



Guiding Children
ages 6-11
to better choices



POWERED BY THE MINDS AT CHILD DEVELOPMENT INSTITUTE

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

2850 Pablo Ave • Tallahassee, FL 32308
t. 850.922.4324 f. 850.921.1778
FloridaNetwork.org



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

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

Focused on
POSITIVE REINFORCEMENT!



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





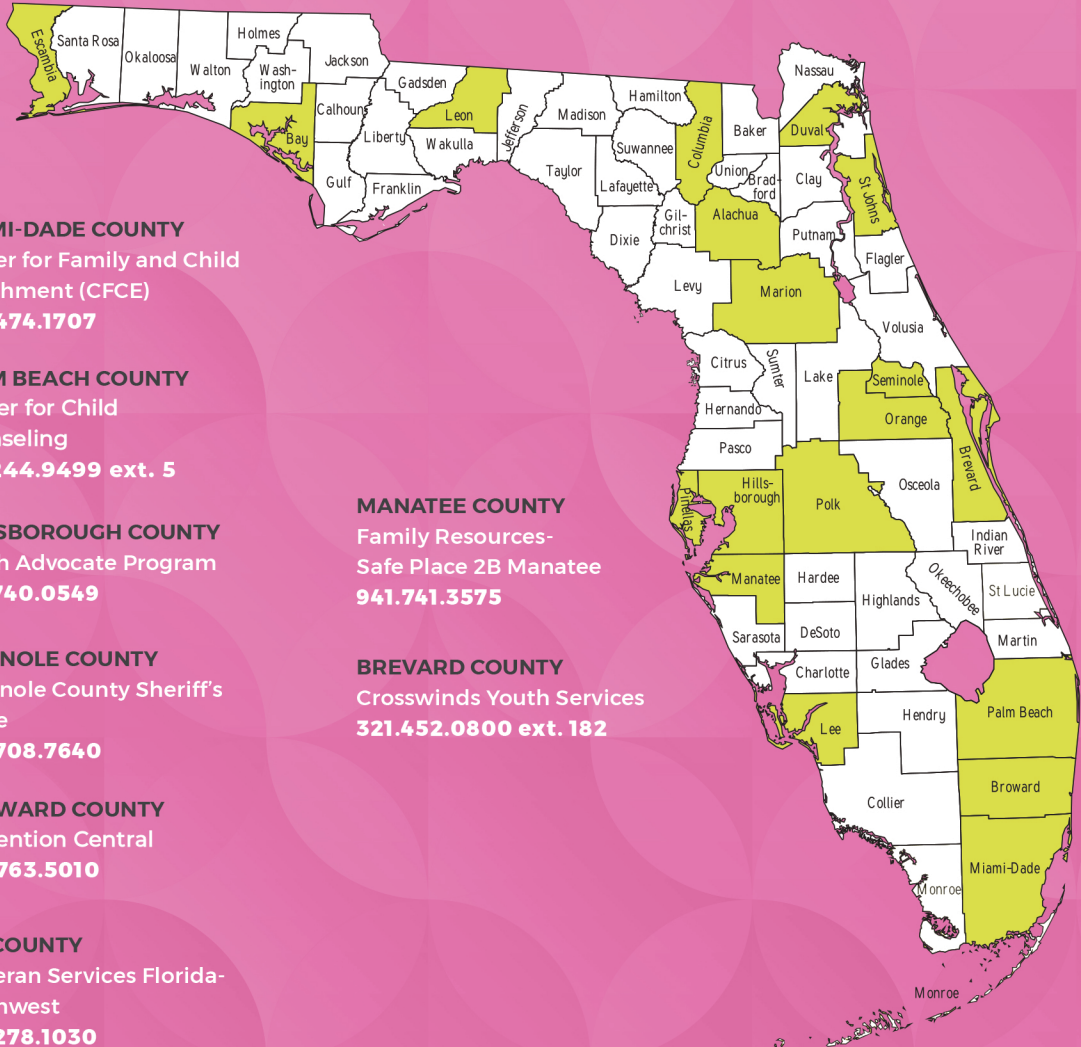
Referrals and Funding

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

850.491.8082

ALACHUA COUNTY

CDS Family and Behavioral
Health Services, Inc.

352.244.0628 ext. 3804

COLUMBIA COUNTY

CDS Family and Behavioral
Health Services, Inc.

386.438.8452

ST. JOHNS COUNTY

Youth Crisis Center

904.318.5611

DUVAL COUNTY

Youth Crisis Center

904.725.6662

POLK COUNTY

Youth and Family
Alternatives

863.499.2430

MARION COUNTY

Arnette House

352.622.6135

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

HILLSBOROUGH COUNTY

Youth Advocate Program

813.740.0549

SEMINOLE COUNTY

Seminole County Sheriff's
Office

407.708.7640

BROWARD COUNTY

Prevention Central

954.763.5010

LEE COUNTY

Lutheran Services Florida-
Southwest

239.278.1030

ORANGE COUNTY

Orange County Youth
& Family Services

407.254.9370

PINELLAS 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

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

“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



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



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