Dear Parent/Guardian,

This letter is to inform you that your child’s class will be participating in the Stop Now and Plan (SNAP) for Schools classroom program delivered by the SNAP® Team from CDS Family & Behavioral Health Services, a licensed SNAP affiliate. SNAP® is an evidence-based cognitive behavioral model created by the Child Development Institute and delivered under the supervision of the Florida Network of Youth and Family Services and the State of Florida’s Department of Juvenile Justice Prevention Services.

SNAP® enhances social skills and problem solving skills by teaching children how to think before they act and regulate their emotions to make better choices in the moment. The strategies are taught through positive reinforcement, classroom discussions, role plays, worksheets, and relaxation activities. The program covers topics such as fair play and sportsmanship, bullying, avoiding trouble, understanding stealing, and peer pressure.

The program will be taught with support from your child’s teacher to the entire class and is 13 weeks long. It will run on DAY OF WEEK for approximately 45 minutes. During the course of the program, your child may be encouraged to complete brief home practice assignments and some may require your signature for possible rewards.

For quality assurance purposes, our leadership team will be periodically observing the classroom sessions to ensure that the program is running smoothly and on track. During these reviews, we will not gather any information about your child and will only be collecting information about the quality of the session being conducted. As well, at the end of the sessions, all students will be asked to complete a satisfaction questionnaire that will have no identifying information about your child. Examples of these questions include: Do you know what SNAP® means? Do you think SNAP® works? What did you like best about the SNAP® sessions?

If you have any questions, please feel free to contact me directly at (352) 318-9431 or [Leigh\_kassem@cdsfl.org](mailto:Leigh_kassem@cdsfl.org). We look forward to working with your child’s class this year!

Sincerely,

Leigh Kassem, M.A

SNAP Program Supervisor, Northwest