

Referrals

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Professionals are encouraged to contact the Intake Line – Tel: **01294 310300 Extn. 0325** for referral discussions with SNAP Admin – Carol Anne Reid.

All referrals will be made via appropriate education representatives. Education representatives will facilitate the referral providing they have written consent from the parent or legal guardian and complete the online Screening Intake Form or provide the information required via the telephone number above.

Online forms can be found on www.girfecna.co.uk

Costs

Funding from North Ayrshire Council, as part of the prevention and early intervention agenda, allows us to offer this service at no cost.

Free child care for younger children is available while parents attend group sessions.

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N.A.C. Stop Now and Plan

offers a range of programmes and services to meet the needs of children and families, including:

- Individual and group counselling
- Parent support and education
- School-based services
- Programmes for girls and boys (ages 8-11) with disruptive behaviour

Child Development Institute is a respected national leader providing a range of mental health, early learning and family violence services for children under the age of 12, youth ages 13-18 and their families. CDI is a leader in child and youth programming not only because its solutions are developed out of extensive research, but also because of the breadth of innovative solutions that result from this approach.

SNAP® Boys/SNAP® Girls

SNAP® is delivered by North Ayrshire Council.

For more information about SNAP® or to make a referral, please contact:

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Admin Support

SNAP®
Social Services
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IRVINE
Ayrshire
KA12 8BD
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SNAP® Boys/ SNAP® Girls



What is SNAP®?

SNAP®, which stands for STOP NOW AND PLAN, is an evidence-based, cognitive-behavioural model powered by the minds at Child Development Institute (CDI). SNAP® helps troubled children and their parents learn how to effectively manage their emotions and 'keep problems small'.

The gender-sensitive SNAP® Boys and SNAP® Girls programmes are designed for children ages 8-11 engaging in aggressive and anti-social behaviour at school or in the community. Experienced and highly trained staff work with each family to assess challenges and problems and develop an action plan. Children and families may participate in interventions that aim to prevent future anti-social behaviour and reduce the chances of conflict with family, peers and authority figures.



Who should attend SNAP®?

Boys and girls ages 8-11 experiencing serious behavioural problems at home, at school and in the community are referred to these programmes.

Presenting problems may include:

- Problems with family relationships
- Physically and/or verbally aggressive behaviour
- Defiant behaviour
- Lacks self-control and problem solving skills
- Has difficulty making and keeping healthy relationships
- Stealing
- Bullies others
- Vandalism or damages property

SNAP® Boys & SNAP® Girls Components

SNAP® Boys/SNAP® Girls Groups

Boys and girls attend gender-specific weekly group sessions for 13 weeks. They learn how to use SNAP® in different situations through engaging in activities such as discussions, role-playing and interactive games. A variety of topics, including dealing with angry thoughts and feelings, self-control, problem solving and bullying are addressed.

SNAP® Parenting Group

The parent group meets at the same time as the SNAP® Boys/SNAP® Girls groups. Parents learn effective child management and SNAP® strategies. The group also provides parents with an opportunity to make connections with other parents facing similar challenges.

Family Intervention

Intervention is available to help families deal with challenging situations as they arise.

Individual Child Counselling and Community Connections

Individual counselling with SNAP® staff provides children with individualised support to enhance the skills learned in the SNAP® groups and continue work on goal attainment.

School Advocacy/Teacher Support

Programme staff aim to work in partnership with schools to ensure that children receive the help and support needed at school.

SNAP® Parenting: Family Counselling

Ongoing, outcome oriented counselling related to implementing SNAP® strategies and individual issues is offered to parents and/or families.

