



# BEAM Newsletter

Bridging Education and Mental Health

## BEAM Project Overview

The BEAM project addresses what causes and sustains challenging behaviors, how to create environments that reduce challenging behavior, and strategies for problem solving.

The program involves an online course and onsite coaching. Currently the project is being piloted in 5 Minneapolis Child Care Centers.

## \* BEAM Foundation Beliefs

- Teacher behavior directly impacts children's social emotional development and mental health.
- To change children's behavior, teachers must change their behavior.
- Children and their challenging behaviors are typically multi-dimensional, multi-faceted, and require a range of support
- Teams need time to reflect on their practice for their own mental health and to improve instructional practices.
- A program that implements the BEAM model provides an emotionally safe environment that is

- **CONSISTENT,**
- **PREDICTABLE, and**
- **CONTINGENT**



PICA Head Start - Glendale

## Programs in BEAM:

***Mt Olivet Day Services***

***Noah's Ark Child Development Center***

***Northside Child Development Center***

***Northeast Child Development Center***

***PICA Head Start – Glendale & Park Place***

## Featured BEAM program

*One of the above programs will be featured in each newsletter. The first issue highlights PICA Head Start:*



BEAM participant [Leann Okonek](#) is a PICA Head Start teacher at Glendale Early Childhood Family Development Center Avenue in Minneapolis. Leann is working with BEAM coach Christopher Watson to make her classroom emotionally safe and supportive of all children and to help children

with challenging behaviors benefit from the learning environment at PICA.

Five PICA staff completed the BEAM training course- great work!

Parents In Community Action, Inc. (PICA) is a private, non-profit agency designated by the federal government to operate Head Start and Early Head Start programs in Hennepin County, Minnesota. The agency was founded in 1969 by Head Start parents. Today PICA serves nearly 2,500 children and families and offers a variety of programs and services for children and families in addition to Head Start and Early Head Start.

## BEAM Tips & Resources:

Koplow, L. (Ed.). (1996). *Unsmiling faces: How preschools can heal*. New York: Teachers College Press.

Howes, C. & Ritchie, S. (2002) *A matter of trust: Connecting teachers and learners in the early childhood classroom*. New York: Teachers College Press.

## Reminders to BEAM teachers:

\* BEAM research assistants will be contacting coached teachers to set up a 3<sup>rd</sup> observation time.

\* Child data forms were sent out last week. For those of you that received the 3<sup>rd</sup> round of forms, please complete and return these by November 20<sup>th</sup>.

## BEAM Staff:

Karen Anderson - Executive Administrative Specialist – 612-625-6617

Lisa Cariveau - Project Coordinator – 612-624-0397

Lilly Duran –BEAM coach –612-625-8656

Shelley Neilsen Gatti –BEAM coach - 612-626-9528

Leah Hjelseth –BEAM coach – 612-625-8562

Christopher Watson –Project Director & Co-Principal Investigator - 612-625-2898



## Upcoming BEAM Events:

Nov 10<sup>th</sup> – Northside Child Development Center  
– parent training.

\*To set up additional trainings at your program, contact your onsite coach or Lisa Cariveau at [licarivea@umn.edu](mailto:licarivea@umn.edu) 612-624-0397.

**Thank You for your participation in BEAM!**  
**Watch for the 2<sup>nd</sup> BEAM Newsletter in late November 2005.**

*BEAM is a program at the Center for Early Education and Development (CEED at the University of Minnesota). The mission of CEED is to improve developmental outcomes for children through applied research, training, and outreach. BEAM is funded by the FY04 federal Early Learning Opportunities Act (ELOA) Grant provided to the Minneapolis Youth Coordinating Board. The pilots will run in 2005-2006, with evaluation results available in late 2006.*