

About SNAP®

SNAP® was developed by Child Development Institute, an accredited children's mental health organisation in Toronto, Ontario, Canada, in 1985 as an intervention programme for boys under 12 in conflict with the law. Since then, the programme has grown and evolved into an internationally recognized model for teaching troubled children and their parent's effective emotion-regulation, self-control and problem-solving. Today, SNAP® offers gender specific programmes for children ages 6-11 and youth ages 13-17.

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

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

Call the Family Resource Centre to find out more about SNAP.

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www.childdevelop.ca



POWERED BY THE MINDS AT CHILD DEVELOPMENT INSTITUTE

How can my child access SNAP?

Parents or guardians can contact the Family Resource Centre (FRC) to schedule an intake phone appointment. The intake worker will ask you a series of questions to determine eligibility for SNAP.

Teachers, social workers, police and other service providers may also facilitate a referral with written consent from the parent or legal guardian.

Family Resource Centre

E-mail: frc@gov.ky

Phone: (345) 949-0006

Compass Centre, North Sound Rd.

E-mail: frc@gov.ky

SNAP® Cost: Free of Charge



**THE DEPARTMENT OF
COUNSELLING SERVICES**
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SNAP BOYS & SNAP GIRLS PROGRAMME INFORMATION



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What is SNAP®?

SNAP®, which stands for STOP NOW AND PLAN, is an evidence-based, cognitive-behavioural 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 and SNAP® Girls** programs are designed for children ages 6-11 who are engaging in aggressive, anti-social behaviour and/or have come into contact with authority figures at 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 behaviour and reducing the chances of conflict with family, peers and authority figures.

What to expect from SNAP®?

Contact the Family Resource Centre (FRC) at 949-0006 and schedule a telephone screening interview to determine if SNAP is right for your family.

Next, a staff member will meet with you and your child to gain an understanding of how your child is managing at home, school and the community.

Parents and children will join age appropriate groups and learn the SNAP strategy to stop and think before they act.

SNAP® Boys & SNAP® Girls Components

SNAP® Boys/SNAP® Girls Groups

Boys and girls attend gender-specific weekly group sessions for 13 weeks. They learn how to use SNAP® in different situations 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 Group

The parent group 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.

Individual Child Counseling

Individual counselling with a SNAP® staff provides children with individualised support to enhance the skills learned in the SNAP® groups and continued work on goal attainment.

School Advocacy/Teacher Support

Programme staff help families ensure that their children receive the help and support needed at school.

SNAP® Parenting: Family Counselling

Ongoing, outcome oriented counselling related to implementing SNAP® strategies and individual issues are offered to parents and/or families.

Crisis Intervention

Available to assist the families involved with SNAP® deal with challenging situations as they arise and/or refer to appropriate crisis service.

Who should attend SNAP®?

Boys and girls ages 6-11 experiencing serious behavioural 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 behaviour
- Angry outbursts
- Verbally aggressive or defiant behaviour
- Lacks self-control and problem solving skills
- Has difficulty making and maintaining healthy relationships
- Stealing
- Bullies others
- Vandalizes or damages property

