

**CASA and Capital Power team up to help families check mental health care off back-to-school lists**

Back-to-school season is here. Returning to the classroom can be disruptive and stressful, so along with items like pencils, notebooks and backpacks, kids and their families should also add mental health care to their back-to-school lists.

Albertans can support the back-to-school transition for kids and their families by [donating to CASA Mental Health's first annual back-to-school giving campaign](#) from Sept. 5 through Oct. 10. Donations will help kids perform better in school through early mental health interventions and access to free, timely mental health services. Capital Power is ensuring donations go twice as far, matching all donations up to \$25,000.

*"As kids return to school, Capital Power is proud to support CASA's critical mental health programming for families across our province. We're thrilled to match \$25,000 in donations to help Albertans double their impact as we come together to support mental well-being in our communities."*

– Jacquie Pylypiuk, Senior Vice President, Technology & Chief People and Culture Officer, Capital Power

During the back-to-school season, there are also some simple and effective strategies parents and caregivers can use to support their child's mental health.

*"During times of transition, it's normal to see some temporary difficulties with children's behaviour and emotions. Sticking to regular routines, prioritizing healthy sleeping and eating patterns, connecting with your child and empathizing with those big feelings can be helpful. As children settle into their new environment over the next few months, families can expect to see a decrease in those behaviours. If the difficulties persist longer than a few months they might want to reach out for mental health support."*

– Chelsea Ohlmann, Core Program Clinical Manager, CASA Mental Health

**Media Availability:**

Media are invited to speak with Chelsea Ohlmann, MA, R. Psych., about practical mental health tips for families and caregivers during the back-to-school transition. Chelsea is available by Zoom on Tuesday, Sept. 5 between 1 and 4 p.m.

**For more information and to schedule an interview, please contact:**

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# News Release

## CASA Mental Health

### **About CASA Mental Health**

CASA Mental Health is an established non-profit organization delivering holistic, culturally safe wrap-around mental health services to Albertans aged three to 18 and their families. CASA provides mental health service to the missing middle – mental health treatment for diagnosed children and youth, in between primary and community care, and acute treatment in hospital.

CASA's team of mental health professionals are trauma experts committed to delivering service in collaboration with community partners. This includes assessment and treatment for up to 4,000 children, youth, and their families each year, from community outreach settings to intensive treatment programs.

### **About Capital Power**

Capital Power is a growth-oriented North American power producer, publicly traded (TSX: CPX), and headquartered in Edmonton, Alberta. They create innovative electricity solutions to electrify the world reliably and affordably while protecting the planet for future generations. As a group of experts and innovators in their field, Capital Power works to deliver responsible power for communities across Canada and the U.S. through the development, acquisition, ownership and safe operation of renewable and thermal power generation facilities.

Capital Power is proud to be an active community member as they work to power a sustainable future for people and the planet. They create jobs, mentor the next generation of energy innovators, reliably power our neighbourhoods, foster a culture of safety and care, work respectfully with Indigenous communities, and passionately support local programs and organizations that help build sustainable communities.

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