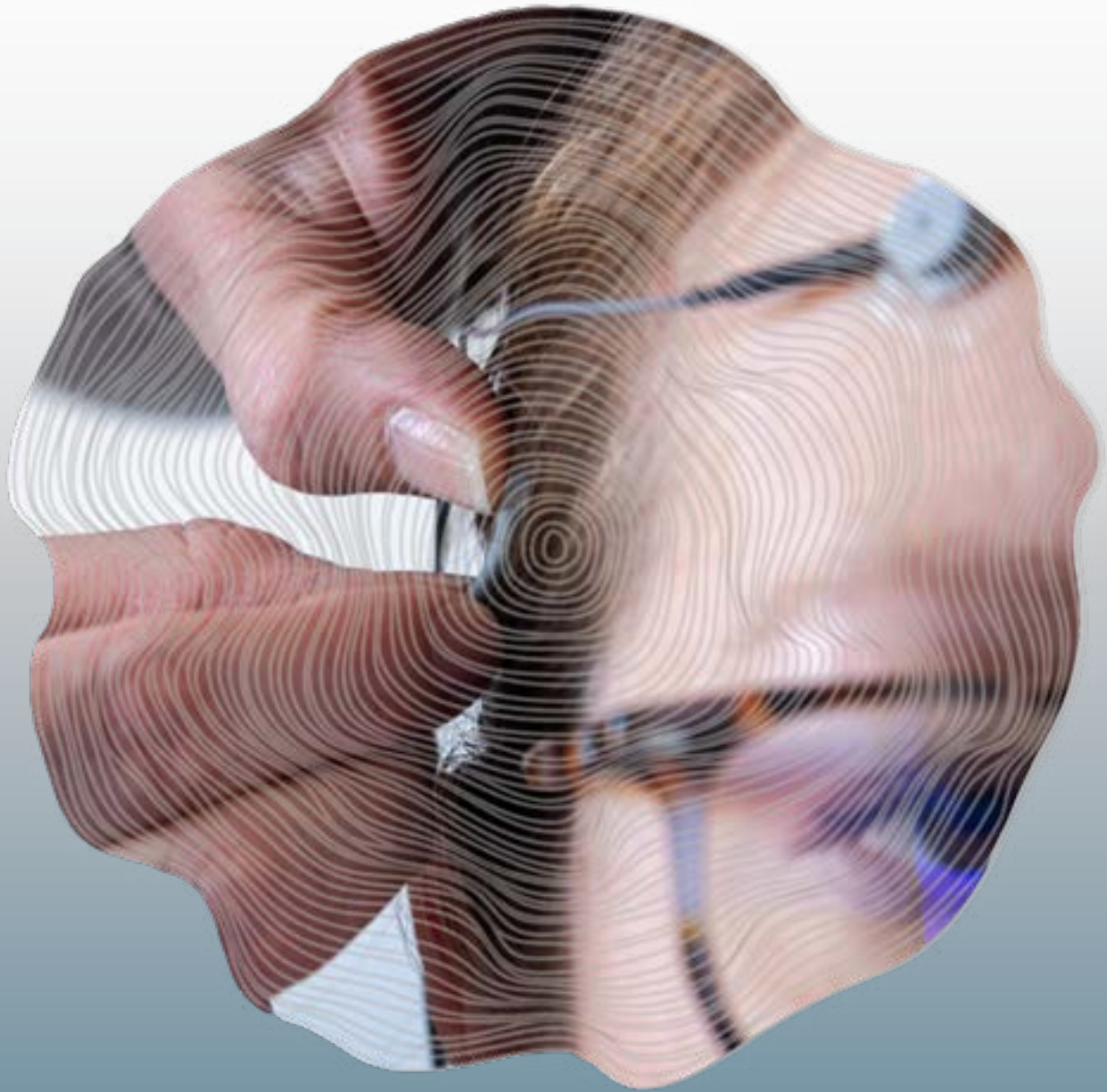


# Measuring Our Impact



## Integrative Mind and Body Services

2025 Annual  
Report

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# A Letter from our Executive Director

As we close out 2025, I am filled with gratitude for every person who has walked beside us this year—our clients, families, staff, partners, donors, and community supporters. Each of you has played a part in helping Integrative Mind and Body Services grow into a place where healing is accessible, whole-person care is honored, and hope is something we build together.

