



Stop Now And Plan (SNAP®)

SNAP for Schools Universal Prevention Digitized Program

SNAP, is an award-winning, evidence-based, trauma-informed, cognitive-behavioural children/youth mental health and crime prevention model that teaches children/youth, how to stop and think before they act and make better choices 'in the moment' and throughout their lives.



Trained SNAP Facilitators and educators within school boards lead students through 12 interactive SNAP sessions involving discussions, modelling, role-play, and relaxation.



Available for Grade 2-6

Approach

- Increases social-emotional learning (emotion recognition and regulation, self-control and problem-solving skills)
- Assists teachers in handling disruptive behaviour (bullying, aggression, rule-breaking and conduct problems).
- Supports referrals for students displaying serious disruptive behaviour.

SNAP For Schools Sample Outcomes:

Teachers Report:

Decrease in -

- Disruptive behaviours
- Discipline issues
- Aggression

Increase in -

- Positive classroom environment and teacher-student interactions
- Peer sensitivity
- The use of calming strategies

Students Report:

It has helped most of my class make better choices and bullying has slowed down.

It helped me to stop being a bully.

SNAP helped me be nicer.

No one is punching or yelling at each other.

- ✓ Digitized program supports consistent program facilitation
- ✓ Ability to track session-to-session data for immediate feedback to the facilitator

CDI is an accredited mental health organization powered by research and is unwavering in our dedication to transform lives. For over a century, we have been transforming the lives of children, youth and their families by developing and delivering world class, innovative evidence-based mental health programs.