



# SNAP® PROGRAM

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# Presentation overview: SNAP

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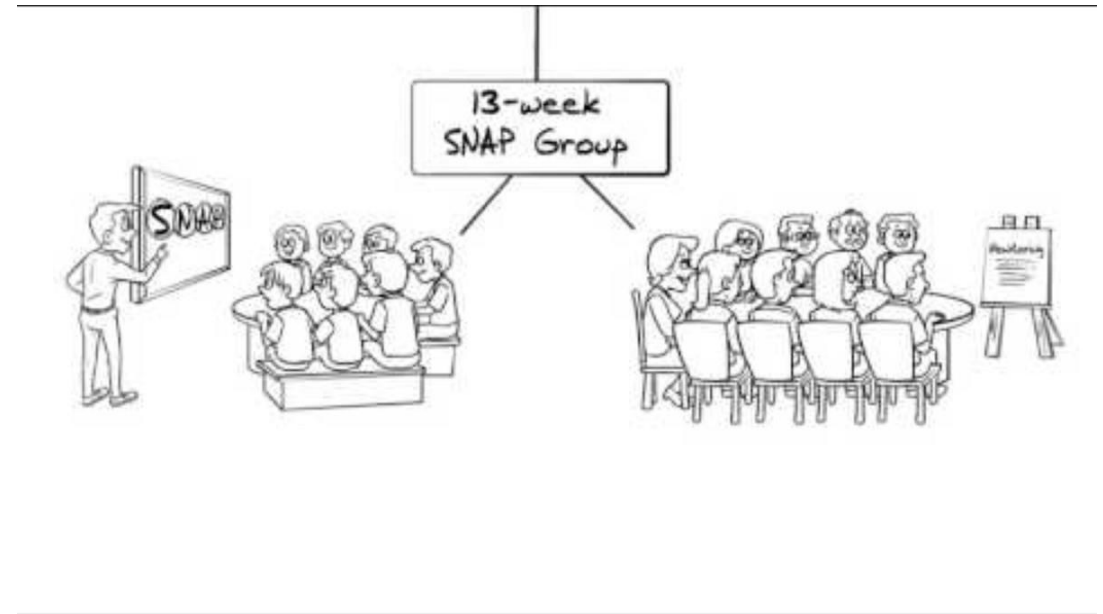
Future directions

# Courage Centre: Who we are

- ▶ In operation since 1997
- ▶ Only trauma centre of Excellence in New Brunswick
- ▶ Provides a client-focused and trauma-informed multidisciplinary approach for victims of crime and sudden trauma along with their children, as well as support for those who perpetrate crime.
- ▶ 3000 interventions completed each year.
- ▶ Programs include crisis intervention, on-site harm reduction housing solutions, RCMP soft interview room, forensic medical centre, Océane sexual violence centre, counselling and group programs, clothing boutique, Justice Facility Dog NB program, etc

# What is SNAP?

- ▶ DEVELOPED BY THE **CHILD DEVELOPMENT INSTITUTE IN TORONTO**
- ▶ SNAP® TEACHES CHILDREN, WITH CHALLENGING BEHAVIORS, AND THEIR PARENTS, HOW TO MAKE BETTER CHOICES in the moment
- ▶ SNAP® PROGRAM AS BEEN OFFERED FOR OVER 30 YEARS ACROSS CANADA
- ▶ First SNAP NB cohort was delivered in the spring of 2022 at the Shediac location



# What is SNAP?

- ▶ **SNAP®**, which stands for **Stop Now And Plan**, is an evidence-based cognitive behavioral model that provides a framework for teaching children struggling with behavior issues, and their parents, effective emotional regulation, self-control and problem-solving skills.
- ▶ The primary goal of SNAP is to help children to stop and think before they act and keep them in school and out of trouble.







# What does SNAP stand for?

## ENGLISH

S-STOP

N-NOW

A-AND

P-PLAN

## FRENCH

S-STOP

N-N'AGIS

PAS

A-ANALYSE

P-PLANIFIE

# NB SNAP Background

- ▶ CDI approached the Courage Centre to begin exploring bringing SNAP to N.B. in 2019.
- ▶ Courage Centre team secured funding from the Crime Prevention Branch of the New Brunswick Department of Justice and Public Safety through their Crime prevention grant fund to deliver the SNAP Level 2 – SNAP Boys and Girls Clinical Group Focused/Time limited model which is one of three program models available through the SNAP program created by the Child Development Institute for the Beausejour region
- ▶ Grant contribution was from 2021-2024 for the Shediac delivery of SNAP.
- ▶ Courage Centre received an additional grant from same fund to open a Saint John SNAP site in 2023-2024.

