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For Immediate Release

**San Diego Center for Children Named by Yamaha Music Division
To Roll Out HealthRHYTHMS Research Project**

Event kicks off with a large community drum circle to be held at the San Diego Center for Children on Friday, March 28

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San Diego. Rhythm and health have long been a therapeutic option at the San Diego Center for Children. For nearly 40 years, the Center has incorporated drumming to help kids express their feelings without the need of words.

The West Coast Yamaha Music Division now has selected the San Diego Center for Children to roll of the corporation's HealthRHYTHMS research project.

The Recreational Music Making (RMM) HealthRHYTHMS research study officially will kick off with a large community drum circle to be held at the San Diego Center for Children, 3002 Armstrong Street in Kearny Mesa, on Friday, March 28 from 11 a.m. to noon.

According to Barry Bittman, M.D. President of the Yamaha Music Division, as well CEO and medical director of the Mind-Body Wellness Center, a comprehensive interdisciplinary outpatient facility, the purpose of this study is to explore the use of RMM to facilitate positive mood states and increase positive emotions among children and youth experiencing significant emotional and behavioral challenges who currently reside in a residential treatment facility.

Bittman also serves on the Board for the music division of REMO, Inc., which manufacturers all the HealthRHYTHMS instruments that will be used in the research.

“The study,” said Bittman, “will investigate the effect of RMM on a range of psychological functions such as depression, anger management/self control, and youth behaviors.

According to Sundiata Kata, Music Program Director at the San Diego Center for Children, the study will include 20 adolescents from the Clark Adolescent Treatment Center and 34 children from San Diego Center for Children’s Residential Treatment Program. Kata explained that drumming is means to open dialog. “It’s a method,” he said, “of communication, one-on-one, that would not, does not typically, happen in other settings. Kata added that drumming is a safe, not threatening, proven therapy. “The music room is an environment to learn and express one’s self in a non-judgmental way,” he said. “It a way to put feelings into words. You may not be able to read, but you can read and play music.”

Bittman explained that the RMM program includes rhythmic naming, the process of tapping out the syllables of one’s name, is carried out followed by a short series of exercise to build focus, confidence and group cohesiveness. Rather than attempting to learn complex rhythms, the kids will play drums and percussion instruments together with Clavinova accompaniment (typically a familiar tune) in order to ensure a non-pressured enjoyable musical experience.

During the inspirational Beats section of the research, kids will non-verbally express themselves (playing their drum) in direct response to a series of developed by the researchers to inspire deep thought, contemplation and mutual respect. Each subject is subsequently given the option to discuss their non-verbal response. Individual comments are expected to evolve into highly-charged group discussions moderated by the facilitator.

We’re thrilled to be working with The Mind-Body Wellness Center, Yamaha Corporation, and Remo Drums on this exciting research project,” said Marty Giffin, PhD, Executive Director of the San Diego Center for Children. “Our kids at the San Diego Center for Children are going to have the opportunity, first to participate in recreational music-making, which we highly encourage, but also to be part of a study that we hope offers valuable outcome data that can be shared across San Diego and beyond.”

For additional information on the HealthRHYTHMS Drum Circle event, please contact the San Diego Center for Children at 858-5690-2145.

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The San Diego Center for Children

The San Diego Center for Children (SDCC), the community’s oldest accredited non-profit organization helps children and adolescent develop a healthy sense of self-worth and provide hope for the future. SDCC offers one of the nation’s most comprehensive programs for kids with behavioral, emotional, social and educational issues, from those

with mild challenges to children and adolescents with the most severe emotional and behavioral difficulties.

Yamaha Corporation of America

For more information, write Yamaha Corporation of America, P.O. Box 6600, Buena Park, CA 90622; telephone (714) 522-9011; or e-mail infostation@yamaha.com.

Remo Inc.

Remo, Inc. is the world's largest drumhead manufacturer and continues to break ground in marching, orchestral, world percussion, education, kids percussion, and recreational drumming. For 50 years it has led the way in synthetic drumhead and shell development to enhance and expand the possibilities of percussion. Remo's goals are to make the drum:

- An educational tool for every classroom
- A wellness tool for every retiree
- A unifying tool for every community
- An inspirational tool for mankind

Remo, Inc is a privately held company with headquarters in Valencia, California. They are environmentally conscience with drums that average 80% recycled materials and have won the WRAP Award (California Waste Reductions Awards Program) every year since 1998. Their products are primarily manufactured in the USA.