



“Our **purpose** is to achieve positive and lasting outcomes for children, families & communities, & these are our **pledges** to YOU”

### CHILDREN & FAMILIES

- Set high standards for ourselves and the care and support we provide for you.
- Be on your side and accept you for who you are and what you want to be.
- Prioritize your safety, connections and build your resilience.
- Be passionate, caring and respectful in everything that we do.
- Listen to and learn from you so that we can do things better.

### CUSTOMERS, CARERS & STAFF

- Deliver excellence through quality service provision, collaboration and measuring outcomes.
- Act with honesty and transparency.
- Deliver innovative services in cost effective ways.
- Challenge the norm, ask questions and keep our promises.
- Conduct our business with financial integrity to achieve sustainability and value.

### COMMUNITIES

- Build a socially responsible and friendly presence in each of our communities.
- Value diversity and inclusion and act with cultural sensitivity and respect.
- Be creative and flexible to respond to each community’s unique needs.
- Recruit, train, support and retain the best people to deliver services.
- Contribute to shared learning through research and partnerships.



### About Key Assets

Key Assets is a non-profit organization providing residential, family-based care, and support services to young people and families with complex needs. We are also part of the Key Assets Group of companies, an international organization dedicated to creating positive and lasting outcomes young people, families and communities.

Referrals can be made to:

[snap@keyassetsnl.ca](mailto:snap@keyassetsnl.ca)



SNAP® Boys

SNAP® Girls

## 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.

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

## What is SNAP®

SNAP® stands for STOP NOW AND PLAN. It is an evidence-based, cognitive-behavioral model powered by the minds at Child Development Institute (CDI) Toronto. SNAP® helps children and their caregivers 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 behavior 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 behavior and reducing the chances of future conflict with family, peers and authority figures.

## 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-play and interactive games. Topics include dealing with angry thoughts and feelings, self-control, problem solving and bullying.

### SNAP® Parenting Group

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

### Individual Child Counseling/Community Connections

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

### School Advocacy

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

### Homework Club

Weekly tutoring offered for SNAP® children functioning below grade level.

### SNAP® Family Support

Ongoing, outcome oriented counseling related to implementing SNAP® strategies and individual issues is offered to caregivers.

### Growing Up Healthy

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

### Continued Care

Families may continue involvement if there is a need and interest. Youth leadership programs and caregiver supports are available. In addition, caregivers and youth may be invited to participate as Peer or Caregiver Mentors.

## Who should attend SNAP®?

Boys and girls ages 6-11 experiencing serious behavioral problems at home, at school, and in the community can be referred to SNAP®. Presenting problems may include:

- Difficult family relationships
- Physically aggressive behavior
- Defiant behavior
- Verbally aggressive
- Lacks self-control and problem solving skills
- Difficulty making or keeping healthy relationships
- Lying and Stealing
- Bullying behavior
- Vandalizes or damages property



*SNAP® is a registered trademark owned by Child Development Institute, Toronto, CANADA and is used under license.*