

STUDENT-CENTERED Support **BHERO**

“As a staff member of a small, private school, it can be difficult to find resources and provide innovative approaches to teaching and learning for our unique student population. We discovered Beat the Odds Training through CREA and were so pleased to participate in a meaningful training that was practical, affordable and engaging! At St. Ann’s, we plan to implement the Beat the Odds curriculum as a daily morning routine school-wide so that we can teach positive social and emotional skills and promote mental health.”

–Emily Re, Special Education Teacher at St. Ann’s School in Belcourt, North Dakota

PROGRAM FEATURE: **BEAT THE ODDS®**

COST: Cost for implementation varies by school, including training costs & instrument purchase.

INCEPTION: Initial study of the program occurred from 2007-2011, with the first training held in 2008

BH PROFESSIONAL DEVELOPMENT TRAINING CATEGORY (IMPLEMENTATION TRAINING): Trauma; Social and emotional learning, including resiliency; Bullying; Other evidence-based strategies to reduce risk factors for students; Current or new evidence-based behavior prevention or mitigation techniques.

DEVELOPED BY: Ping Ho, MA, MPH, Founder and Director of UCLArts & Healing; Giselle Friedman, LCSW & Mike DeMenno, facilitator of drum circles for at-risk youth

REACH: Thousands of practitioners across the U.S. are trained in Beat the Odds® (BTO), with a growing number trained worldwide. Trainees include educators, arts educators, mental health professionals, health care practitioners, performing artists, spiritual care advisors, and people from other professions seeking self-care, pursuing a passion, or making a career shift.

GET INVOLVED

To learn more about Beat the Odds, including upcoming trainings or implementation support, contact:

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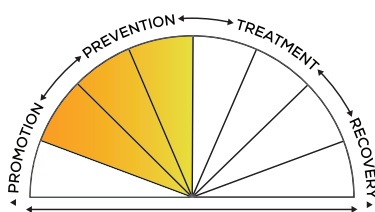
DESCRIPTION OF PROGRAM: Beat the Odds® is an evidence-based and trauma-informed program that integrates activities from group drumming and group counseling to build core assets such as focusing and listening, team building, leadership, expressing feelings, managing anger/stress, empathy, and gratitude.

Beat the Odds® is an 8-session weekly program of 45 minutes, with activities that can be delivered in stand-alone fashion as needed. In the original study of its effectiveness, the program was found to significantly reduce a spectrum of behavior problems related to inattention, withdrawn/depression, post-traumatic stress, anxiety, attention deficit/hyperactivity, oppositional defiance, and sluggish cognitive tempo.

From one school-wide implementation at the middle school level, findings show a substantial increase in sense of belonging at school (after 4 progressive years of decline) and reduction in behavior incidents.

Additional data has also shown the effectiveness of this program with special education students.

While Beat the Odds® has been designed for use with elementary age children, it can be easily adapted to any population, including teens, families, and older adults. The program can serve a whole classroom at a time and offers a scripted manual to enable delivery by school personnel or other professionals without musical experience.



BH CONTINUUM OF CARE

This profile features Beat the Odds as a Prevention program within the Behavioral Health Continuum of Care; however, this programming may span additional portions of the continuum depending on its use.