This year brought tremendous movement toward health and resilience in our schools, clinics, and throughout the communities we serve. We witnessed children gaining confidence through neurofeedback, families finding stability through supportive services, and individuals discovering new pathways to emotional and physical wellness. Every success story reflects the power of compassion, innovation, and the belief that everyone deserves the chance to feel better and live fully.

Our mission could not thrive without the generosity of those who believe in us. Your contributions—whether time, advocacy, partnership, or financial support—allow us to bring care to those who need it most. Because of you, thousands of moments of healing happened this year that might otherwise have been out of reach.

As we look toward 2026, we remain committed to expanding access, strengthening community partnerships, and offering services that honor the mind, body, and spirit. The future is bright, and together, we will continue creating a healthier, more connected community for all.

Thank you for your trust, your kindness, and your unwavering belief in this mission. May the year ahead bring you peace, good health, and renewed hope.

Warmly,

Alyse Kerr, Executive Director  
Integrative Mind and Body Services

# Mission & Vision

Our mission is to provide transformative solutions for both mental and physical health, ensuring access to innovative solutions – regardless of a person’s ability to pay.

We envision a Northeastern and Central Pennsylvania where cutting-edge health solutions are not a privilege for the few, but a resource available to everyone in need.



# Rewiring Health: A Smarter, Safer Path to Wellness

In the heart of Northeastern and Central Pennsylvania, Integrative Mind and Body Services (IMBS) is leading a quiet revolution in how we think about health, especially mental health. While long waitlists persist and medication remains the default treatment for many, IMBS offers something radically different: a safe, science-backed approach that trains the body and brain to heal themselves.

Alyse Kerr, our Executive Director, holds a bachelor's degree in Psychology from East Stroudsburg University, a master's degree in School Counseling from the University of Scranton, is a Nationally Certified Counselor, and holds a NADD Dually Diagnosed (IDD/MI) Clinical Certification. She has also completed 36 hours of Biofeedback Certification International Alliance (BCIA) Didactic Training. The IMBS team consists of an additional nine members who are licensed social workers, licensed professional counselors, clinical psychologists and technicians.



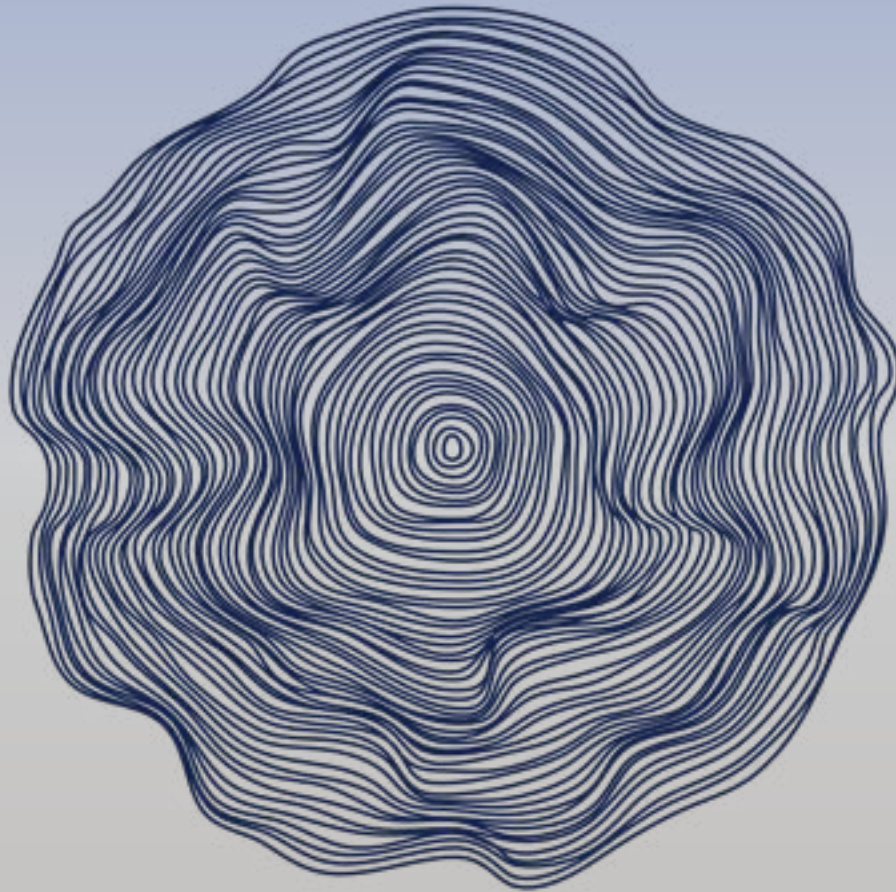
# What We Do

Integrative Mind and Body Services provides neurofeedback and biofeedback therapies serving clients as young as four to the elderly across Lackawanna and other nearby counties. These therapies are non-invasive, drug-free, and deeply individualized, helping people address conditions like anxiety, depression, recovery, chronic pain, ADHD, migraines, and trauma.



