

About SNAP®

SNAP® was developed by Child Development Institute, an accredited children's mental health organization in Toronto in 1985 as an intervention program for boys under 12 in conflict with the law. Since then, the program has grown into an internationally recognized model for teaching children and their parents effective emotion-regulation, self-control and problem-solving. Today, SNAP® offers gender specific programs for children ages 6-11 and youth ages 13-17.

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

About Key Assets

Key Assets is a non-profit organization providing residential and family-based care and support services to young people and families with complex needs. We're also part of the Core Assets Group of companies, an international organization dedicated to creating a positive and lasting difference in the lives of children and youth around the world.

<https://keyassetsnl.ca/>



Referrals can be made to:

Maria Gentle

maria.gentle@keyassetsnl.ca

709-237-9501

Referrals and Costs

Services are available to families at no cost. Childcare and transportation assistance is available. Please contact us to find out if SNAP® is right for your family.

SNAP® services at Key Assets are fully funded through the Crime Prevention Action Fund, Public Safety Canada, Government of Canada



Public Safety
Canada

Sécurité publique
Canada



SNAP® Boys/

SNAP® Girls

What is SNAP®?

SNAP® stands for STOP NOW AND PLAN. It is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI) Toronto. SNAP® helps children and their parents learn how to effectively manage their emotions and 'keep problems small'.

The gender-sensitive **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 promoting pro-social behaviour and reducing the chances of future conflict with family, peers and authority figures.

Who should attend SNAP®?

Boys and girls ages 6-11 experiencing serious behavioural problems at home, at school, with persons in authority, and in the community are referred to these programs. Presenting problems may include:

- Difficult family relationships
- Physically aggressive behavior
- Angry outbursts
- Verbally aggressive and/or defiant behaviour
- Lacks self-control and problem solving skills
- Has difficulty making and maintaining healthy relationships
- Stealing
- Bullies others
- Vandalizes or damages property

SNAP® Boys & SNAP® Girls Components

SNAP® Boys/SNAP® Girls Groups

Boys and girls attend a gender-specific, 13 week group. They learn how to use SNAP® in different situations through engaging activities, discussions, role-playing and interactive games. Topics include dealing with angry thoughts and feelings, self-control, problem solving and bullying.

SNAP® Parenting Group

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

Homework Club/Tutoring

Weekly tutoring sessions/homework clubs with for SNAP® children functioning below grade level.

Individual Child Counseling/Mentoring and Community Connections

Individual counselling/mentoring with a SNAP staff or volunteer provides children with individualized support to enhance the skills, coping strategies, and social skills training learned in the SNAP groups. We also continue work on goal attainment and participate in structured community activities.

School Advocacy/Teacher Support

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

SNAP® Parenting: Family Counseling

Ongoing, outcome oriented counseling related to Implementing SNAP® strategies and individual issues is offered to parents and/or families.

Girls Growing Up Healthy

This group is offered to mothers and girls ages 9 and up following participation in the SNAP® groups. This mother-daughter group focuses on relationship building, and physical and sexual health.

Victim Restitution

Children learn how to apologize and redress their behaviour. An apology letter or some form of community service are typical restitution approaches.

Long Term Connections/Continued Care

Families may continue involvement if there is a need and interest. Youth leadership programs and parent support are available. In addition, parents and youth may participate as Peer or Parent Mentors.

Cost - Services are available to families at no cost. Childcare and transportation assistance is available. Please contact us to find out if SNAP® is right for your family – 709-237-9501.



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