

Evidence

Since its beginning 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for the program presented a wide range of risk factors including drug and alcohol use, absenteeism, violent behaviours, withdrawn behaviours and abuse.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.

To view the research article on Adult groups and other evaluations. Please visit www.holyoake.org.au



Holyoake's DRUMBEAT Facilitator training is endorsed by the NSW Institute of Teachers as a registered professional development program



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



2008 Excellence in Services for Young People FINALIST

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

DRUMBEAT is proudly sponsored by:



DRUMBEAT Convenors

Family Action Centre

The Family Action Centre convenes workshops on behalf of Holyoake, WA in Queensland, New South Wales, South Australia, Australian Capital Territory and Victoria. For other dates in Australia visit Holyoake WA www.holyoake.org.au



Family Action Centre

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DRUMBEAT

BUILDING RESILIENCE THROUGH RHYTHM

WORKSHOP DETAILS

3 DAY WORKSHOPS

The Family Action Centre and Holyoake, WA delivers regular DRUMBEAT Facilitator Training workshops across Australia.

The training is a 3 day professional development workshop and covers facilitation skills and dealing with difficult behaviours as well as the content of the DRUMBEAT intervention itself.

Participants in these workshops include professionals drawn from a wide range of fields working with 'at risk' youth and adult population groups. No musical background is required.

Participants receive training resources that include a work book, the facilitator manual and a CD with all the rhythms used in the program. An instructional DVD is available for purchase separately.

1 DAY REFRESHER COURSES

The 1 day refresher course will be conducted on the 3rd day of the three day training workshops. Limited numbers apply and you must bring your own drum. During this training you will review main rhythms and exercises; look at key learning outcomes; preview new exercises for engagement and leaning; provide opportunities for facilitators to detail their own experiences and raise any concerns. Training will include morning tea and lunch.



DISCOVERING
RELATIONSHIPS
USING
MMUSIC
BELIEFS
EMOTIONS
ATTITUDES
THOUGHTS

Building resilience through rhythm

REGISTRATION & MORE INFORMATION

www.newcastle.edu.au/drumbeat



The DRUMBEAT program serves to increase positive connection.

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.

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 target 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 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 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
- Reduction in anti-social behaviour

DRUMBEAT Makes 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 and Training Council
(Former Manager of Aboriginal Education, Canning Education District)

DRUMBEAT 2012 TOUR

REGISTER ONLINE 
only with credit card

www.newcastle.edu.au/drumbeat

3 DAY TRAINING

PROGRAM

\$750 (inc gst)

per participant inc. catering,
manuals.

1 DAY REFRESHER

PROGRAM

\$200 (inc gst)

per participant inc. catering,
manuals. Own drum required.
3rd day of training dates below.

- | | | | |
|---|--|--|---|
| <input type="radio"/> SA Adelaide
14 - 16 March | <input type="radio"/> VIC Melbourne
14 - 16 May | <input type="radio"/> NSW/VIC Albury/Wodonga
6 - 8 August | <input type="radio"/> QLD Townsville
24 - 26 October |
| <input type="radio"/> QLD Brisbane
26 - 28 March | <input type="radio"/> QLD Sunshine Coast
18 - 20 July | <input type="radio"/> NSW Sydney
17 - 19 October | <input type="radio"/> QLD Gold Coast
29 - 31 October |
| <input type="radio"/> NSW Sydney
2 - 4 May | <input type="radio"/> NSW Lismore
23 - 25 July | <input type="radio"/> NSW Gosford
22 - 24 October | <input type="radio"/> NSW Wollongong
7 - 9 November |
| <input type="radio"/> NSW Cessnock
7 - 9 May | <input type="radio"/> ACT Canberra
25 - 27 July | | <input type="radio"/> VIC Melbourne
14 - 16 November |

For venue details visit
www.newcastle.edu.au/drumbeatFor details on training in other
states/territory's please contact
Holyoake, WA or visit
www.holyoake.org.au

PERSONAL DETAILS

1st Title _____ Given Names _____ Surname _____ Position _____2nd Title _____ Given Names _____ Surname _____ Position _____

Contact _____ Organisation _____

Postal Address _____ Town/City _____ State/Postcode _____

Email 1st Person (essential) _____Email 2nd Person (essential) _____

Phone _____ After hour's phone/mobile (essential) _____ Fax _____

Dietary Requirement _____ How did you hear about the training: _____

CANCELLATION POLICY Written requests for registration refunds must be postmarked or emailed 2 weeks prior to the commencement date and will then be refunded (less \$80.00 processing fee). Cancellations received within 2 weeks of the commencement date will not be refunded although the registration can be transferred to another participant for the same workshop. No refunds are given for no-shows.

In the event of unforeseen circumstances The Family Action Centre reserves the right to change or cancel workshops.

The Family Action Centre is a not for profit organisation. By attending events or purchasing resources from the FAC you are supporting the development of further resources and continued delivery of professional development events in many communities. The Family Action Centre will add you to our promotional database for future events and resources.

ATTENDANCE COSTINGS

- **\$750 per person (inc GST, catering and manuals)** or
- **\$930 per person (inc GST, catering, manuals, instructional DVD and educational posters)** You will be required to sign an agreement stating that you will not copy or distribute DVD. We will email this to you after registering. All resources will be received at the training. For further details on supporting resources please visit www.newcastle.edu.au/drumbeat
- **Refresher Program \$200 per person (inc GST) – 3rd day of training dates.** Bring your own drum.

PAYMENT DETAILS (payment options – CHEQUE or CREDIT CARD only)

FOR TAX PURPOSES - This completed form is a tax invoice for the purposes of GST after payment is received.

The University of Newcastle ABN: 15 736 576 735

www.newcastle.edu.au/drumbeatREGISTER ONLINE 
only with credit card

Number of people attending _____ Cost per person (inc GST) \$ _____ TOTAL COST (inc GST) \$ _____

CHEQUE Cheque payable to The University of Newcastle
Please post to: The Family Action Centre University of Newcastle, University Drive, Callaghan NSW 2308

CREDIT CARD Please debit my VISA MASTERCARD EXPIRY DATE ___/___/___

CARD NUMBER _____

Name of Cardholder _____ Signature _____

Contact number for Cardholder _____

FOR MORE INFORMATION e : FAC-Events@newcastle.edu.au p : +61 2 4921 6403 f : +61 2 4921 8686

OFFICE USE ONLY Date received ___/___/___ Sent to Cashier ___/___/___ Chq Number ___/___/___