## What is Neurofeedback?

Neurofeedback is a brain-training technique that helps people learn how to better control their brain activity. During a session, sensors placed on the scalp monitor brainwaves in real time. This information is then fed back to the client through interactive visuals or sounds, like a video game that only progresses when the brain is operating in a calm or focused state. Over time, the brain “learns” these healthier patterns and is better able to manage issues like anxiety, depression, ADHD, insomnia, or emotional regulation.



## What is Biofeedback?

Biofeedback works in a similar way, but focuses on physical functions such as heart rate, breathing, skin temperature, and muscle tension. Small sensors track how the body responds to stress, and the client receives real-time cues, like a graph, a changing sound, or a visual bar, that help them learn how to relax their body and restore balance. This can be especially helpful for managing chronic pain, migraines, or tension-related issues.



## Why Here? Why Now?

Northeastern Pennsylvania is facing a mental health crisis marked by long waitlists, limited behavioral health capacity, high poverty rates, and a lack of access to innovative, non-pharmaceutical care options.

Nearly  
**20%**  
of households in  
the tri-county  
region  
earn less than  
**\$25,000**  
per year

More than  
**25%**  
of children in  
Luzerne County  
and  
**18%**  
in Lackawanna  
live in poverty

In 2021, suicide  
rates averaged  
**19.5**  
per 100,000 in  
the tri-county  
region, surpassing  
the state rate of  
**13.9**  
per year

These statistics highlight the urgency of implementing therapeutic options that are non-invasive, drug-free, and capable of addressing underlying emotional and physiological dysregulation. Neurofeedback and biofeedback are uniquely positioned to fill this gap.

# 2025 Highlights

## January-March

Gluten allergy work began  
First IMBS intern arrives from Wilkes University  
Smoking cessation trial began  
Smoking cessation pilot began

## April-June

Amy became our first BCIA certified technician  
IMBS gets its first imprinter to enhance bioresonance treatments  
IMBS participates in its first NEPA Gives; finished top 10 in donors

## July-September

IMBS received one of the first NESTA Metablance BRT Devices in the US  
With Mountain View School District, IMBS launched the first of its kind in  
school neuro and biofeedback program

## October-December

First of its kind in Pennsylvania, neurofeedback program implemented at  
Mountain View High School  
Multiple staff complete Alpha Theta and Synchrony training with EEG Info  
(Los Angeles, CA)  
Receipt of third Cellcom with second imprinter

# Community Impact

Since opening its doors in 2023, IMBS has made an outsized impact in Northeastern and Central Pennsylvania, delivering more than 2,300 sessions to nearly 150 individuals.

What sets IMBS apart is not only the breadth of conditions addressed, from anxiety, trauma, and depression to post-COVID symptoms, chronic pain, and ADHD, but the fact that more than 90% of these sessions have been offered at no cost or significantly reduced rates. In communities where alternative treatments are often viewed as luxuries reserved for the wealthy or urban, IMBS is breaking that mold, bringing high-quality, research-backed services directly to underserved neighborhoods.

Unlike many traditional providers, IMBS does not take a one-size-fits-all approach. Each client receives a customized intake and treatment plan built around their unique needs and health goals.

IMBS is stepping up to offer something that most communities of this size and income level would never expect to find: cutting-edge, non-invasive mental health therapies typically available only in large, urban, academic medical centers. By bringing neurofeedback and biofeedback to this underserved region, IMBS is introducing a transformative approach to healthcare.



## Community Impact, continued

**2511**

sessions provided  
in 2025

**211**

unique  
participants  
served

In 2025,

**89**

sessions were  
provided in  
school to

**17**

students and  
educators

In 2025,

**95%**

of sessions were  
provided for

**FREE**

or at reduced cost

## Equity + Access

IMBS is committed to advancing mental health equity by focusing on school-aged children, seniors, and individuals in recovery. School-aged children stand to benefit profoundly from neurofeedback and biofeedback.

