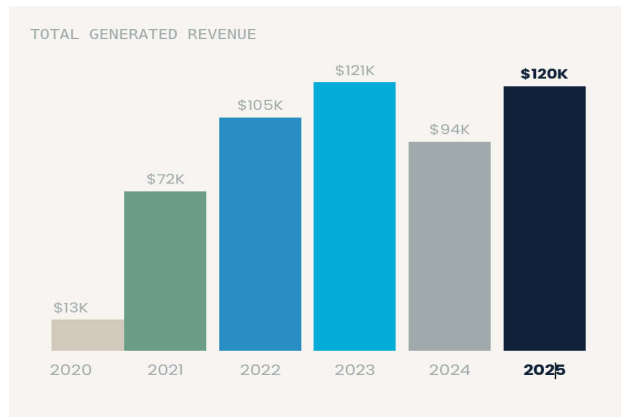
INCREASE IN CONFERENCE & COMMUNITY PARTICIPATION

These efforts reflect a core conviction: effective tools only create impact when people can find them. Making Mind-Body Bridging more discoverable and accessible is central to the Institute's mission.

FINANCIAL OVERVIEW

Strong recovery. Near record revenue.

The Institute generated \$120,146 in total revenue in 2025, representing a strong recovery from 2024 and nearly matching the Institute's peak year of \$121,832 in 2023. This growth reflects increased demand for MBB trainings, certifications, conferences, and clinical services across Utah.



We gratefully acknowledge the ongoing support of the College of Arts & Sciences and the Department of Social Work at Utah State University. Their encouragement and resources have been essential to our ability to serve the broader community.

The work *continues.*

As we move into 2026, the I-System Institute remains committed to expanding the reach and depth of Mind-Body Bridging across clinical, academic, and community settings.

If you are interested in partnering with us, supporting our work, or learning more, we would love to hear from you.

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4,686

PEOPLE TRAINED

+43%

GROWTH IN 2025

\$120K

REVENUE

11

CERTIFIED CLINICIANS