# SNAP NB Shediac team





## Early *intervention* is the solution...

APPROXIMATELY

# 75%

OF CHILDREN WHO START OFFENDING BEFORE AGE 12 ARE AT CONSIDERABLE RISK OF CONTINUING DOWN THIS PATH



CHILDREN AGES

# 6-12

ARE GOOD CANDIDATES FOR LEARNING SELF-CONTROL STRATEGIES

# Statistics

## The numbers may *surprise* you...

AN ESTIMATED

# 14%

OF CANADIAN CHILDREN EXPERIENCE MENTAL HEALTH ISSUES



APPROXIMATELY

# 15,000

CHILDREN UNDER 12 IN TORONTO ARE EXPERIENCING SERIOUS MENTAL HEALTH ISSUES

# Statistics: N.B.

- ▶ New Brunswick ranks the lowest among provinces for both perceived mental health and treatment
- ▶ 1 in every 10 New Brunswickers over the age of 15 report using mental health services for mood and/or anxiety issues
- ▶ Depression is the number one reported mood disorder in Canada, 1 in 8 New Brunswickers have reported experiencing depressive episodes during the life
- ▶ Compared to the rest of Canada, New Brunswick has a higher rate of substance use (including alcohol, tobacco, marijuana, and other drugs)
- ▶ The people of New Brunswick have seen a rising trend in mood disorders and substance abuse over the last ten years

# SNAP NB target audience and referrals



- ▶ Children from 6 to 11 years old who have been identified as having emotional regulation issues and/or behavioral who may be at risk of future criminality.
- ▶ Children who are at risk of authority contact or have behavioral problems at home, at school or in their community
- ▶ Referrals are most often made by:
  - Schools
  - Social Development
  - Family Doctors
  - Youth-serving organizations
  - Parent self-referral
  - RCMP

# NB program

## Adult group

- ▶ Caregiver group
- ▶ 13 weekly sessions @90 minutes
- ▶ Offered concurrent with children's
- ▶ One SNAP® trained parent facilitator
- ▶ *Mindfulness + Strategy-based Lecture format + role plays + discussion*

## Children group

- ▶ Children are grouped by age
- ▶ Maximum 7 children per group (siblings must go in separate groups)
- ▶ 13 weekly sessions @ 90 minutes
- ▶ Concurrent with caregiver group
- ▶ Two SNAP® trained behavioral workers
- ▶ Animation format: games, strategy, learning and discussions, role plays, activities to move, learning situations based on interests and needs of the group of children

# SNAP NB: Services

- ▶ Intake and assessment
- ▶ 13 weekly sessions with core program
- ▶ SNAP individual counselling:  
Work on individual goals  
(Booster sessions)
- ▶ SNAP Family Counselling
- ▶ SNAP school support/advocacy
- ▶ Connections to other support services





