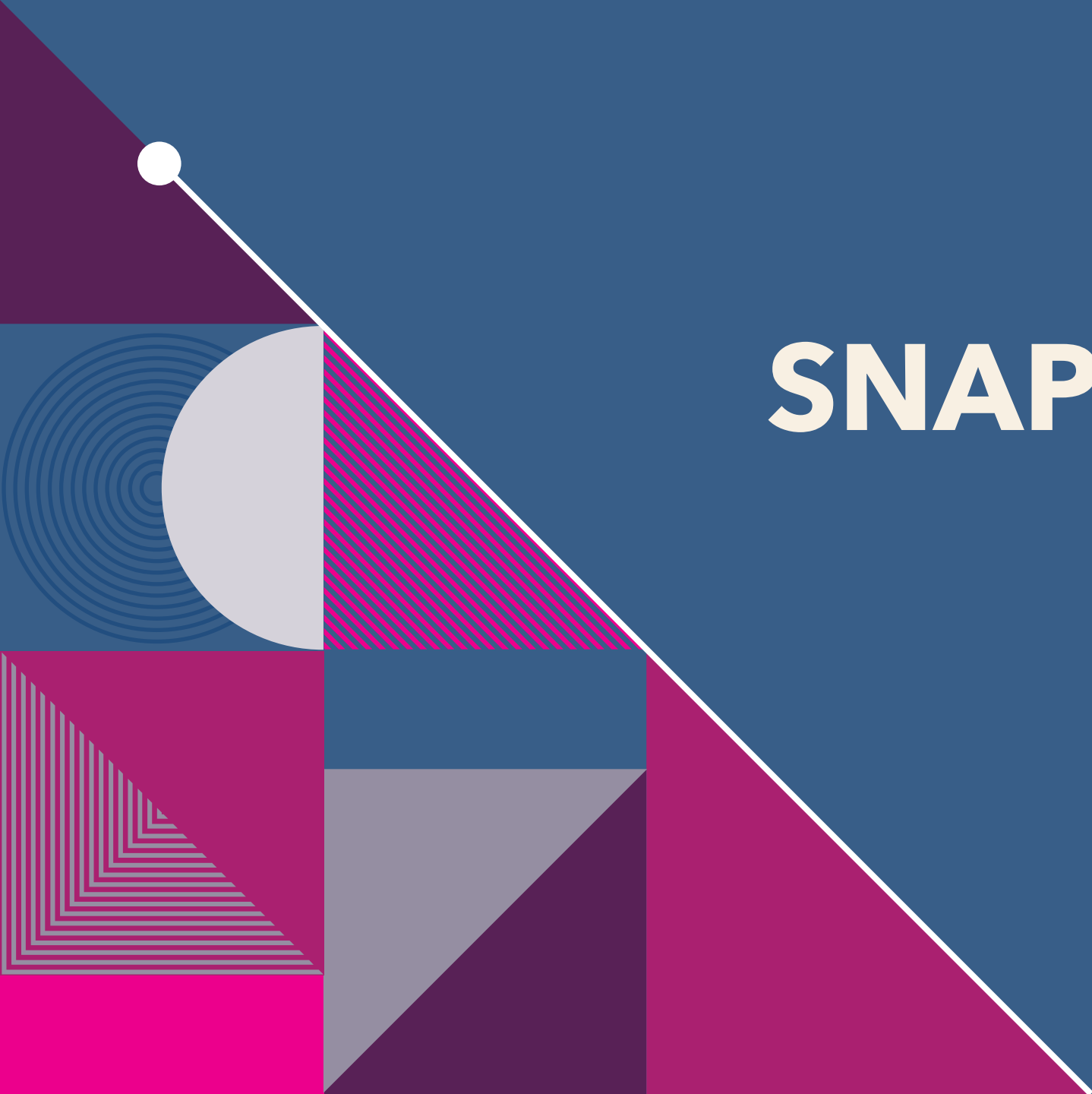


Item 9.1.1

SNAP PROGRAM





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.



WHY SNAP??

