

ABOUT SNAP®

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

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

Referrals and Costs

SNAP® services are completely free to youth and their families! The SNAP® program is funded through the Department of Juvenile Justice and families do not pay for services.

In addition to providing services free, SNAP® families are fed healthy meals and snacks at each SNAP® session. Sibling care may be provided if needed.

Referrals can be made at any time by anyone!

The SNAP® program is continuously recruiting committed group facilitators! Facilitators complete a 5-day training and lead parent and children groups. If you're interested in learning more about becoming a facilitator, contact Sterling Hurst. Sponsors and volunteers are needed! Volunteer duties include filming role-plays, conducting sibling groups, preparing meals and assisting with set-up/take-down. Sponsors are needed to help keep the prize box full, provide parent door-prizes, and assist with meals.



SNAP® BOYS /GIRLS

SNAP® IN SCHOOLS



Contact Us For Information

SNAP® is delivered internationally through licensed SNAP® Affiliates. For more information, please visit www.stopnowandplan.com.

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WHAT IS SNAP?

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

The gender-sensitive SNAP® Boys & SNAP® Girls and gender-neutral SNAP® in Schools programs are designed for children ages 6-11 engaging in aggressive, anti-social behavior and may have come into contact with authority figures at home, 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 preventing future anti-social behavior and reducing the chances of conflict with family, peers and authority figures.

SNAP® Components Offered

SNAP® BOYS/GIRLS 13-week, gender-specific program that teaches children how to use SNAP® in different situation through engaging activities including, discussions, role-playing, and interactive games. A variety of topics, including dealing with angry thoughts and feelings, self-control, problem solving and bullying are addressed.

SNAP® PARENTING-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 other parents facing similar challenges.

SNAP® IN SCHOOLS- 13-week gender-neutral program that enhances children's social and problem-solving skills by teaching them how to regulate their emotions The strategies are taught through classroom discussions The strategies are taught through classroom discussions The strategies are taught through classroom discussions. Topics such as fair play and sportsmanship, bullying, and peer pressure are covered.

Who Should Attend SNAP

Boys & Girls, ages 6-11, experiencing serious behavioral 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 or defiant behavior
- ▶ Lack of self-control and problem solving skills
- ▶ Difficulty making and maintaining healthy relationships
- ▶ Lying and/or Stealing
- ▶ Bullying
- ▶ Vandalizing or damaging property

Does SNAP® Work?

Research continues to show the SNAP® program:

Leads to improved life outcomes for child:

- ▶ Fewer arguments at home
- ▶ Less school violence and bullying
- ▶ More friends
- ▶ Fewer interactions with school principals

Improves parent-child relationships and emotional states:

- ▶ Reduced stress and anxiety * Reduced rates of depression
- ▶ Increased overall happiness
- ▶ Improved self-confidence

Changes development of the child's brain

- ▶ Increasing activity in areas responsible for cognitive control and self-regulation

Youth Crisis Center Services

RESIDENTIAL CRISIS CARE provides FREE shelter to youth ages 10 through 17, who run away, are homeless or ejected, truant, and/or ungovernable. We provide residential shelter care for youth whose families need some time apart while a crisis is resolved. During their stay at YCC, residents receive short-term care and therapy. Our residential therapists work to stabilize the problem and offer support and guidance to each child and his/her family. YCC's residential clients will attend our onsite Duval County Public school as long as the youth is not expelled.

FAMILY LINK provides FREE outpatient counseling from mental health therapists to youth and their families throughout schools in Clay, Duval, Nassau, St. Johns and Baker counties. The therapists work with youth and families who are experiencing any type of youth-related problem which disrupts the health and stability of the family. YCC specializes in working with troubled youth 6-17 years old who are exhibiting ungovernable or disobedient behavior, truancy, and other family and school-related concerns.

OUTPATIENT BEHAVIORAL HEALTH PROGRAM Serving clients ages 3 and up and their families. Licensed Mental Health Clinicians and Board Certified Psychiatry services provided for a myriad of behavioral health issues. YCC outpatient behavioral health program accepts Medicaid and offers a sliding scale as needed.

TOUCHSTONE VILLAGE provides Transitional Living services to young adults ages 18-21 who are in extended foster care or may be homeless. Many of the residents have been in the foster care system and/or delinquency system and are without the resources needed to live independently in the community.

PROJECT SAFE PLACE Youth who have run away from home and do not feel safe to return home can enter any place bearing the yellow and black SAFE PLACE sign. They will immediately be connected to YCC and be transported home or to our residential crisis care program. It's our mission to keep these children safely off the streets while we work to reunite them with their families or to find a safe, stable alternative living environment with their parent's permission.

