



TEEN BEAT!

At-Risk Youth Peer Support Group

What is TEEN BEAT!?

TEEN BEAT! is based on the HealthRHYTHMS® Adolescent Protocol, an evidence-based Recreational Music-Making (RMM) program developed by REMO®, Inc., Dr. Barry Bittman, Margaret Sowry and Larry Dickson, LPC.









The lives of too many adolescents have been affected by delinquency offenses, peer pressure, addiction and mental health diagnoses. Finding themselves facing a myriad of legal issues which presents extraordinary challenges to over-stressed social service and juvenile justice systems. Teens who are likely to be “at-risk” are usually those that lack a strong support system as well as teens who are not coping well with the different challenges that they are facing. **TEEN BEAT!** is a program designed to meet the specific needs of at-risk youth and adolescents by providing the support they need in a safe and encouraging peer environment.

Facilitated by Remo Endorsed HealthRHYTHMS Facilitator, Erik Dunton and Remo HealthRHYTHMS Trained Facilitator, Kim Scott.

What to Expect?

To promote a safe and trusting atmosphere, participants will be guided through an introduction to define the goals of the session, wellness exercises, ice-breakers, rudimentary drumming techniques, rhythmic improvisation, inspiration, interaction, and reflection. Each session is designed to build upon the previous session allowing individuals to feel more comfortable. Our facilitators will encourage verbal and non-verbal communication, as well as promote creative self-expression, while participants gain an enhanced sense of well-being and self-worth.

Benefits of TEEN BEAT!

-  Improved school/work performance
-  Improved behavior toward others
-  Reduced total anger
-  Reduced total depression
-  Improved self-evaluation
-  Reduced interpersonal problems
-  Reduced instrumental anger
-  And more...

Did you know?

Instrumental Anger is believed to have precipitated the massacre at Columbine High School in 1999.

Instrumental anger (IA) is the a clinical term defined as: negative emotion triggering a delayed response resulting in the desired and planned goal of revenge or retaliation, often referred to as the Columbine Effect.

Music-making activities including **TEEN BEAT!** have show statistically significant reduction of instrumental and reactive anger. In addition, improvements in school/work performance, behavior toward others, depression, and interpersonal problems were demonstrated.



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TEEN BEAT!

Today's world has a need for innovative programs to help us respect differences while encouraging collaboration, allowing us to work together at a greater potential, and most importantly, to create a healthy balance in our personal lives. To meet this need, Erik founded Positive RePercussions; a company dedicated to providing rhythmic-based, recreational music-making events designed to meet specific physical, emotional and wellness goals.

"Music gets through where words do not pass, when barriers separate us, and when the odds are against us. It uplifts us in the midst of darkness, when we yearn for common ground, and when we need each other the most."

Testimonies

"In only six weeks, a group of defiant teens at a juvenile detention center evolved from angry, disengaged and apathetic youths to a supportive, empathetic team!"

- Margaret Sowry, HeathRHYTHMS Trainer

"I don't know what happened there at your facility, but he 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."

-School Administrator

"This is an accessible, affordable and sustainable strategy that can positively impact juvenile rehabilitation."

-Barry Bittman, MD

Meet your facilitator...

Erik Dunton is a talented and caring Remo Endorsed HealthRHYTHMS® Rhythm Event Facilitator who believes that everyone is born with rhythm!

His proof? ... Your heartbeat!

Erik also believes that music should be not only valued as a form of entertainment, but also as vehicle for positive change achieving specific measurable outcomes in the lives of individuals and groups.

Everyone can drum!



Why drumming?

In terms of wellness, drumming really is about stress reduction, exercise, self-expression, building connections with other people, and spirituality.

Webster's dictionary defines the word wellness as:

wellness (n) *wel-nis*: the quality or state of being in good health especially as an actively sought goal - the active pursuit of health



Remo HealthRHYTHMS® Adolescent Protocol is a group drumming protocol supported by research that facilitates communication and personal expression. Participants of HealthRHYTHMS® may experience a reduction in stress, improvement in mood states, enhanced creativity and bonding, and more.



"It's time to stop thinking of the drum as just a musical instrument. Start thinking of it as a unifying tool for every family, a wellness tool for every retiree, and educational tool for every classroom."

- Remo Belli, Remo®, Inc.



For more information or to book an event:

CALL US TODAY!

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*Using the HealthRhythms group therapeutic drumming protocol