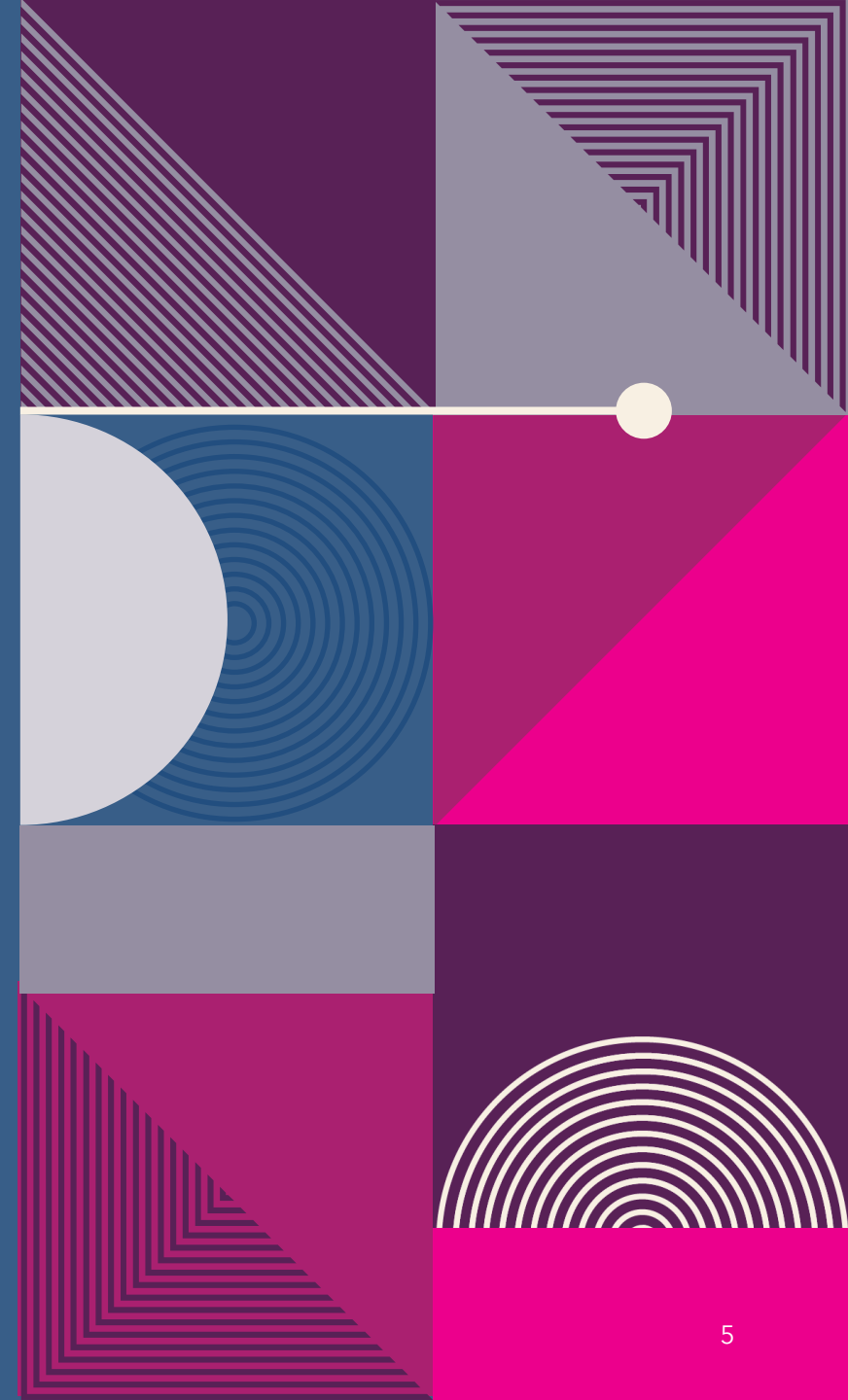
SNAP was developed in conjunction with the Toronto Police Service to fill an identified gap in services for young children in conflict with the law when Canada raised the age of criminal responsibility from 7 to 12 in 1984.

Research has proven that early intervention and evidence-based programs like SNAP can be effective at changing the life-course trajectory of high-risk children. As a result, can save billions of dollars -- mental health and crime.



SNAP GOAL

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



WHO IS SNAP FOR?

