

SNAP® Boys & SNAP® Girls Components

SNAP® Boys/SNAP® Girls Groups

- 13 weekly sessions
- Engaging activities including discussion and role plays to learn how to use SNAP® skills
- Topics include self-control, problem-solving, emotional regulation, bullying, and relationships

SNAP® Parenting Group

- Parent group meets along-side with the boy/girl groups
- Learn effective parenting strategies
- Connect with other parents facing similar challenges

SNAP® in Schools

- 13 weekly classroom sessions
- Focused on positive reinforcement and effective problem-solving skills
- Increases pro-social skills to improve academic functioning and reduce disruptive classroom behaviors and truancy

SNAP® For Youth

SNAP® for Youth is the newest addition to the SNAP® model that expands services to youth aged 12 – 17, which is currently only available at select pilot agencies across the Network. This SNAP program utilizes technology to build on the existing model's solid evidence-based foundations and practices to engage high-risk participants. Trained SNAP for Youth facilitators lead youth through a 13-week program that involves discussions, modeling, behavioral rehearsal/role-playing, practice exercises, and relaxation training using youth and facilitator tablets in digitally-based intervention modules. These modules provide real-life scenarios designed to improve self control and decision making.

“After completing the 13 week SNAP program, I can now see a light at the end of the tunnel! I have learned to gauge and foresee outbursts. Those lessons have proven to be invaluable to me as a mother.”

-Mother of SNAP® boy



Guiding Children
ages 6-17
to better choices



For more information about the Florida Network and to find your nearest **SNAP®** provider, please visit:
www.floridanetwork.org



For more information about the Child Development Institute, please visit:
www.stopnowandplan.com



POWERED BY THE MINDS AT CHILD DEVELOPMENT INSTITUTE

Supported by **Florida Network of Youth and Family Services**



Sponsored by the Florida Network of Youth and Family Services, Inc., and the State of Florida, Department of Juvenile Justice.

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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 and SNAP® Girls** programs are designed for children ages 6-17 who are engaging in aggressive, anti-social behavior and/or have come into contact with authority figures at school or in the community. Highly trained staff work with each family to develop goals that focus on preventing and reducing the chances of conflict with family, peers, and authority figures.

Who should attend SNAP®?

Children ages 6-17 experiencing behavioral problems at home, school, and in the community are referred to the SNAP® program. Presenting problems may include:

- Difficult family relationships
- Physically aggressive behavior
- Angry outbursts
- Verbally aggressive or defiant behavior
- Lacks self-control and problem solving skills
- Has difficulty making and maintaining healthy relationships
- Stealing
- Bullies others
- Vandalizes or damages property

Does SNAP® work?

Research continues to show the SNAP® program contributes to improved outcomes for children and families as evidenced by:

- Fewer arguments at home
 - Less school violence and bullying
 - More friends
 - Fewer interactions with the school administration
- Families report that SNAP® improves parent-child relationships and emotional regulation with:
- Reduced stress and anxiety
 - Reduced rates of depression
 - Increased overall happiness
 - Improved self-confidence
 - Development of positive pro-social values
 - Enhanced ability to make better choices with peers



Referrals and Funding

SNAP® services are provided free of cost to the youth and families involved in the program.

The SNAP® program is funded by the Florida Network of Youth and Family Services through the Florida Department of Juvenile Justice.

Referrals to the SNAP® program can come from parents/caregivers, schools, law enforcement, child welfare organizations, community centers, and other stakeholders.

SNAP® IN FLORIDA:

LOCATIONS

ESCAMBIA COUNTY
Lutheran Services Florida-Northwest
850.453.2772

BAY COUNTY
Anchorage Children's Home
850.763.7102

LEON COUNTY
CCYS
850.576.6000

ALACHUA COUNTY
CDS Family and Behavioral Health Services, Inc.
352.244.6028 ext. 3804

