Guiding Children
ages 6-11
to better choices

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 alongside 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

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

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 6-11 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 6-11 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

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Sponsored by the Florida Network of Youth and Family Services
2850 Pablo Ave • Tallahassee, FL 32308
1. 850.922.4324  f. 850.921.1778
FloridaNetwork.org

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Supported by Florida Network of Youth and Family Services

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Guiding Children ages 6-11 to better choices

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

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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

Does SNAP® work?

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.
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SNAP® IN FLORIDA:

**LOCATIONS**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>ESCAMBIA COUNTY</td>
<td>Lutheran Services Florida-Northwest, 850.453.2772</td>
</tr>
<tr>
<td>BAY COUNTY</td>
<td>Anchorage Children’s Home, 850.763.7012</td>
</tr>
<tr>
<td>LEON COUNTY</td>
<td>CCFS, 850.691.8082</td>
</tr>
<tr>
<td>ALACHUA COUNTY</td>
<td>CCS Family and Behavioral Health Services, Inc., 352.264.0629 ext. 3804</td>
</tr>
<tr>
<td>COLUMBIA COUNTY</td>
<td>CCS Family and Behavioral Health Services, Inc., 386.438.8452</td>
</tr>
<tr>
<td>ST. JOHNS COUNTY</td>
<td>Youth Crisis Center, 904.318.5611</td>
</tr>
<tr>
<td>DUVAL COUNTY</td>
<td>Youth Crisis Center, 904.728.6662</td>
</tr>
<tr>
<td>POLK COUNTY</td>
<td>Youth and Family Alternatives, 863.499.2430</td>
</tr>
<tr>
<td>MARION COUNTY</td>
<td>Arnette House, 352.622.6135</td>
</tr>
<tr>
<td>MIAMI-DADE COUNTY</td>
<td>Center for Family and Child Enrichment (CFCE), 305.474.1707</td>
</tr>
<tr>
<td>PALM BEACH COUNTY</td>
<td>Center for Child Counseling, 561.254.9499 ext. 5</td>
</tr>
<tr>
<td>HILLSBOROUGH COUNTY</td>
<td>Youth Advocate Program, 813.740.0549</td>
</tr>
<tr>
<td>SEMINOLE COUNTY</td>
<td>Seminole County Sheriff’s Office, 407.708.7640</td>
</tr>
<tr>
<td>BROWARD COUNTY</td>
<td>Mount Bethel Human Services, 954.763.5010</td>
</tr>
<tr>
<td>LEE COUNTY</td>
<td>Lutheran Services Florida-Southwest, 239.278.1030</td>
</tr>
<tr>
<td>ORANGE COUNTY</td>
<td>Orange County Youth &amp; Family Services, 407.384.9370</td>
</tr>
<tr>
<td>PINELLAS COUNTY</td>
<td>Family Resources, Safe Place 2B Pinellas, 727.521.5200</td>
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Escambia County
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Bay County
Anchorage Children’s Home
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Leon County
CCYS
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Duval County
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Polk County
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Marion County
Arnette House
352.622.6135

Miami-Dade County
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305.474.1707

Palm Beach County
Center for Child Counseling
561.244.9499 ext. 5

Hillsborough County
Youth Advocate Program
813.740.0549

Seminar County
Seminole County Sheriff’s Office
407.708.7640

Broward County
Prevention Centrum
954.763.5010

Lee County
Lutheran Services Florida-Southwest
239.278.1030

Orange County
Orange County Youth & Family Services
407.254.9370

Pinehurst County
Family Resources-Safe Place 2B Pinellas
727.521.5200

Manatee County
Family Resources-Safe Place 2B Manatee
941.741.3575

Brevard County
Crosswinds Youth Services
321.452.0800 ext. 182

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