SNAP (Stop Now and Plan) Under 12 Outreach Project: SNAP Boys (SNAP Boys)

TARGET AUDIENCE
This program is for boys who are 6 to 11 years old and their parents.

SUMMARY
SNAP® (Stop Now and Plan) Under 12 Outreach Project: SNAP Boys (SNAP Boys) is a community-based program that is designed to increase emotion regulation, self-control, and problem-solving skills for boys and encourages boys to remain in school and on a positive life pathway.

EVIDENCE
Multiple randomized controlled trials have been conducted that demonstrate a decrease in participants delinquency, externalizing behaviors, and aggression when compared to controls who receive less intensive programming. Participants demonstrated program effects 1 year after program completion.

COMPONENTS
Youth are referred to the SNAP Boys program by police, parents, teachers, or child service workers who have concerns about antisocial or aggressive behaviors. The program uses a cognitive behavioral, family-focused approach and consists of five components:

- SNAP Boy's Club - Teaches children a cognitive behavioral self-control and problem-solving technique called Stop Now and Plan within a structured group setting;
- SNAP Parenting Group - Teaches parents child-management techniques;
- One-on-one family counseling;
- Individual counseling or mentoring to provide extra support; and
- School advocacy and teacher support.

Additional services may be implemented as needed, including academic tutoring, victim restitution, community connections, long-term continued care services, and a parent problem-solving group.

PREVIOUS USE
SNAP Boys has been used in multiple sites around the world since 1985.

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TRAINING
In order to receive training, an organization must become a SNAP affiliate by entering into a licensing agreement. Once approved, on-site or off-site training and consultation are provided. For sites already affiliated, there is ongoing training available to new employees. There are initial costs for licensing and an annual licensing fee for all affiliates. Please contact Desiree Phillips by email dphillips@dhilddevelop.ca for more information.

CONSIDERATIONS
Considerations for implementing this program include obtaining licensing for your organization; securing funding or paying for costs associated with treatment; finding and training staff; and collaborating with local police, juvenile justice, school and other community agencies to promote the recognition of early risk behaviors in youth and to provide a central referral source when problems are detected in youth.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing the SNAP Boys program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
Implementation of the two main components of the SNAP Boys program requires 12 weeks to complete, and separate parent and child sessions are delivered on a weekly basis. Other elements of the program can be utilized depending on the seriousness of the child’s behavior. The time to complete these components varies and can take between 4 and 18 months.

COST
The SNAP Boys program implementation costs between $1,450 and $7,000 per client. Costs vary depending on how many of the program components are used.

EVALUATION PLAN
To move the SNAP Boys program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu
You may also contact the Child Development Institute by phone 1-416-603-1827, fax 1-416-654-8996, email cccco@childdevelop.ca, or visit https://childdevelop.ca/snap/contact

SOURCE

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