



# Stop Now And Plan (SNAP®)

**SNAP provides children ages 6 to 11 displaying serious disruptive behaviour and their families the power to make better choices for lasting change.**

SNAP is an award-winning evidence-based cognitive-behavioural and social interactional learning program for children and their families and/or caregivers on how to manage their emotions and behaviour by utilizing strategies to stop, think and plan positive alternatives before acting impulsively.

The program uses a proven mental health and crime prevention model in supporting children exhibiting significant challenges with social skills, problem solving and emotional dysregulation that impact their functioning at home, school and community.

SNAP has 3 programs designed to support children of different risk severity.



## Risk: Low

### SNAP for Schools

In-School Prevention Program

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.

## Risk: Moderate-High

### SNAP Clinical

Specialized gender-specific clinical programs

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.

## Risk: Very High

### SNAP Youth Justice

For youth involved in the youth justice system

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 self-control, make better choices and change their life circumstances and improve their behaviour.

## 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

Scan the QR code for more details on our SNAP programs



## Disruptive Behaviour Problems (DBPs) 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.



# The Power of SNAP

SNAP was developed nearly 40 years ago as an intervention program for children under the age of 12 in conflict with the law. Today, it has evolved into an internationally-recognized children's mental health and crime prevention program bringing hope to families. Over 31,000 children and counting have been supported through SNAP.

### Children experience life-changing results

Studies from SickKids and CAMH in Toronto has demonstrated using neuroimaging that SNAP is associated with positive changes in self-control and emotion-regulation, and these changes can be seen in the structure and function of the brain.

### Families are an integral part of the process

The SNAP model recognizes the importance of the family and community in the child's well-being and uses an integrated approach to treatment.

### We're empowered by research

SNAP is entirely grounded in scientific research using state-of-the-art methodology including neuroscience.

### We're building safer communities

Preliminary findings indicate that 68% of children participating in SNAP will not have any contact with the law by 20 years of age.

### We're the most cost-effective program in Canada

From the estimated costs of conviction and rehabilitation alone, SNAP has the potential to save up to \$1.2 million per chronic offender, as measured by Public Safety Canada and the Institute of Criminology (Cambridge, UK) and for every \$1 spent on SNAP, \$4 is saved in future contact with the justice and health system, which increases substantially up to \$32 for undetected crimes.

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.

## How to get started

To inquire about registration or referrals in Toronto, please contact our team at (416) 603-1827 ext. 8017 or email [intake@childdevelop.ca](mailto:intake@childdevelop.ca). The SNAP program is also available through licensed SNAP Affiliates across Canada. To learn more about services available outside of Toronto, please contact [snap@childdevelop.ca](mailto:snap@childdevelop.ca).

*"Vandalism, starting fires, getting in fights – I didn't really care what I was doing. SNAP showed me that I have a choice in the way I act."*

- Child participating in SNAP

*"We were feeling lost and frustrated that as parents we couldn't seem to break our son's cycle of explosive angry outbursts. But SNAP has provided us with essential tools to help us cope as individuals and as a family."*

- Parents of a SNAP participant

**Child Development Institute (CDI) is an accredited children's mental health organization** with the mission to support the healthy development of children, youth and their families. A leader in the field, CDI develops and delivers world-class, evidence-informed mental health programs and services across three streams: Child and Youth Mental Health Services, Gender-Based Violence Services, and Early Years and Child Care Services.

SNAP is offered across Canada and internationally.  
**Be a part of the CDI family today.**



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