

Evidence

Since its beginnings Holyoake has incorporated evaluation measures into the DRUMBEAT program structure. This has enabled a large amount of feedback to be returned to the developers in order to ensure the program is delivering the desired outcomes. Many changes have been made to the course content over the period of its development in response to this feedback, in order to strengthen its effectiveness.

A major study was completed by The University of Western Australia, School of Population and Health in 2009. This study followed students from 19 schools across WA.

The schools targeted for this evaluation included those from lower socio economic regions, Intensive English Centre's and those with high levels of Aboriginal student populations. Young people chosen for the program presented a wide range of risk factors including drug and alcohol use, absenteeism, violent behaviours, withdrawn behaviours and abuse.

The findings from this study, involving over 190 young people, included increases in self esteem, reductions in anti-social behaviour and improved school attendance. Qualitative feedback also reported high levels of teacher and student satisfaction and the active engagement of students unwilling to participate in mainstream school activities.

Winner of the Community Services
Excellence Award for Organisations
(Medium Organisation)



2008
Excellence in Services for Young People
FINALIST



Making a Difference

"This program has shown some outstanding results in engaging young people who would otherwise be resistant to working with services and in furthering their personal development".

Terry Murphy

Director General
Department for Child Protection
(Former Executive Director Drug and Alcohol Office WA)

"In the Holyoake DRUMBEAT program the group drumming experience provides an opportunity for an immensely satisfying connection to others, particularly valuable for those who are, for one reason or another, socially isolated. The group drumming process promotes a range of social skills including listening skills, problem solving and empathy".

Lesley Radloff

Executive Officer
Western Australia Aboriginal
Education & Training Council
(Former Manager of Aboriginal Education,
Canning Education District)

(Endorsed by the Curriculum Council as a WACE
program in Personal Development)

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Building resilience in young people for later in life



DRUMBEAT

BUILDING RESILIENCE THROUGH RHYTHM

Raising Self Confidence

The Holyoake DRUMBEAT program was conceived in 2003 in the Wheatbelt region of Western Australia and is being presented in schools, both primary and secondary, as well as youth centres, drug and alcohol rehabilitation facilities, mental health services, and prisons across Australia.

An early intervention program, the DRUMBEAT program uses hand drumming to engage participants in a co-operative group process that explores relationship issues. Structured sessions cover topics such as:

- Values
- Peer Pressure
- Identity
- Social Harmony
- Teamwork
- Emotional Expression

The program also includes a performance element, which provides recognition of achievement and a further connection to community.

Multiple evaluations, including a longitudinal study have been conducted at both primary and secondary schools, Intensive English Centres and mental health services. In each of these studies participants in the program made and maintained quantifiable progress in reducing their levels of social isolation and alienation.

The DRUMBEAT program serves to increase positive social connection.



Increasing Social Confidence

“Students are more confident, more able to work together, and share their thoughts and feelings. They have increased their ability to listen to others, share and accept differing points of view”.

Teacher - Kambalda SHS

Outcomes

- Increased cooperation, collaboration and cohesiveness in group activities
- Improved relationships with peers and teachers
- Improved interpersonal skills
- Improved problem-solving skills
- Increased emotional regulation
- Increased self-awareness
- Increased self-esteem
- Reduction in anti-social behaviour
- Increased school attendance

Reducing Alienation

The DRUMBEAT program targets a range of recognised ‘risk factors’ which act to increase the likelihood of a range of detrimental outcomes including problematic drug and alcohol use, criminal activity and mental health issues. DRUMBEAT increases participant resilience and supports healthy outcomes.

The DRUMBEAT program was developed to reach those young people for whom talk based therapies were confronting.

The main lessons from the program are learned experientially as participants work together to develop a harmonious sound.

The Program

- Engages young people quickly through the medium of music
- Provides a sense of connectedness with self and others
- Is physical, providing an avenue for the release of inner tension
- Is non-competitive and fun
- Allows for pro-social, creative self-expression
- Reduces self-centredness, isolation and alienation
- Reduces tension, anxiety and stress

Holyoake provides accredited training in locations across Australia for professionals who wish to facilitate the DRUMBEAT intervention.

For training dates go to
www.holyoake.org.au