

**SNAP is a Canadian-made transformational program designed specifically for children displaying Disruptive Behaviour Problems (DBPs) and their families. SNAP offers sustained evidence and outcomes-based mental health support for communities in need.**

*SNAP is a proven evidence-based early intervention children's mental health and crime prevention program. SNAP has been licensed and in use by over 240 communities around the world reaching thousands of children and families.*

Youth violence incidents are on the rise.

Behaviour problems make up approximately 30-50% of all referrals to child and youth mental health services.

Access to services in Canada for children and youth remain difficult, especially for those who need it the most.

Canada has the knowledge and expertise to take a proactive approach to reduce violence by 50% before 2027: the key is in early intervention programs.

**SNAP is the solution.**

## Connect with us today!



Find out more about the SNAP model, programs, services and outcomes.

Scan the QR code to visit our SNAP website at [snap.childdevelop.ca](http://snap.childdevelop.ca).



Together, we can give children and their families the power to make better choices for lasting change.

## Interested in how your agency can become a Licensed SNAP Affiliate?

Contact us for more information at:  
**[SNAP@childdevelop.ca](mailto:SNAP@childdevelop.ca)**



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Canada's leading program designed specifically to support children displaying Disruptive Behaviour Problems

## We are CDI

Deeply committed to fostering positive change in mental health for over a century, CDI is a leading children's mental health organization dedicated to transforming the lives of children, youth and families. We transform lives with unique and innovative programs that include wrap-around support for families, caregivers, teachers and mental health professionals. The programs are child-centric and family-focused by design. All our programs are empowered by research, and as such, our growing body of knowledge informs our work so that we evolve alongside the needs of our community.

## About SNAP® (Stop Now And Plan)

SNAP is an award-winning evidence-based children's mental health and crime prevention model that teaches middle years children (ages 6 to 11) and youth (ages 12-18) and their families and/or caregivers how to stop and think before they act - to ultimately make better choices 'in the moment' and throughout their lives.

SNAP supports the needs of children experiencing disruptive behaviour (e.g. aggression, rule-breaking, conduct problems as well as anxiety and depression). A keystone CDI program, children, youth and families receive support tailored to their needs through an assessment of their identified risks, behaviour, age and gender.

## Disruptive Behaviour Problems and Mental Illness Affecting Children

- Mental health issues affect over 1 million children and youth in Canada with Disruptive Behaviour Problems (DBPs) already affecting an estimated 9-15% of pre-school children (ages 2-5).<sup>1,2</sup>
- Conduct problems are the most common reason for referral to mental health services for children under 12.<sup>3</sup>
- Youth with conduct disorders are 5 to 20 times more likely to become a juvenile offender with 7 years of warning signs before a child may become a serious, violent and chronic offender.<sup>4,5</sup>
- Effective early intervention can prevent future problems, health and criminal justice costs

1. Mental Health Commission of Canada. *Children and Youth*.  
2. Canadian Paediatric Society. *Screening for disruptive behaviour problems in preschool children in primary health care settings*. November 27, 2017.  
3. Baker, K.. *Conduct disorders in children and adolescents*. *Paediatrics and Child Health*, 23(1), 24-29. 2012.  
4. Public Safety Agency of Canada. *Criminal Trajectories of Two Subsamples of Adjudicated Ontario Youths*. 2012.  
5. Statistics Canada. *Police-reported crime statistics in Canada*. 2021.

## The Power of SNAP

### The most cost-effective program in Canada

With the potential to save up to \$1.2 million per chronic offender.\*

*\*Public Safety Canada, 2016; Farrington & Koegl, 2015; WISPP, 2018*

### Reduces police and youth criminal justice contact

SNAP can reduce crime by 33% and save on average \$32 for every \$1 spent, resulting in approximately \$147,000 saved per high-risk child\*. Benefits are found to exceed monetary costs.

*\*Farrington & Koegl, 2015*

### Displays clinically significant changes in the behaviour for children and families who participate

Neuroimaging studies [using MRI and EEG] show that SNAP produces positive changes in self-control and emotion regulation\*.

*\*Lewis et al., 2008; Woltring et al., 2011, 2015, 2016; Kolla et al., 2022*

## SNAP will:

- Increase emotion-regulation and self-control skills in children and their family
- Reduce aggression, bullying and antisocial behaviour
- Increase social competency and prevent school drop-out and delinquency
- Improve academic success by decreasing behavioural issues at school
- Engage high-risk children and their families in service
- Connect children and parents to community-based resources
- Increase caregiver self-efficacy and strengthen the caregiver-child relationship

## Our Programs



### SNAP for Schools

#### Low Risk

In-school prevention program

*Children (Ages 6-11)*



### SNAP Clinical

#### High Risk

Specialized gender specific clinical program

*Children (Ages 6-11) & their Caregivers/Families*



### SNAP Youth Justice

#### Very High Risk

For youth involved in the youth justice system

*Youth (Ages 12-18)*

### SNAP for Schools

Delivered in schools, this universal prevention program uses digitized modules to teach SNAP strategies in the classroom to children, educators and school support personnel to keep students in school, out of trouble, improving and with improved social-emotional learning and social skills.

### SNAP Clinical

Clinical programs that provide specialized wrap-around support (working with the individual child, family, school and community) tailored to address their specific disruptive behavioural challenges.

### SNAP Youth Justice

Youth ages 12 to 19 who are involved in the youth justice system participate in a 12- week program with digitized modules in support of being able to improve their selfcontrol, make better choices and change their life circumstances and improve their behaviour.