



POWERED BY THE MINDS AT CHILD DEVELOPMENT INSTITUTE

## NEWS RELEASE

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### **Award-winning children's mental health program celebrates 30 years**

**TORONTO – October 1, 2015** – Since 1985, at-risk children, and their parents, have benefitted from Stop Now And Plan (SNAP®), Child Development Institute's children's mental health program offered at no cost to participants in Toronto, across Canada and around the world.

SNAP is a proven, evidence-based, gender-sensitive program that teaches school-aged children with behavioural problems, and their parents, how to make better choices "in the moment" by increasing emotion regulation, self-control and problem-solving skills.

"SNAP has helped keep children in school and out of trouble for over 30 years by reducing their aggression, anxiety and antisocial behaviour and helping their caregivers learn effective parenting skills," says Tony Diniz, CEO of Child Development Institute.

Child Development Institute created the original SNAP model in response to the need for mental health services for young boys in conflict with the law after the decriminalization of children under 12 in Canada. The 13-week program is now offered with gender-specific curriculums for both boys and girls ages 6-11.

"SNAP is built on three decades of solid research, innovative program development and stringent evaluation." says Leena Augimeri, Director of Scientific and Program Development at Child Development Institute. "Thank you to the many researchers, clinicians, parents, donors, students and leaders in the field of children's mental health who have helped contribute to the development of this award-winning model."

SNAP received the Prime Minister's Volunteer Award for Social Innovation in 2012. In 2013, the Pecaut Centre for Social Impact, now known as LEAP: Centre for Social Impact, selected SNAP as its inaugural portfolio charity, thereby launching the SNAP National Expansion strategy. With a goal of implementing 120 new sites across Canada over five years, this strategy aims to reach 20,000 high-risk children. Twenty sites are currently delivering the SNAP program in Canada and the momentum continues to grow.

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## FACT SHEET

### **Quick facts on children with behaviour problems**

- Approximately one in five children – that’s more than half a million children and youth in Ontario – have a serious mental illness, with the majority of those children diagnosed with Conduct Disorder.
- Approximately 80 per cent of these children are not able to access the help they need.
- If left untreated, 75 per cent of children are at risk of engaging in criminal behaviour, being incarcerated and suffering serious mental health concerns.
- The middle years (ages 6 to 11) are the optimal age range for learning self-control skills.
- CDI’s Stop Now And Plan (SNAP) program is the most widely used program in Ontario for Conduct Disorder under the age of 12.

### **About SNAP®**

- SNAP was developed by Child Development Institute (CDI) 30 years ago as an intervention program for children under 12 in conflict with the law.
- It 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.
- 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.
- 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](http://www.stopnowandplan.com)

### **About Child Development Institute (CDI)**

- 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
  - 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).