



***SAMHSA-HRSA
Center for Integrated
Health Solutions***

Grantee Experience

CODAC Behavioral Health Services



NATIONAL COUNCIL
FOR COMMUNITY BEHAVIORAL HEALTHCARE



www.integration.samhsa.gov



Holly Darwin

Licensed Clinical Social Worker

Licensed Substance Abuse Counselor

Certified Alcohol and Drug Counselor



WHOLE HEALTH LIFE WORTH LIVING GROUP – PAIN MANAGEMENT

- Purpose – Relief for those with complicated pain that has not been completely ameliorated by medication.
- Participants – Seriously Mentally Ill members referred by Health Providers or Case Managers.
- Method – Cognitive Behavior Therapy and Drumming in a Group Setting.



- Design – Two 2 ½ hour groups per week: one hour of drumming and discussion, 30 minute nutritional break, one hour of cognitive behavior therapy group referencing drumming experiences and positive reality statements and feedback.
- Outcomes – Use of self-rating scales indicated a reduction in pain and an increase in a sense of well-being in most (2/3) participants over a 17 month period.



References

Drum Therapy Bergin & Garvey

1. Bittman, M.D., Barry, Karl T. Bruhn, Christine Stevens, MSW, MT-BC, James Westengard, Paul O Umbach, MA, "Recreational Music-Making, A Cost-Effective Group Interdisciplinary Strategy for Reducing Burnout and Improving Mood States in Long-Term Care Workers," *Advances in Mind-Body Medicine*, Fall/Winter 2003, Vol. 19 No. 3/4.
2. Winkelman, Michael, *Shamanism: The Neural Ecology of Consciousness and Healing*. Westport, Conn: Bergin & Garvey; 2000.
3. Bittman, M.D., Barry, "Composite Effects of Group Drumming...," *Alternative Therapies in Health and Medicine*; Volume 7, No. 1, pp. 38-47; January 2001.
4. Winkelman, Michael, *Shamanism: The Neural Ecology of Consciousness and Healing*. Westport, Conn: Bergin & Garvey; 2000.
5. Friedman, Robert Lawrence, *The Healing Power of the Drum*. Reno, NV: White Cliffs; 2000.
6. Mikenas, Edward, "Drums, Not Drugs," *Percussive Notes*. April 1999:62-63.
7. Diamond, John, *The Way of the Pulse - Drumming with Spirit*, Enhancement Books, Bloomingdale IL. 1999.
8. Winkelman, Michael, "Complementary Therapy for Addiction: Drumming Out Drugs," *American Journal of Public Health*; Apr 2003, Vol. 93 Issue 4, p647, 5p
9. Mikenas, Edward, "Drums, Not Drugs," *Percussive Notes*. April 1999:62-63.
10. Friedman, Robert Lawrence, *The Healing Power of the Drum*. Reno, NV: White Cliffs; 2000.
11. Bittman, M.D., Barry, Larry Berk, MPH DrPH, David L. Felten MD PhD, James Westengar, BS, O. Carl Simonton, MD, James Pappas MD, Melissa Ninehouser, BS, "Composite Effects of Group Drumming Music Therapy on Modulation of Neuroendocrine-Immune Parameters in Normal Subjects," *Alternative Therapies Health Med.*, 2001; 7 (1); 38 – 47.

