



FOR IMMEDIATE RELEASE

SNAP, Canada’s Evidence-based children’s mental health program, celebrates 35th anniversary

TORONTO, ON—[Stop Now And Plan \(SNAP®\)](#), Canada’s leading evidence-based children’s mental health program, marks 35 years of providing life-changing early intervention support to children, youth and families struggling with disruptive behaviour issues.

SNAP changes lives, teaching children (ages 6-11) and their parents/caregivers effective strategies of emotion regulation, self-control and problem-solving skills they can use to make better choices in the moment and throughout their lives.

“SNAP gives children and families the chance to build stronger family relationships while decreasing anxiety, depression, aggression and conduct problems and strengthening lifelong skills of resilience,” said Dr. Leena Augimeri, Co-Founder and Director of SNAP International Headquarters at [CDI](#). “SNAP can, and has, saved kids’ lives,” she added.

Developed in Toronto in 1985 as a response for at-risk children in conflict with the law, SNAP has evolved into an award-winning national and internationally recognized early intervention children’s mental health model that is currently in use by over 120 organizations around the world.

SNAP provides gender and culturally responsive programming with the aim to reach more children and families who may not otherwise have access to timely and effective mental health services within their community. Under its national expansion, SNAP has grown to reach over 25,000 children and families worldwide, filling a vital gap in children’s mental health services for the middle years. SNAP programming continues to be accessible through the COVID-19 pandemic, having quickly adapted to provide virtual programming for children and families who are now facing elevated risks to their mental health.

“Thanks to our wonderful supporters, SNAP has experienced exceptional growth and development over the years in research and innovation,” said Dr. Augimeri. “Early intervention is proven to be a key factor and research has shown that the earlier we intervene, the better the chance of happier and healthier children and adults. We continue to move forward and

adapt to ensure our children and families receive the best possible treatment they need and deserve.”

QUICK FACTS

- SNAP has received the highest effectiveness designation by more than 11 accredited sources in Canada, the US and Europe.
- SNAP’s benefit-to-cost ratio (BCA) assessed by Washington State Institute for Public Policy (WSIPP) has one of the highest net present value in the Children’s Mental Health category, subcategory Disruptive Behaviour; 86% likelihood that SNAP will produce benefits greater than costs. A stringent (BCA) found on average for every \$1 spent on SNAP the return was \$32 and it also yielded a 33% reduction in crime.
- SNAP was awarded the 2018 International Society of Crime Prevention Practitioners’ Community Program of the Year Category I (Population over 100,000).
- SNAP has over three decades of research and proven efficacy, and is available to children and families in 9 out of 10 provinces in Canada!

To learn more about SNAP and its impact, please visit stopnowandplan.com.

ABOUT CHILD DEVELOPMENT INSTITUTE

[Child Development Institute \(CDI\)](#) is an accredited children's mental health organization in Toronto, Ont., mandated with the mission to support the healthy development of children, youth and families. A leader in the field, CDI develops and delivers world-class, evidence-based mental health programs and services across four streams: Early Intervention, Family Violence, Integra Learning Disabilities and Mental Health, and Healthy Child Development.

ABOUT DR. LEENA AUGIMERI

Leena K. Augimeri, PhD, is the Director of SNAP® International Headquarters at Child Development Institute (CDI) and Co-Founder of the [Stop Now And Plan \(SNAP®\)](#) model, an evidence-based trauma-informed gender and culturally responsive model and comprehensive crime prevention framework for young children with serious disruptive behaviour problems. Dr. Augimeri has authored numerous publications, has delivered keynote addresses across the world, and has received several prestigious awards, including the Child Welfare League of Canada’s inaugural Outstanding Achievement Research and Evaluation Award; the Prime Minister’s Regional Social Innovation Award for SNAP, and the Elizabeth Manson Award for exemplary contributions to the promotion of children’s mental health. She is currently leading a national implementation strategy to bring SNAP to 100 new communities and helping to change the landscape of children’s mental health in Canada.

For more information about CDI please visit: childdevelop.ca

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