Their developing brains are highly responsive to training, which means that improvements in attention, self-regulation, and emotional resilience can be both swift and long-lasting. For students struggling with anxiety, focus, or trauma, these therapies can dramatically improve not only mental health but also academic performance and social engagement.

As part of its commitment to youth, IMBS is preparing to launch a pilot program with North Pocono School District, offering on-site access to services that have historically been available only in major urban centers. This pilot will serve as a model for IMBS to expand programming to additional at-risk school districts across the region.

In low-income and high-risk communities, where individuals are often limited to medication-based treatments, IMBS provides a crucial alternative. Medications like opioids and benzodiazepines are commonly prescribed for chronic pain, anxiety, and trauma, but they carry risks of dependence, side effects, and long-term ineffectiveness.

Neurofeedback and biofeedback offer a sustainable solution by helping individuals develop internal regulation skills that reduce the need for pharmacological intervention. This is particularly meaningful in communities facing high rates of substance use and limited access to care. These therapies not only support recovery but also help prevent future crises—creating a healthier, more resilient population overall.

IMBS also offers a sliding-scale payment structure to ensure cost is never a barrier to care. Based on household income and family size, clients are eligible for significantly reduced rates, and in many cases, full financial assistance. This approach ensures that individuals who fall between the cracks of private insurance coverage and Medicaid eligibility still have access to consistent, high-quality treatment. The sliding scale not only enhances equity but also preserves dignity, empowering clients to engage in care they can afford and sustain.

# Board of Directors

Our board of directors is comprised of local professionals who are committed to improving the lives of our community members:



Alyse Kerr

Executive Director  
Integrative Mind and  
Body Services

CEO  
Integrative Counseling  
Services, PC



Maria Muchal Berta

Associate Broker  
Realty Network Group  
and Real Estate  
Appraiser at Chiave  
Appraisal Group