- Children experiencing serious mental health issues and disruptive behavior problems (e.g., aggression, rule-breaking, conduct, anxiety, depression) and those at greatest risk of youth justice contact.
- **1 in 5 children** in Canada has a mental health disorder, including over 200,000 children in the middle years.
- Children lacking self-control and emotion-regulation
- Self-control programs are an effective intervention for reducing delinquency and problem behaviors and latency-aged/middle years children tend to be good candidates for learning self-control.
- We need to INTERVENE EARLY; the brain is 'plastic' and can change throughout our lives

SNAP BOYS/GIRLS

SNAP Boys/Girls Groups are manualized core components focusing on teaching children SNAP through discussion, role play, activities and relaxation techniques, providing opportunities for coaching and skill mastery. Children attend the gender specific SNAP group once a week for 1.5 hours for 13 consecutive group sessions. These sessions teach children how to use SNAP in different situations, such as:

- Fair Play
- Dealing with Feelings and Thoughts
- Avoiding Trouble
- Apologizing
- Dealing with Bullying
- When You're Not So Sure



SNAP PARENTS

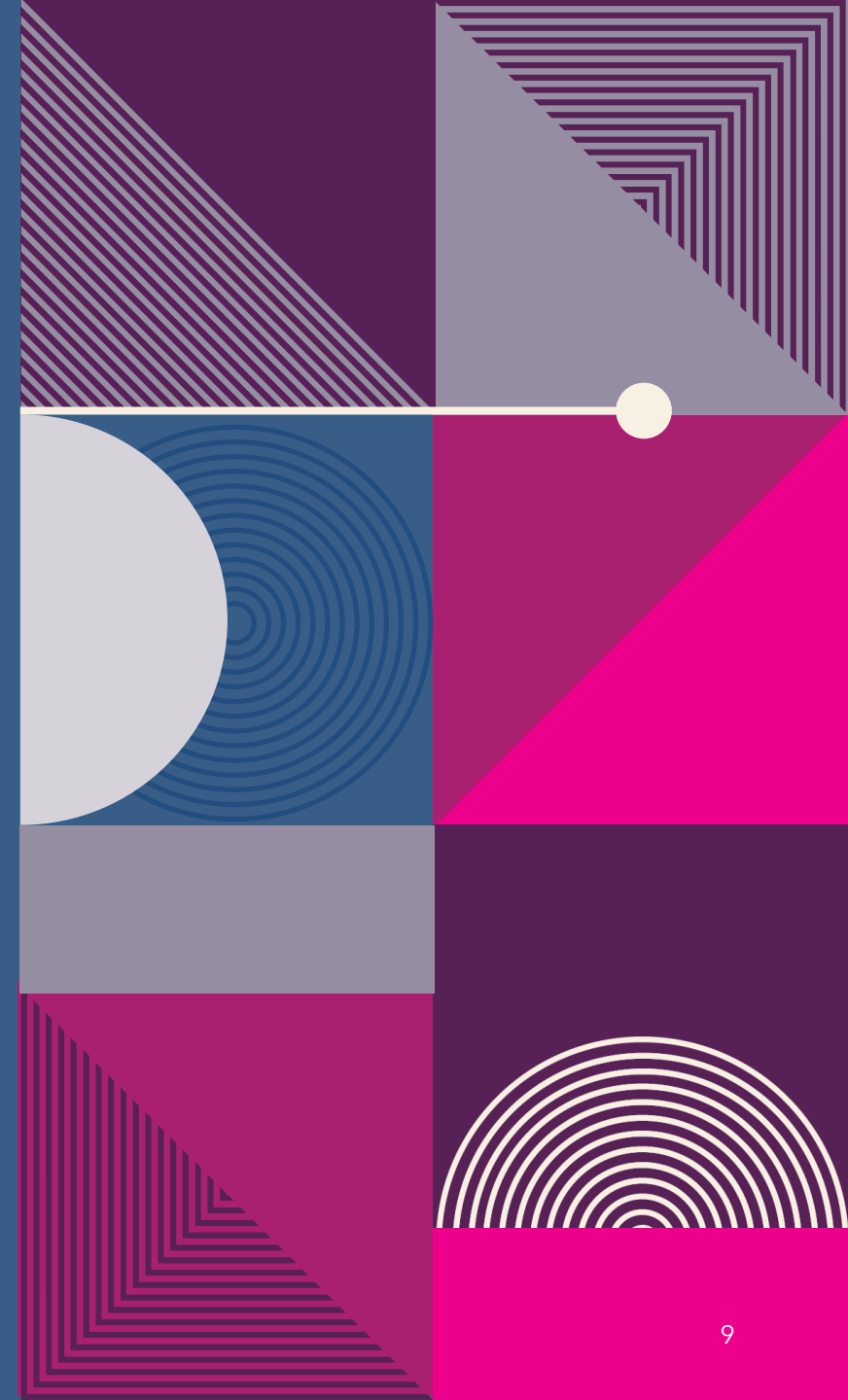
SNAP Parenting Groups are a manualized component that focuses on teaching caregivers the SNAP strategy and effective/positive parenting strategies through discussion, role-playing and home practice assignments. Caregivers attend the SNAP Parenting group once a week for 1.5 hours for 13 consecutive group sessions. These sessions teach caregivers how to master their own self-control when faced with challenging child behavior and how to use positive parenting strategies to reinforce prosocial behavior and enhance the caregiver-child bond. Caregivers learn strategies, such as:

- SNAP Parenting
- Active listening
- Effective directions
- Rewarding
- Setting effective limits
- Family problem solving

WHO SHOULD ATTEND?

Boys and girls ages 6-11 experiencing serious disruptive behavioral concerns at home, at school, with persons in authority, and/or in the community can be referred to SNAP. Presenting problems may include:

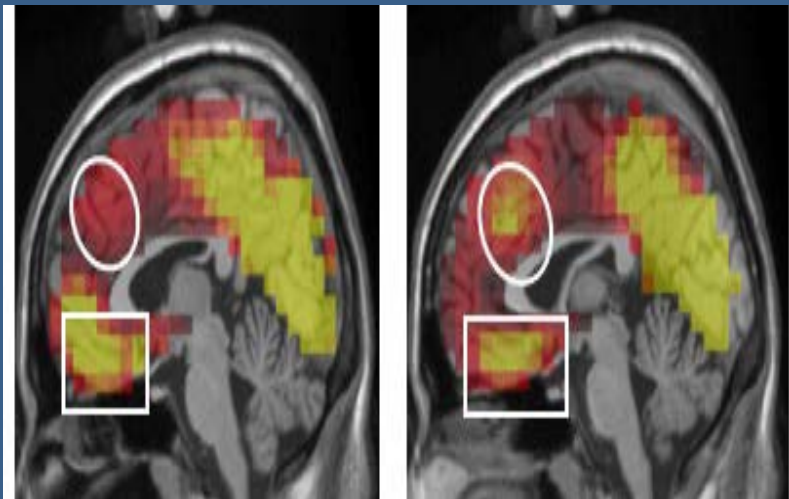
- Physical aggression
- Verbal aggression
- Angry outbursts
- Defiant behavior
- Lack of self-control and problem-solving skills
- Stealing
- Bullying
- Damages property/vandalism
- Difficulty making and maintaining healthy relationships with peers and others
- Difficult family relationships



