

ABOUT SNAP®

SNAP® was developed by Child Development Institute, an accredited children's mental health organization in Toronto, Ontario, in 1985 as an intervention program for boys under 12 in conflict with the law. Since then, the program has grown and evolved into an internationally recognized model for teaching children with behavioural problems and their parents effective emotion-regulation, self-control and problem-solving. Today, SNAP® offers gender-specific programs for children ages 6-11 and in some communities for youth ages 12-17.

The primary goal of SNAP® is to keep children and youth in school and out of trouble.

SNAP is delivered in Brantford and Brant County by Woodview Mental Health and Autism Services. For more information Please visit: www.stopnowandplan.com



SNAP®

Stop Now and Plan

For more information, contact:

**Woodview Mental Health
and Autism Services**

P: 519-752-5308

643 Park Road North
Brantford, ON N3T 5L8

Contact Brant

P: 519-758-8228

WWW.SNB-SNAP.CA

SNAP® BOYS & SNAP® GIRLS

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SNAP®

Stop Now and Plan

Woodview Mental Health
and Autism Services



SNAP® BOYS & SNAP® GIRLS

WHAT IS SNAP?

SNAP®, which stands for **STOP NOW AND PLAN**, helps children with behavioural problems and their parents learn how to effectively manage their emotions and “keep problems small.”

SNAP® Boys and SNAP® Girls programs are designed for children ages 6-11 who are engaging in aggressive, anti-social behaviour and/or have come into contact with authority figures at school or in the community.

Experienced and highly trained staff work with each family to assess challenges and problems and develop an action plan. Children and families may participate in the following components, with the goal of preventing future anti-social behaviour and reducing the chances of conflict with family, peers and authority figures.

SNAP® BOYS & SNAP® GIRLS COMPONENTS

SNAP® BOYS/SNAP® GIRLS GROUPS

Boys and girls attend gender-specific weekly group sessions for 13 weeks. They learn how to use SNAP® in different situations through activities, including discussions, role-playing and interactive games. A variety of topics, including dealing with angry thoughts and feelings, self-control, problem-solving and bullying are addressed.

SNAP PARENTING GROUP

The parent group meets at the same times as SNAP® Boys and SNAP® Girls groups. Parents learn effective child management and SNAP® strategies. The group also provides parents with an opportunity to make connections with other parents facing similar challenges.

INDIVIDUAL CHILD COUNSELLING/ MENTORING AND COMMUNITY CONNECTIONS

Individual counselling/mentoring with a SNAP® staff or volunteer provides children with individualized support to enhance the skills learned in the SNAP® groups and to continue working on their goals.

SCHOOL ADVOCACY/TEACHER SUPPORT

Program staff help families ensure their children receive the help and support needed at school.

SNAP® PARENTING: FAMILY COUNSELLING

Ongoing, outcome-oriented counselling related to implementing SNAP® strategies and individual issues is offered to parents and/or families.

LONG TERM CONNECTIONS/ CONTINUED CARE

Families may continue to be involved in program components as long as there is a need and interest. In addition, parents and youth may participate as Peer or Parent Mentors.

WHO SHOULD ATTEND SNAP?

Boys and girls ages 6-12 experiencing serious behavioural problems at home, at school, with persons in authority and in the community.

Problems may include:

- *Difficult family relationships*
- *Physically aggressive behaviour*
- *Angry outbursts*
- *Verbally aggressive or defiant behaviour*
- *Lack of self-control and problem-solving skills*
- *Difficulty making and maintaining healthy relationships*
- *Stealing*
- *Bullying*
- *Vandalizing or damaging property*

REFERRALS

CAN I REFER A CHILD TO SNAP®?

Parents and guardians can contact SNAP® directly.

Referrals can also be made by:

- *Schools*
- *Family doctors*
- *Community health practitioners*
- *Police*
- *Child welfare*
- *Mental health providers*

To register or to make a referral please call:
Contact Brant at 519-758-8228