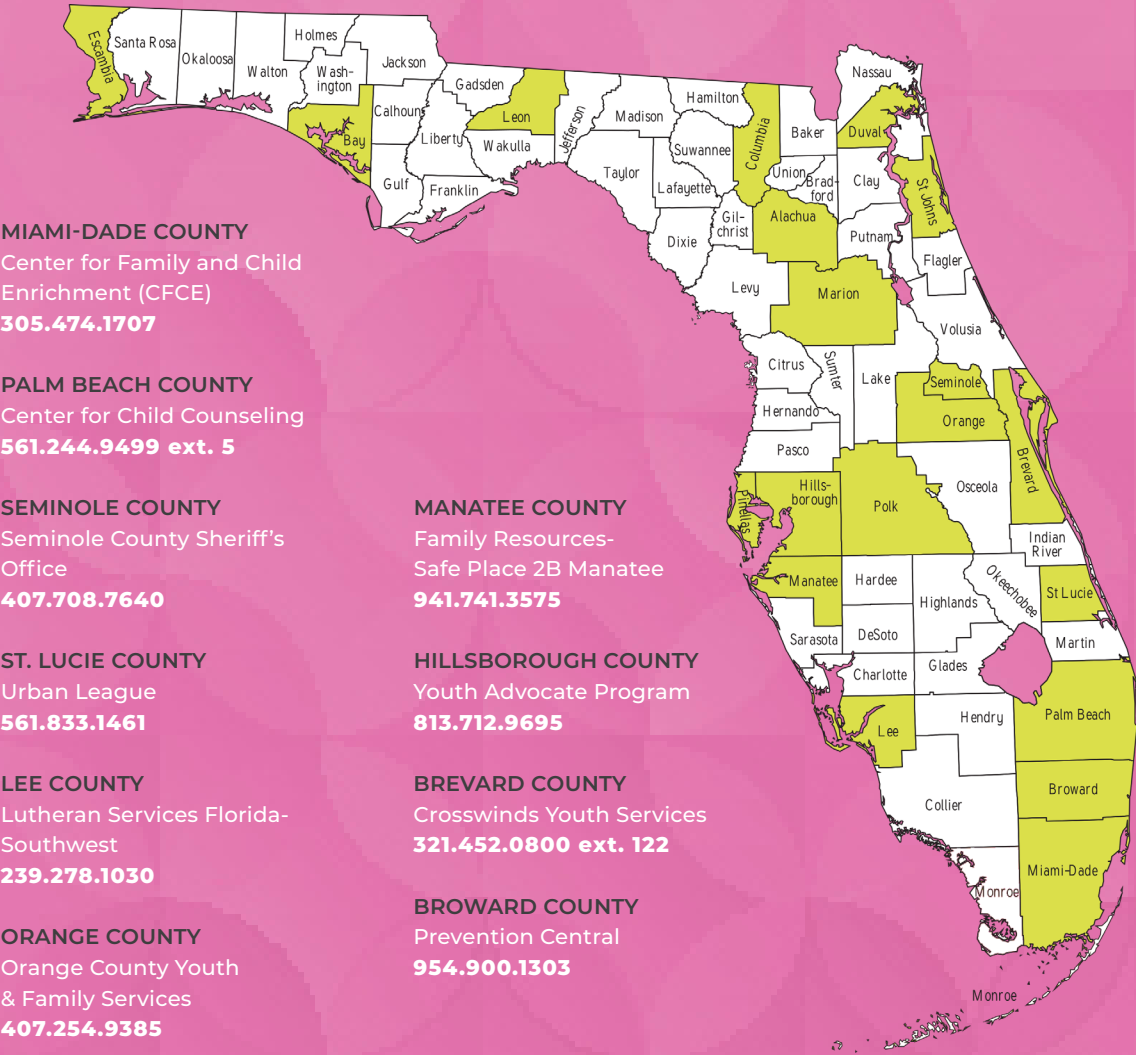
COLUMBIA COUNTY
CDS Family and Behavioral Health Services, Inc.
352.318.9431

ST. JOHNS COUNTY
Youth Crisis Center
904.725.6662

DUVAL COUNTY
Youth Crisis Center
904.318.5611

POLK COUNTY
Youth and Family Alternatives
352.216.9307

MARION COUNTY
Arnette House
352.622.4432 ext. 243



MIAMI-DADE COUNTY
Center for Family and Child Enrichment (CFCE)
305.474.1707

PALM BEACH COUNTY
Center for Child Counseling
561.244.9499 ext. 5

SEMINOLE COUNTY
Seminole County Sheriff's Office
407.708.7640

ST. LUCIE COUNTY
Urban League
561.833.1461

LEE COUNTY
Lutheran Services Florida-Southwest
239.278.1030

ORANGE COUNTY
Orange County Youth & Family Services
407.254.9385

PINELLAS COUNTY
Family Resources-Safe Place 2B Pinellas
727.521.5200

PASCO COUNTY
Youth and Family Alternatives
352.634.2764

MANATEE COUNTY
Family Resources-Safe Place 2B Manatee
941.741.3575

HILLSBOROUGH COUNTY
Youth Advocate Program
813.712.9695

BREVARD COUNTY
Crosswinds Youth Services
321.452.0800 ext. 122

BROWARD COUNTY
Prevention Central
954.900.1303

For more information about how your family can participate in SNAP®, please contact the service provider in your area from the organizations listed above.