Alex Molfetas

Owner  
Center City Print



Matthew McDonald

Captain  
Scranton Fire  
Department



Christine McClure

Biology Teacher  
Western Wayne School  
District



Jamie White

Emotional Support  
Counselor  
Mountain View School  
District

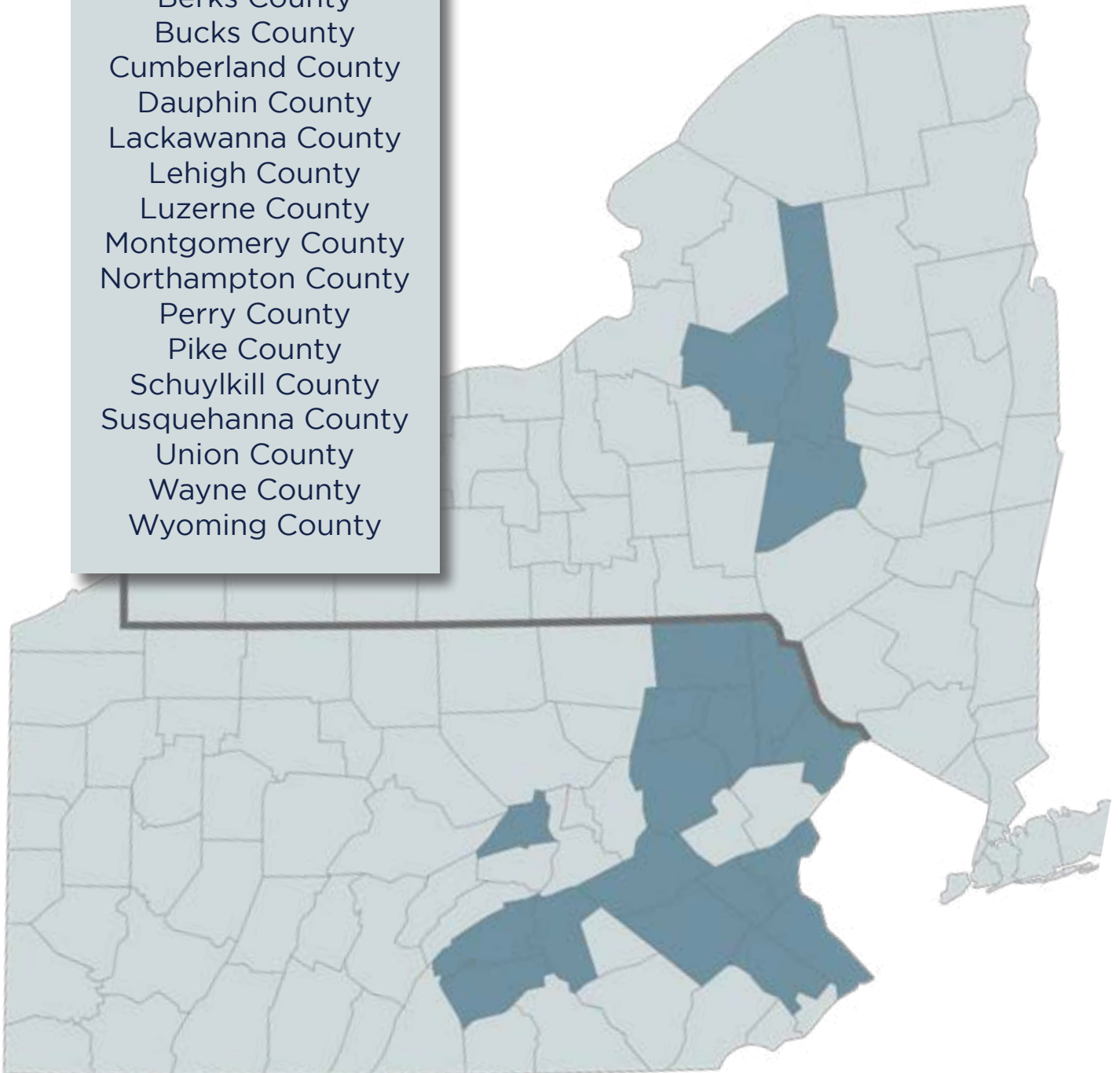
# Counties Served

## New York

Herkimer County  
Otsego County  
Oneida County

## Pennsylvania

Berks County  
Bucks County  
Cumberland County  
Dauphin County  
Lackawanna County  
Lehigh County  
Luzerne County  
Montgomery County  
Northampton County  
Perry County  
Pike County  
Schuylkill County  
Susquehanna County  
Union County  
Wayne County  
Wyoming County



# Theory of Change

Integrative Mind and Body Services was created in response to what our communities experience every day. Students are overwhelmed, educators are stretched thin, parents are unsure how to support. We are all under constant pressure. Stress, pain, and poor sleep show up in classrooms, workplaces, and homes. Anxiety, trauma, fatigue, burnout, and chronic stress affect how people learn, relate, and function.

When these challenges go unaddressed, the impact is felt far beyond the individual—it affects schools, employers, and families, and the health of the community as a whole.

Too often, mental health support is hard to access, arrives only after a crisis, or asks people to talk about problems without giving them tools to calm and regulate their bodies. Stress and trauma do not live only in thoughts; they live in the brain and nervous system.

When the brain and body remain in a constant state of alert, it becomes harder to learn, teach, work, and connect with others.



# Theory of Change, continued

IMBS is rooted in a shared community belief: when people are given the ability to regulate their brain and nervous systems, communities become stronger. Mental and physical health are deeply connected, and skills like emotional regulation, focus, and resilience can be learned and strengthened over time.

By offering early, accessible support in familiar community spaces, IMBS helps reduce long-term harm while increasing participation and trust. This work is not just about providing services, but building capacity within the community as well.

IMBS brings non-invasive, evidence-informed services such as biofeedback, heart rate variability training, and neurofeedback directly into schools, colleges, and community settings. Our programs are designed to be accessible and approachable, reducing barriers and meeting people where they already are.

Services support students and educators alike and are strengthened through collaboration with local counseling and medical providers. The focus is not only on treatment, but on prevention, skill-building, and long-term wellbeing.

The long-term vision of IMBS is a community-centered model of mental health where support is accessible, stigma is reduced, and prevention is valued alongside treatment. When schools and community spaces become hubs for regulation and resilience, the benefits ripple outward—strengthening families, improving educational outcomes, and reducing long-term health and social costs.

IMBS is committed to accountability and shared learning. We measure success through participant feedback, engagement data, symptom changes, and physiological indicators such as heart rate variability. Satisfaction from participants and community partners has consistently exceeded 96%, reflecting both effectiveness and trust.

Community and philanthropic support make this work possible. Investment allows IMBS to expand access, reach underserved populations, strengthen partnerships, and sustain innovative programs that benefit the whole community.

Support does more than fund services—it helps build a resilient, connected community equipped with the tools to thrive.

# Client Testimonials

“Neurofeedback and biofeedback have increased my daily motivation and focus. It has not only allowed me to quiet my mind but has also provided me with insight on my brain functioning to help me maximize my self-care.”

