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## NEWS RELEASE

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### **Award-winning children's mental health program to reach more communities through Ontario Trillium Foundation grant**

**TORONTO – March 11, 2016** – Ontario families seeking support for children with disruptive behaviour problems will benefit from increased access to [Stop Now And Plan](#) (SNAP®), a leading children's mental health program, thanks to a three-year \$750,000 Grow grant from the [Ontario Trillium Foundation](#) (OTF).

"Having CDI as a partner in the delivery of SNAP programs here in Ontario is a benefit to at-risk youth across the province. The SNAP program has a proven track record of helping youth get back on a positive path in life. This funding is representative of Ontario's historic investment in at-risk youth and the government's commitment to ensuring everyone has a real and fair chance to reach their full potential." – Han Dong, MPP for Trinity-Spadina.

Created by [Child Development Institute](#) and delivered by children's mental health and community organizations across the country, SNAP is a proven program that teaches children with disruptive behaviour problems, and their parents, how to make better choices "in the moment" by increasing emotion regulation, self-control and problem-solving skills.

"Research shows that Ontario alone accounts for 45 per cent of the overall Canadian need for children's mental health services, with only five per cent of that identified need being met. As a result of funding from the Ontario Trillium Foundation, CDI will be able to continue building capacity to deliver our award-winning children's mental health program in more communities across the province," says Dr. Leena Augimeri, CDI's Director of SNAP Scientific and Program Development.

Children who have completed the 13-week SNAP program demonstrate reduced aggressive, antisocial and rule-breaking behaviour, in addition to a reduction in criminal activity. Parents also participate in concurrent SNAP sessions and report less stress in their interactions with their children and increased confidence in managing their behaviour.

Child Development Institute's SNAP program is one of the more than 300 projects to receive funding through the Ontario Trillium Foundation's latest grant process. The OTF grant will span three years of funding, enabling the SNAP team to build capacity and deliver the program in several vulnerable Ontario communities.

The leading grantmaking foundation in Canada, the Ontario Trillium Foundation strengthens the capacity of the voluntary sector through investments in community-based initiatives. An agency of the Government of Ontario, OTF builds healthy and vibrant communities.

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## BACKGROUNDER

### **About SNAP®**

Developed by Child Development Institute 30 years ago as an intervention program for children under 12 in conflict with the law, SNAP has evolved into an internationally-recognized model for teaching behaviourally troubled children and their parents effective emotion-regulation, self-control and problem-solving skills. Gender-specific SNAP Boys and SNAP Girls programs are offered at CDI in Toronto, and through SNAP Affiliates across Canada and around the world. The primary goal of SNAP is to keep children in school and out of trouble.

The SNAP National Expansion launched in 2014 with the goal of reaching 120 new sites (and 20,000 high-risk children) across Canada by 2020 with the help of LEAP: The Centre for Social Impact (incubated by Pecaut Centre). Reaching these children will result in a social impact of just under \$3 billion of savings in criminal justice system costs alone. Through a \$12 million fundraising goal, the SNAP Expansion will transform the face of children's mental health in Canada by addressing unmet service needs in schools and communities.

For more information about SNAP, please visit [www.stopnowandplan.com](http://www.stopnowandplan.com)

### **About Child Development Institute**

CDI is an accredited children's mental health agency providing a range of programs and services for children, youth and their families in Toronto. We offer evidence-based programs across four streams: Early Intervention Services, Family Violence Services, the Integra Program and Healthy Child Development. Our approach is family-focused, and we work with each child and family's unique strengths, needs and challenges.

For more information, please visit [www.childdevelop.ca](http://www.childdevelop.ca).

### **About the Ontario Trillium Foundation**

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For more information, please visit [www.otf.ca](http://www.otf.ca).