Bethesda Children's Home
Lutheran Social Services

15667 State Highway 86, Meadville, PA 16335 P(814)724-7510 f(814)724-6237 www.bethesda-home.org

PENNSYLVANIA AGENCY DEVELOPS NEW HEALTH RHYTHMS ADOLESCENT PROTOCOL
FACILITATORS TRAINING TO BE HELD IN ORLANDO, FLORIDA
NEW PROGRAM DRAWING NATIONAL ATTENTION:
MAY HELP TO REDUCE THE "COLUMBINE EFFECT"

Meadville, Pennsylvania, January 6, 2010: Remo Inc., the world's largest maker of drumheads in conjunction with Bethesda Children's Home, Lutheran Social Services of Meadville, PA announces that it will offer Health Rhythms Adolescent Protocol Facilitators Training February 19 thru 21, 2010 at the Walt Disney Swan & Dolphin Resort , located at 1200 Epcot Resorts Blvd., Lake Buena Vista, Florida. The cost of the training is $500 per participant which does not include accommodations and transportation. Reservations for this training will be taken on a first come bases with limited space available. More information on this training can be obtained by calling Larry Dickson @ 814-724-7510 ext.227 or going directly to http://www.bethesda-home.org/healthrythms/index.html

This innovative approach builds on the HealthRHYTHMS Group Empowerment Drumming protocol and integrates counseling techniques for use with at-risk adolescents. Whereas the HealthRHYTHMS protocol can be used as a single session, the HealthRHYTHMS Adolescent Protocol is a 6 or 12 week series of steps.

Professional counselors, social workers, educators, and other concerned individuals who are working with at-risk adolescents are encouraged to attend. This training will be especially helpful for professionals working with adolescents in residential treatment programs and in community centers.

According to a new study recently published in the June issue of the medical journal, *Advances in Mind-Body Medicine*, this is a new, highly cost-effective strategy for empowering success with at-risk youth. Instrumental anger is the clinical term used to describe a delayed expression of emotion, including revenge or retaliation, such as what is believed to have precipitated the massacre at Columbine High School, often referred to as the *Columbine Effect.* According to principal researcher Barry Bittman, MD this groundbreaking study has demonstrated statistically significant improvements in the level of instrumental anger in addition to improvements in school/work performance and behavior toward others, with less depression, reactive anger and interpersonal problems than a control group who did not participate in the music making activities.

"This is an accessible, affordable and sustainable strategy that can positively impact juvenile rehabilitation." Barry Bittman, MD - Mind Body Wellness Center, Meadville, PA

The research was conducted at Bethesda Children's Home in Meadville, Pa., which is a court-referred residential treatment facility. 52 adolescents participated in a structured recreational music making (RMM) protocol as part of their rehabilitation process. This strategy involves enhancements to the

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HealthRHYTHMS Group Empowerment Drumming protocol, essentially customizing it for use with at-risk youth populations. Study participants were comprehensively evaluated in the research study, which spanned more than a year.

The HealthRHYTHMS Adolescent protocol is suitable for the majority of adolescents including many facing emotional, cognitive or learning challenges, because the protocol creates an opportunity to participate at one's own level. With all the billions of dollars spent each year to isolate juvenile delinquents from society, **this program offers hope** that more troubled youths can be rehabilitated and learn to **discover their own unique worth** and share that gift with society in constructive ways, reducing recidivism and its fiscal ripple effect. "In addition to generating positive societal impact, this unique intervention could save our nation billions of dollars." Barry Bittman, MD

After a group from the study concluded, a young man referred to as "Lionel" *(to protect his identity)* was discharged from the program at Bethesda. HealthRHYTHMS Endorsed Facilitator Margaret Sowry recalls that mid-way through the fall semester, the facility received a telephone call from the principal of the school that Lionel attends. "I don't know what happened there at your facility, but Lionel is a changed young man. He attends school every day, he studies hard, plays basketball and is planning a future. Whatever took place there **transformed him and gave him hope**."

"Music-making can be the glue which facilitates cohesion allowing cognitive behavioral therapy to stick." Alyssa Janney, MBA - Remo, Inc.

This **research demonstrates the incredible transformational power of HealthRHYTHMS**. And in a broader sense this amazing new study builds on Dr. Bittman's previous research, pointing to the significance of the music therapy profession by further demonstrating the **real value of music**. Music-making can be the glue which facilitates cohesion allowing cognitive behavioral therapy to stick. In my opinion Bittman's study both spotlights the effectiveness of the HealthRHYTHMS adolescent protocol and for those who are listening closely, speaks to the potential power of including a board-certified music therapist at the table in social-service work.

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Recreational music-making strategies such as the research-based HealthRHYTHMS program which do not require prior musical experience are not a substitute for traditional music therapy or music education. Yet this program is embraced by many musicians and music-therapists because it is an evidence-based tool which is versatile, user-friendly and can be life-changing. HealthRHYTHMS uses the drum, not as a performance medium, but as a tool for communication and personal expression. The study concludes that this innovative protocol for adolescents can also be readily utilized by behavioral health professionals without prior musical experience.

Bethesda Children's Home of Meadville, the parent organization of the Trinity Center located at 462 West 18th Street in Erie most recently purchased the former Johnson & Flick Tire Center at 347 West 18th Street to house the new Adolescent Health Rhythms Program along with future plans for a recording studio, art gallery, and art studio. Renovations to the new Erie Center continue as funding permits. The Center for Musical Expression and Leadership as it will be named, has received in-kind equipment donations from Remo, Inc. and the Yamaha Music and Wellness Institute.

Bethesda Children's Home in Meadville provides residential care to adjudicated adolescents from throughout the Commonwealth of Pennsylvania. The Trinity Center provides after school academic and recreational programs to kid from the City of Erie.

Links:
http://www.bethesda-home.org/healthrythms/index.html
www.remo.com/portal/hr/index.html
www.yamahainstitute.org/index.aspx

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The Joint Commission