EXPRESSIVE DRUMMING
MUSIC THERAPY FOR TEENS

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In the United States alone, it is reported that 3 million teens have been exposed to some kind of trauma (Fritz, 2012).

Exposure to such events without the ability to cope can lead to serious debilitating symptoms or mental disorders later in life.

In recent studies, it has been noted that the number of PTSD in children or adolescents have been difficult to obtain due to the variety of PTSD from a single or repeated episodes that are normally reported (Wilmshurst, Kaufman, & Kaufman, 2015).

The purpose of the grant is to attain funding to introduce expressive therapy by utilizing drums with teens from lower socioeconomic neighborhoods that suffer from PTSD.
The role of a social worker is to be educated and to be able to understand the social diversity among different cultures, race, ethnicity, sexual orientation, or national origin.

Using expressive therapy with the aid of drums through this agency shows relevance in the field of social work for teens that suffer from PTSD.

The approach will be more of an ecological approach to help the social worker see from a different perspective and the benefactors to understand what triggers the symptoms.
According to Newman (2002) there is often difficulty building rapport with delinquent youth and having an understanding of the wide spectrum of PTSD before engaging into an assessment.

Latinos, followed by African Americans, are exposed to more community violence in inner cities that suffer from financial disparities.

The proposed intervention will be culturally sensitive to teens of various ethnic backgrounds that participate in the program.

It is important that all staff members are culturally competent to assess the needs of teens that come from different backgrounds.
The target population for this grant will be for the teens from Families Uniting Families agency in Long Beach, CA that suffer from PTSD.

In order to find some of the potential funders for the grant, online databases were utilized to seek federal funding or state funding to ensure the grant has funds for the program.

The final selection to be chosen was The Josephine S. Gumbiner Foundation.
The programs intent is to facilitate an intervention that will help teens that suffer from PTSD to recover from any event that had occurred.

The host agency already has a project fatherhood program that incorporates drum usage by having fathers using drums and sometimes with their children.

The requested total to fund the Expressive Drum Therapy program that will run for 1 year will be $22,458.
The purpose for the grant that is proposed is to provide expressive therapy with the utilization of drums to kids and teens that suffer from PTSD.

The target population for the proposed program is for kids and teens from lower socioeconomic neighborhoods that are placed in the system.

Funding from The Josephine S. Gumberiner Foundation will be requested for one year from the initial start of the proposed program.
Objective 1: To understand the incorporation of expressive therapy with the usage of drums in order to neutralize the symptoms of PTSD.

Objective 2: Educating the client when to use the drums and to play freely however they feel they need to use the drums.

Objective 3: Hand out a pre-test before the sessions begin to allow the client to express how they feel through the process and a post-test when the sessions have come to an end.

Program Evaluation: To measure the effectiveness of the program and to understand how it is working, a pre and post-test will be distributed to each client. This will give great insight to understand if the program was successful or if the program lacked any components.
Lessons Learned/Implications for Social Work

- The process it took to write the grant was having a solid idea, what community was in need of the program, and finding potential agencies that were willing to work with the program.

- To find potential funders to fund the program was also challenging because each organization has their own requirements and qualifications that needed to be met in order to move forward.

- With this type of grant and what could be implicated for social work policy and practice, the program could benefit agencies with direct services.

- By addressing the social problems that affect surrounding communities, would create more services that will be needed for clients.
References