



Lester B. Pearson School Board
1925 Brookdale Ave.
Dorval, Quebec H9P 2Y7

March 29, 2019

To whom it may concern,

I am pleased to write in support of the Stop Now and Plan (SNAP) program. As a School Psychologist working at LaSalle Junior and LaSalle Senior Elementary schools, I have referred several families to SNAP and have witnessed the effectiveness of the program countless times. This program has played an integral role in improving the social, emotional, relational, and behavioural functioning for many of these families.

SNAP owes its effectiveness in part to its rigorous approach to improving family dynamics and reducing at-risk behaviour in children. It is an evidence-based, empirically validated program backed by a vast number of research studies. Its most distinguishing feature, however, is its strong focus on the environment as well as the individuals who are in it. While most programs target their efforts towards individually helping the child or parents, SNAP is based on the principle that problematic behaviours occur in -and may partly stem from- the child's environment. This includes home, but also school and the general community. Because of this philosophy, SNAP aims to intervene on multiple levels; it is the only program to provide behaviour regulation groups for children coupled with parenting skills groups for parents. Additionally, the SNAP workers can directly communicate with teachers, school psychologists, and other professionals, in order to help the children implement the successful self-regulation strategies they learn in group in the classroom as well. This facilitates the transfer of skills and increases communication and consistency between home and school.

SNAP offers structure and consistency to the children and parents who attend the groups. In the case of the children groups, the program helps develop positivity, self-esteem, and prosocial behaviours by focusing on developing relevant skills. This is particularly important, as many of the children who participate in the groups have a history of negative interactions with both peers and adults. For those children, SNAP provides a supportive environment in which they can safely develop the skills they need to experience success at home and at school. The parenting groups have a similar

focus on skill development; they provide psychoeducation and opportunities to practice the strategies learned during each session. Additional support is available in the form of weekly phone calls to follow-up on any difficulties that may arise in-between group sessions.

SNAP aims to provide support for as many families as possible by offering services in both English and French. This is especially important in our community characterized by diverse linguistic backgrounds. Additionally, SNAP provides its services free of charge, which helps reach families with more limited financial means. In fact, many of the families who have received services through SNAP would not have otherwise been able to receive any support. This is especially important because the benefits of SNAP extend beyond those who attend the groups; there are tangible benefits for the school and the community at large. SNAP helps foster positive school climate and empowers children and school staff to make positive changes. It reinforces prosocial interactions and behaviours and helps children and adults to develop strong, trusting relationships.

While the program itself is wonderful, the heart of SNAP resides in the supportive, empathetic, and dedicated team that works tirelessly to help the families who take part in the program. This is exemplified and facilitated by SNAP's current Director, Ron Swan. Mr. Swan is implicated in the treatment plan and support given to each family. His hands-on approach, reliability, and insight put both team members and families at ease and foster a climate well-suited to getting things done.

Overall, SNAP has been an immense source of support for our students and families. Given all the benefits and positive impact this program has had so far, I wholeheartedly support this SNAP and would like to see it implemented in every school in order to extend its reach.

Respectfully yours,

Laura Mosca

Laura Mosca
LBPSB Psychologist