BACKED BY EVIDENCE

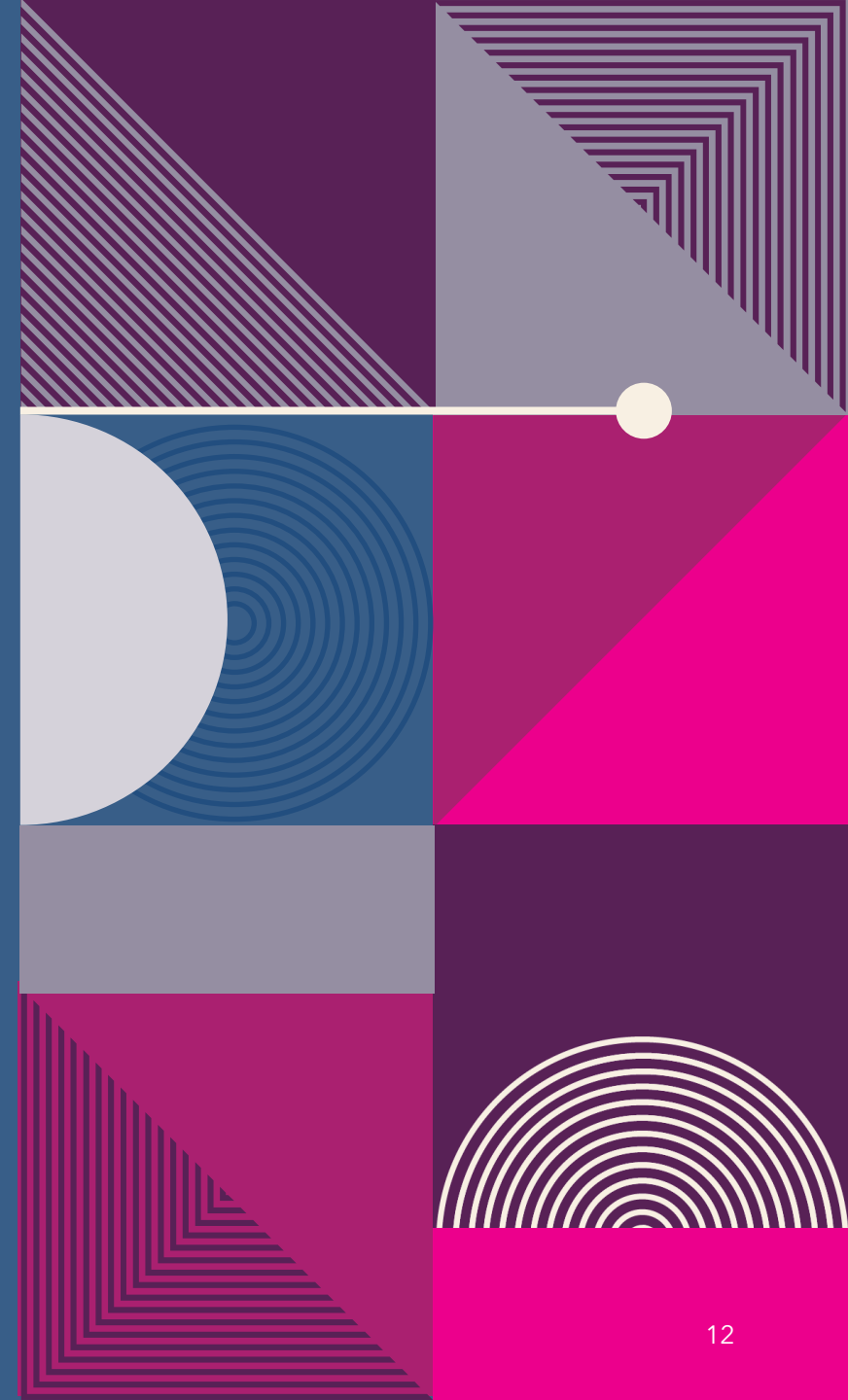
The Hospital for Sick Children and the University of Toronto found that SNAP can change executive functioning in just 13 weeks showing increased activity in areas responsible for cognitive control and self-regulation. The newest SNAP research conducted at CAMH (MRI study) found that improvements in behavioral measures of impulsivity and self-control following SNAP were associated with structural changes in frontal parts of the brain, areas which are known to be linked to self-control.

SCANS OF A CHILD'S BRAIN BEFORE SNAP AND AFTER A 13-WEEK SNAP PROGRAM. IMPROVEMENTS IN BEHAVIORAL MEASURES OF IMPULSIVITY AND SELF-CONTROL FOLLOWING SNAP WAS ASSOCIATED WITH STRUCTURAL CHANGES IN FRONTAL PARTS OF THE BRAIN, AREAS WHICH ARE KNOWN TO BE LINKED TO SELF-CONTROL



SOCIAL IMPACT

- Research has shown that children who participated in SNAP show significant reductions in aggression, rule-breaking, and conduct problems, including anxiety and depression.
- A reduction in police and youth criminal justice contact.
- Preliminary findings indicate that 68% of SNAP children will not have any contact with the law by age 20.