“When I had started chemotherapy, I had lost my taste. 2 days after starting BRT, I got my taste back.”

“When I decided to try bioresonance therapy (BRT), I honestly didn’t know what to expect. I went in hoping for even the smallest improvement—anything that might give me back a bit of normalcy. What I didn’t anticipate was how much the experience would change my symptoms and my life.

After the first session, I noticed shifts in how I reacted to environments and triggers. I began feeling less restricted and more confident going out in public again. By the third session, I was able to have my life back: visiting family and friends without fear, trying foods I hadn’t touched in years, and returning to my office feeling more like myself than I had in a long time.

BRT was the tool that helped me step out of survival mode and back into living. Today, I feel hopeful, capable, and far more connected to the life I thought I was losing. It has truly changed my life and has given me a sense of freedom I hadn’t felt in years.”

## Client Testimonials, continued

“Caring and compassionate professionals who work diligently to address your challenges and help you achieve your goals. My bioresonance sessions were comfortable and continue to help address my ongoing issue.”

“My son sustained a concussion during wrestling practice, and we reached out to IMBS for neurofeedback to assist with his recovery. We feel it decreased his symptoms, and he recovered faster. We decided to continue attending to help with mild anxiety, specifically related to taking tests. We have been pleasantly surprised as his symptoms have significantly decreased, and he feels more confident going into test day.”

“I began using Neurofeedback being unsure about the process. The therapist that worked with me was extremely kind and transparent about coaching me through it. I never felt uncomfortable or that my voice wasn't taken into consideration. I used to suffer from social anxiety that made me think I was constantly being judged in social settings. It was very hard to let my guard down and enjoy myself. As I progressed in treatment, the social anxiety started to melt away and it felt like I could truly be myself. I am very thankful as this has improved my quality of life immensely.”

## Our Partners

At the heart of IMBS's mission is a commitment to collaboration. By working alongside a wide network of local providers, educators, and support organizations, IMBS extends the reach and impact of its innovative therapies. These partnerships help ensure that clients receive comprehensive, wraparound care, especially those most vulnerable due to poverty, trauma, or chronic illness. In 2025, we partnered with the following organizations and businesses to make this possible:

Sadar Psychological  
HeartMath  
Bee Medic  
Integrative Counseling Services, PC  
Wilkes University  
Center City Print  
Alpha Stim  
NEPA Pride Coalition  
North Pocono School District  
Mountain View School District  
Lackawanna County Treatment Court  
CB Counseling  
Scranton Area Foundation  
EEG Info  
FMN Creative  
Inspired Design  
Herkimer Next  
Lenyosys Corporation  
Catchafire  
Lackawanna College  
The Center  
Ochs Labs  
Scranton Chamber of Commerce

# Our Sponsors

We want to thank all of our 2025 sponsors. These local and national sponsors are invested in the work we do at IMBS and the impact it has on our shared communities:



Summit Mechanical  
Nesta Bioreg Technologies  
Southern Tier Accounting  
Tiffany's Quality Cleaning Services  
The Best Seats VIP  
Finn Chiropractic  
Laser Lube  
Valley Carpet and Janitorial  
NBT Bank  
Blueprint Benefits  
Lighthouse Billing of PA LLC  
Sharptech Solutions  
Tiffany Griffiths PsyD and Associates  
ASA Training and Quality Consulting, LLC  
LaBelle Law  
Penn Wyoming Investments Trust  
Maria Muchal Berta  
Mueller Family McDonald's  
NVP Warranty  
Pocono Chiropractic  
Integrative Counseling Services, PC  
Andre and Son  
Ferrario Real Estate Development  
Nex-Gen Construction  
Nate Wademan Flooring  
Musical Dreams  
Manor Hill Farm  
A&E Tire and Auto Service Center  
Synergy Salon and Spa

# Thank You!

Our community of clients, sponsors, and partners make our important work possible. Thank you for all you do and for making 2025 a success for Integrative Mind and Body Services!!



Select or scan the QR code to visit the Integrative Mind and Body Services Candid profile

## **Mailing Address**

300 Mulberry St Ste 201  
Scranton, PA 18503

## **Offices**

220 Penn Ave Ste 315  
Scranton, PA 18503  
(570) 871-4903

52 Summit St  
New Milford, PA 18834  
(570) 465-2080

660 Rising Sun Road  
Millersburg, PA 17061  
(717) 362-8900

<http://www.integrativemindandbody.org>