Introduction of Drum Therapy in a Mental Health Secure Extended Care Unit (SECU)

Breanna Achterbosch & Lawrence Nulty
What are Cajun Drums?
Introduction of Drum Therapy in a Mental Health SECU

Known Benefits of Drumming

• Anyone can do it
• Reduces stress and boosts the immune system
• Helps to release negative feelings
• Helps to connect to self and others
• Helps ground in the present moment - mindfulness
• Improves confidence and self esteem
• Is fun!

(North Melbourne Metropolitan Area Health Service, 2009)
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Ballarat Health Services - Mental Health Services

(Courtesy BHS-MHS Education Dept.)
Sovereign House SECU

- 12 bed inpatient unit
- Patients have complex psychiatric care needs, often accompanied by other issues
  - E.g. drug and alcohol abuse, intellectual disability
- Length of admissions vary
- Strong focus on rehabilitation and discharge to less restrictive environments
- Predominantly male clients

(Courtesy BHS-MHS Education Dept.)
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Activities Program - SECU

- Monday-Friday
- Current activities include morning meetings, ADLs eg cooking, shopping
- Difficult to engage clients in groups
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Introduction of Drum Therapy

- Commencement of pilot program
- Benefits we hoped to observe in SECU
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Drum Therapy in Practice

- Limitations
- Regularity of sessions
- Format of sessions
- Wendy’s training - InRhythm Drum Facilitator course
- Attendance/solo use
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Drum Therapy in Practice (Continued)

• Mood Rating Scale

Please Rate Your Current Mood:

1 2 3 4 5

Very Unhappy Unhappy In Between Happy Very Happy
Feedback on Drum Therapy

- Clients who participated in Drum Therapy were asked to participate in informal chats with BHS-MHS Research Development Officer

- Staff were asked to complete a voluntary written questionnaire
Client Positive Feedback

Four clients interviewed

• “Fills in time/occupies mind/makes the day go faster.”
• “Work in a team/good company”
• “I like it - have never played an instrument before (something different).”
• “Jamming/making noise.”
• “Feel more relaxed afterwards.”
• “Able to be creative.”
• “Everyone accountable for own instrument.”
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Client Suggested Feedback

- “Would like to see other instruments used, eg. full drum kit with each person playing a different piece of kit, piano etc.”
- “Would like to do singing - some Jimmy Barnes?”
- “Once a week is good.”
- “First time I attended there was no backing tape and more call and recall - I prefer that.”
Staff Questionnaire Feedback

- “Reports from clients that they enjoy the drumming and that staff also participate in drumming.”
- “Clients attending who normally avoid group/ward activities.”
- “Great for rapport building.”
- “Observed less irritability and restlessness in some clients after a drumming session.”
- “Majority of clients enjoy it.”
- “Clients laugh/smile at each other during sessions.”
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Noted Concerns from Staff

• Noise

Likelihood of Staff including Drum therapy in their Nursing care:

• 50% said yes if training provided
• One staff commented they would use Drum Therapy if SECU was “unsettled” as a way to try and provide outlet for frustration
Future Direction from Drum Therapy in SECU

- Continuation of group and 1:1 sessions
- Full drum kit periodically
- Musical instruments/singing
- **Client Discharge:** Provision of resources if interested in drumming/music groups
- **Staff:** Identification and inclusion to incorporate Drum Therapy in their nursing care
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Examples of Drum Exercises
Thank you.

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- Please come up and chat with us in the lunch break!!!

Questions?

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References