SNAP HALIFAX

September Cohort

January Cohorts

SNAP Schools

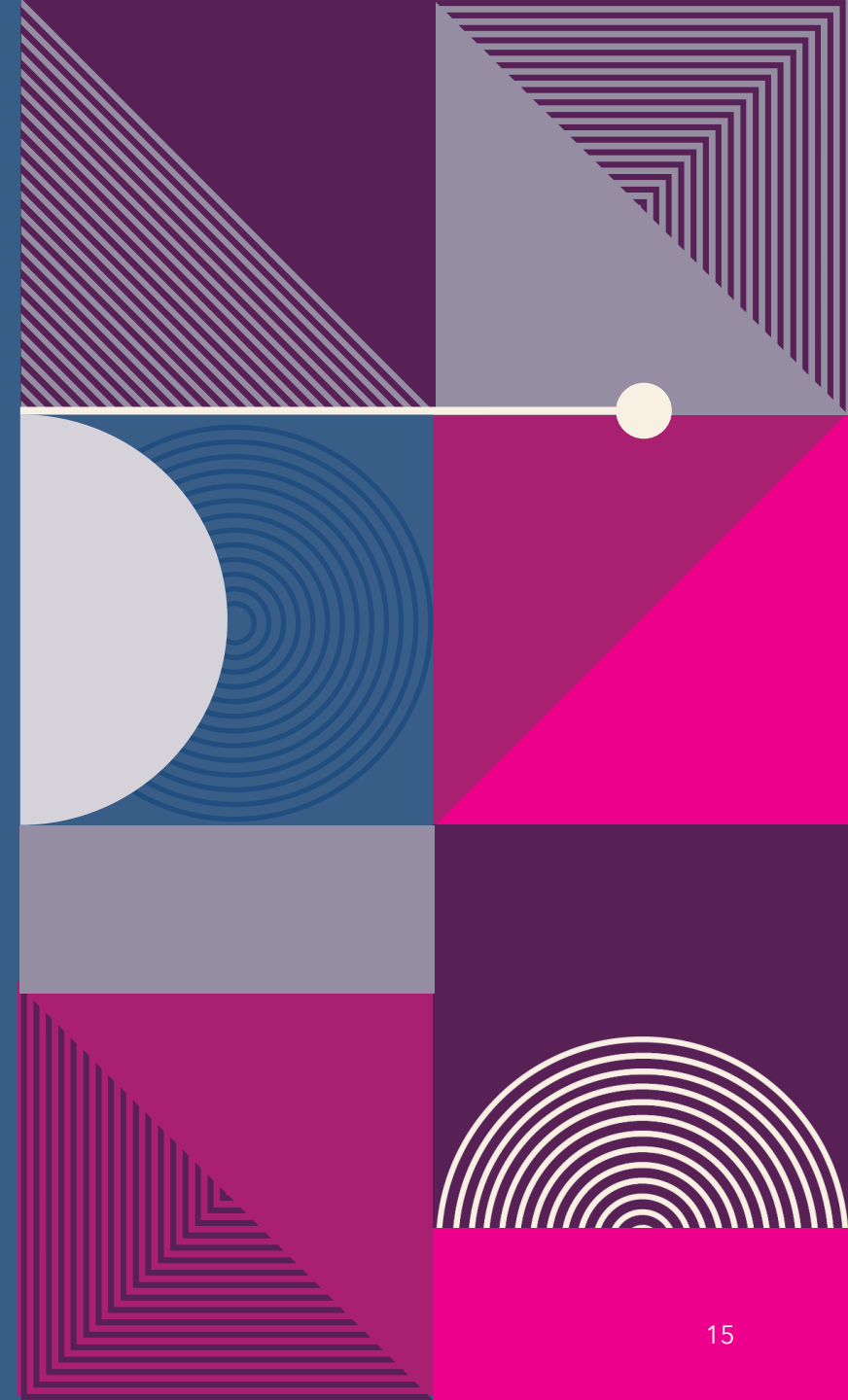


SNAP IN ACTION

<https://www.youtube.com/watch?v=XR85Coi4bBQ>



QUESTIONS???





THANK YOU

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