

## **DrumBus and Beat the Odds Group-Drumming for in school and after school.**

For the past year, DrumBus has provided hands-on musical activities for thousands of students in Oxnard elementary and middle school campuses with the specific goals of increasing communication skills, increasing students' personal wellness, reducing social friction in school communities, and providing opportunities for artistic expression, personal creativity, empathy, awareness of others, and the development of leadership skills.

The program targeted specific student groups in order to maximize impact by focusing upon students in fifth grade and seventh grade at K-5 and K-8 sites. Additionally, the program provided an intensive focus on students within the Opportunity Class at each of the middle school sites. Altogether, the program served approximately 1,900 fifth grade students and 1,900 seventh grade students. In the Opportunity Class, approximately 60 students in grades six through eight,

The Drum Bus is a self-equipped mobile classroom. Students participate while seated inside the bus, all instruments and instruction are provided.

The DrumBus program utilized the evidenced-based "Beat the Odds" curriculum from UCLA's Center for the Healing Arts. Beat the Odds® integrates activities from group drumming and group counseling to build core social-emotional strengths such as maintaining focus and attentive listening, team building, positive risk taking, self-esteem, awareness of others, leadership, expressing feelings, managing anger/stress, empathy and gratitude. UCLA researchers have shown that Beat the Odds® can significantly reduce a spectrum of behavior problems in children, such as behaviors related to inattention, withdrawn/depression, posttraumatic stress, anxiety, attention deficit/hyperactivity, oppositional defiance, and sluggish cognitive tempo. (Ho, Tsao, Bloch, & Zeltzer, 2011)

Group-rhythm events drumming is perfectly suited for many of the unique social and cultural challenges of OSD because music is "the universal language." Students can participate, contribute, and even demonstrate leadership, regardless of language or level of previous musical experience. Participation in the drumming activities is not precluded by test scores, language proficiency, socioeconomic status, or any other factors, and in that sense, is a fantastically level playing field. Everyone participates, all instruments provided, no experience necessary, 100% hands-on, musical education, with numerous opportunities for individual and group success. Multiculturalism and appreciation of diversity are core components of every lesson, and the instruments the students play represent a variety of cultures worldwide.

The DrumBus program will measure its impact on the school communities via the California Healthy Kids Survey (CHKS). Students within the Opportunity Classroom setting will be monitored with the use of pre and post surveys. CHKS surveys will assess outcomes in the Opportunity Classroom setting, describing how the Drum Bus program assisted the students in focusing their attention, collaborating with classmates, managing difficult emotions and having positive self-esteem.