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Canada Post
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Boys & Girls Club
of West Scarborough
A good place to be



Boys & Girls Club
of East Scarborough
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NEWS RELEASE

Program for children with behaviour disorders wins Canada Post Community Foundation support

TORONTO – September 9, 2015 – At-risk children in two high-needs Toronto neighbourhoods will now have access to an award-winning children’s mental health program thanks to funding from the Canada Post Community Foundation.

Through a \$15,000 grant from the Canada Post Community Foundation, Child Development Institute, in partnership with Boys and Girls Clubs, will deliver community-based Stop Now And Plan® (SNAP) programming at Boys and Girls Clubs locations in West and East Scarborough. SNAP is a proven mental health program that teaches children with behavioural problems, and their parents, effective emotion regulation, self-control and problem-solving skills they can use to make better choices “in the moment.”

“We launched the SNAP pilot project at these two Boys and Girls Clubs in January 2015, and the initial results were very positive,” says Dr. Leena Augimeri, Director of Scientific and Program Development at Child Development Institute. “Children showed significant improvement in their behaviour and were less prone to aggression, conduct problems, anxiety, rule-breaking and bullying.”

Through Child Development Institute’s continued partnership with the Boys and Girls Club, SNAP, which is usually a clinical program, will be expanded and offered as a community implementation in a non-clinical setting via the Boys and Girls Club. This unique project is creating more opportunities for at-risk children to access the program in Toronto.

“SNAP has helped a lot. My kids are getting along much better—their behavior has improved so much,” says Nancy, a parent participating in the program. “I’m so thankful that we could take advantage of the program at the Boys and Girls Club because it was easy for me to be able to attend, and my kids were already comfortable with the staff.”

“SNAP has been a fantastic addition to our programs. Providing children and parents with the tools needed to defuse difficult situations not only benefits the families we serve, but also ensures we can continue to welcome participants we might otherwise have to turn away,” says Joshua Hood, Divisional Coordinator, Boys and Girls Club of West Scarborough. “The SNAP program at West Scarborough has had a very positive impact on the families we serve and has also benefited our organization by providing our staff with the confidence needed to deal with difficult situations,” he says.

“We are proud of our employees and retirees who have devoted many hours to raising awareness and funds,” says Deepak Chopra, President and CEO, Canada Post. “The Canada Post Community Foundation aims to help community groups deliver a difference in the lives of children in communities across Canada.

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BACKGROUNDER

About SNAP®

Developed by Child Development Institute(CDI) 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.

After being selected as LEAP: The Centre for Social Impact's inaugural partner in a venture philanthropy model to create massive social change, we have embarked on a SNAP National Expansion, with the goal of making SNAP available to more Canadian children and families from coast to coast. SNAP was also awarded the Prime Minister's Volunteer Award for Social Innovation in 2012.

For more information about SNAP, please visit 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 ages 0-12, youth ages 13-18, 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.

About the Boys and Girls Clubs

The mission of the Boys and Girls Clubs is to provide a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop confidence and skills for life. The organization strives for all children and youth to discover and achieve their dreams and grow up to be healthy, successful and active participants in society.

For more information, please visit www.bgccan.com.

About the Canada Post Community Foundation

The Canada Post Community Foundation for Children's vision is to help ensure every child in Canada is happy, healthy and part of a community that supports and cares for them. Its mission is to have a positive effect in the lives of children in the communities Canada Post serves by supporting registered charities, school programs or local initiatives that benefit children. It has granted more than \$4 million to over 300 community organizations across Canada.

To learn more about the Foundation, visit canadapost.ca/community.