# Manual Topics for Children's Groups

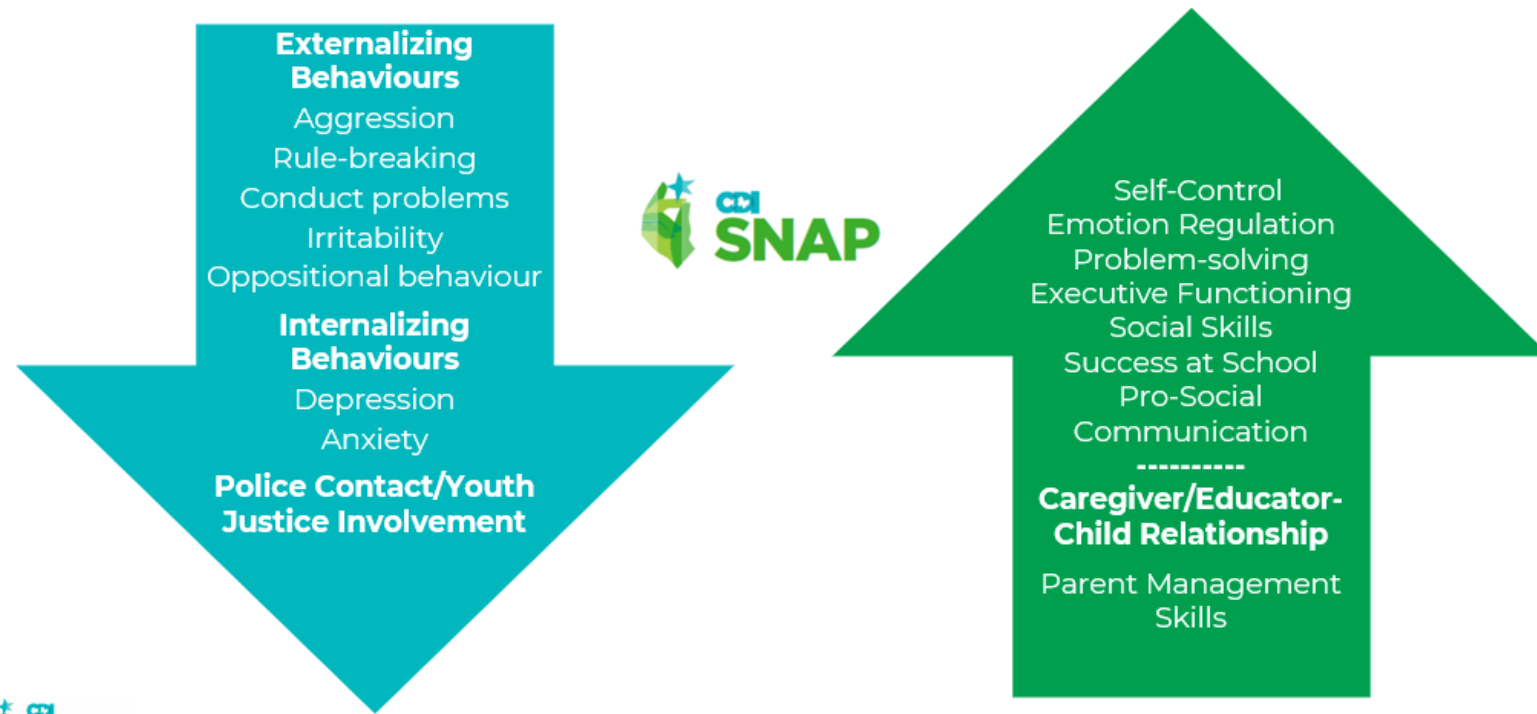
<b>SNAP BOYS</b>	<b>SNAP GIRLS</b>
S.1 Introduction to SNAP	S.1 Introduction to SNAP
S.2 Joining In	S.2 Introduction to STOP NOW
S. 3 Fair Play and Being a Good Sport	S.3 Problem-Solving
S. 4 Apologizing	S.4 BODY CUES
S.5. JOINT Session - Listening	S.5 JOINT Session: Listening
S.6 Dealing with Feelings	S.6 Dealing with Feelings
S.7 Dealing with Being Blamed	S.7 When You're Not So Sure
S.8 JOINT Session - Rewarding Yourself	S.8 JOINT Session: Rewarding Yourself
S.9 HARD THOUGHTS and COOL THOUGHTS	S.9 HARD THOUGHTS and COOL THOUGHTS (P1)
S.10 Stopping Stealing and Lying	S.10 HARD THOUGHTS and COOL THOUGHTS (P2)
S.11 Bullying	S.11 Dealing with Bullying
S.12 Avoiding Trouble	S.12 Avoiding Trouble
S. 13 JOINT Session and Final Group Celebration	S.13 JOINT Session and Final Group Celebration

## Manual topics for Caregiver Groups

1. SNAP Parenting (SNAPP)
2. Hard Thoughts and Cool Thoughts
3. Family Building Blocks: Encourage & Listen to Connect
4. Tracking and Effective Directions
5. JOINT SESSION: Effective Directions Practice
6. Routines and Rewarding
7. Stopping Specific Behaviours
8. JOINT SESSION: Time Out Practice
9. Family Problem Solving with PASTE
10. Monitoring Covert Behaviours
11. Bullying
12. Home-School Relations
13. JOINT SESSION: Celebration



# Summary of SNAP Treatment Outcomes



SNAP N.B.-  
young lives  
transformed...

The SNAP NB team has served 78 families and completed 6 cohorts each year in Shediac and 1 cohort in Saint John.

# NB Outcomes





# SNAP NB Outcomes

- ▶ 92% stated that SNAP helped calm them down, control their anger, and solve problems.
- ▶ 86% shared that SNAP helped them have the tools that they needed to stay in control and express their feelings in healthy ways.
- ▶ 91% said that they are better at making good choices and keep problems small.



# SNAP NB Outcomes

- ▶ “Before I came here to get help, I was angry all the time and would see red. Now I can use my SNAP so that I can tell people how I feel and can deal with what makes me upset.”
- ▶ “The program helped us get back to the basics of parenting that got lost over the years.”
- “It helps us shift to positive reinforcement. It also helped us be more fair towards all our kids it helped us parents communicate better and work through challenges.”
- “Gave me more strategies to use during a difficult time.”
- “We’re quite satisfied with the program, because as parent’s it helped us see another way to help our daughter.”
- “It’s had a very positive impact on our lives.”

# Future directions for SNAP NB

Funding renewed from Crime Prevention Branch of the New Brunswick Department of Justice and Public Safety through their Crime prevention grant fund.



Continue to offer SNAP in the Shediac and Saint John communities



Explore other communities for continued SNAP NB expansion through potential needs assessments if funding allows.



Thank you!  
Questions?  
Comment?

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