

# CASA Mental Health

## 2022-23 Yearbook



A COMMUNITY WHERE ALL CHILDREN, YOUTH AND FAMILIES ARE PROVIDED  
TIMELY ACCESS TO MENTAL HEALTH CARE AND EMPOWERED TO THRIVE!

What an amazing year, CASA! With the launch of bimonthly stories at board meetings, challenging mental health stigma through lived-experience presentations and social media engagement, and advising on more initiatives than ever before, this year was record-breaking for youth and family voices at CASA. Thank you for joining with us to work towards positive change for our children, youth, and families.

- Youth and Family Advisory Council



FAR OUT! This past year at the Volunteers Services section of Camp CASA has been one for the yearbook for sure!

The CASA volunteer family has approximately 300 members who make up a diverse team often heavily skilled and academic, with the majority (90 per cent) being post-secondary students enrolled in areas of study such as psychology, social work and nursing. Once new volunteers join CASA, they usually stay for a while, with not many volunteers leaving camp and an impressive retention rate of 93 per cent.

So much fun and involvement was had by the CASA volunteer campers in the past fiscal year that made impacts (and a couple new friendships too!) along the way on top of contributing approximately 2,800 hours! CASA volunteers not only supported a variety of CASA clinical programs and services but also were instrumental in providing the volunteer assistance for CASA fundraising and philanthropic events.

Sorry for not writing sooner, I have been so busy interviewing and welcoming new volunteers to camp! The CASA volunteer base has increased by 36 per cent in the last year from 209 to 325, with 15 new volunteers officially joining the team every month! Phew! With this rapid growth, there are more CASA volunteers than opportunities, so I already know that next year's priority will be to educate, encourage and promote volunteer opportunities, engagement and contributions.

Yours in volunteering,  
Breanne Cofill, Volunteer Coordinator



We live and work on Treaty 6 territory, a traditional meeting grounds, gathering place and travelling route to the Cree, Saulteaux, Blackfoot, Métis, Dene and Nakota Sioux. We acknowledge all the many First Nations, Métis and Inuit peoples whose footsteps have marked these lands for time immemorial. We recognize the many elders and knowledge keepers that are still with us or that have gone before us. We honour the gifts and wisdom from the land and people that inform our work.

Wow, that was a year! Who could have imagined that CASA would come so far in such a short time? Focusing on our 3 R - relationships, realignment and resources - sure made an impact. Our ability to recruit and retain talent (two more Rs!) improved by offering competitive wages, investing in training and introducing a wellness week. Totally cool how our teams realigned programming to better meet the needs of those that we serve by expanding hours of care and integrating additional services across programs. Not to mention all the creative ways we began looking to go to where kids are. Driving our purpose to deliver services to the "missing middle" resulted in resources coming our way. Thanks to donors, community partners and the Government of Alberta, we secured funding to launch two CASA Mental Health Classrooms while planning the roll-out of 18 more across Alberta. And we developed a great relationship with the University of Alberta and launched a Research Chair. Facts! Oh, and we shortened our name and made our website more accessible. What a way to start our five-year roadmap journey. Can't wait to see what next year brings.

Bonnie Blakley, Chief Executive Officer

To our CASA kids, youth, families and staff,

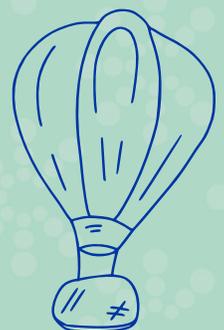
I'm so proud of the work you've done this year! With more than 4,100 individuals served and over 220 team members, our CASA community is growing, and will continue to grow in the coming years! Because of your work and the exceptional care our teams deliver, we can continue to provide hope to more families in new communities across the province.

Our board worked hard this year to support and guide the organization through committee work and meetings, implementing new processes, and seeking the right complement of engaged directors to serve on our board. We were pleased to endorse the organization's operational plan and approve the budgets required to provide mental health services to our communities, and we've started the work needed to lead CASA into next year as we expand throughout the province. Amazing work!

On behalf of the CASA board of directors, thank you for a memorable year! I hope looking back through this yearbook helps you celebrate what we've all accomplished together!

Janet Hancock, Board Chair

**2022-23 Board of Directors**  
Janet Hancock, Chair  
Heather Hicks, Vice Chair  
Nick Lilley, Secretary  
Bob McColl, CPA, Treasurer  
Thomas Stewart  
Lara Oberg-Stenson, CPA, CA  
Manraj Deol  
David Fraser  
Bryan Mwaka  
Jill Sheward  
Harry Sunner  
John McCaffray



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 prevention and promotion in 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.

### **Our Mission**

To build resilience through holistic, evidence-informed and compassionate care, and to advocate for children, youth and families with mental illness.

### **Our Vision**

A community where all children, youth and their families are provided with timely mental health care and empowered to thrive.

### **Our Values**

Community.

Child-centred and family-inclusive care.

Collaboration.

Equity, diversity and inclusion.

Outcomes-based accountability.

## **INSIDE:**

- Programs
- Most likely to live our values
- Most likely to volunteer
- Volunteer Club
- Most likely to make an impact
- Donor Club

**And more!**

# OUR YEAR AT A GLANCE

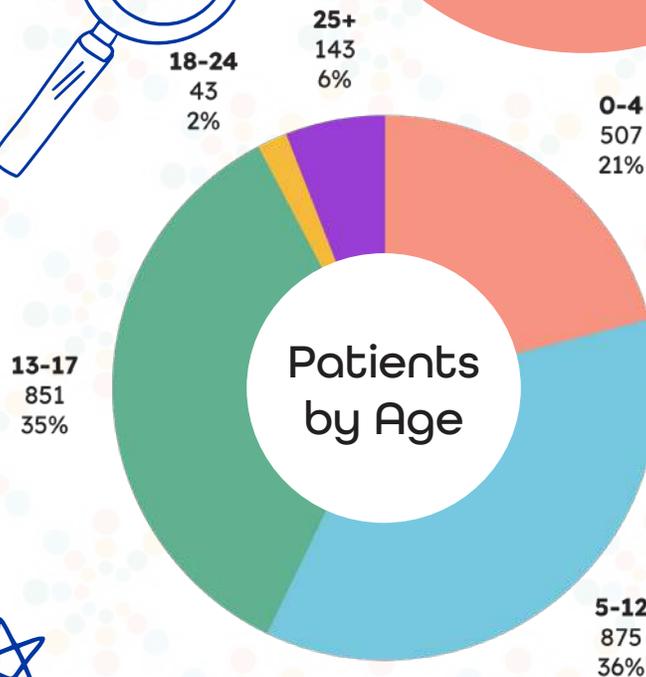
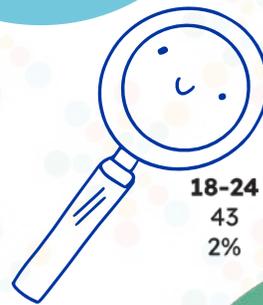
**4,151**  
children, youth and  
families served

**286**  
parents and  
caregivers  
through  
FamilySmart

**2,418**  
unique  
patients

**830**  
participants/  
attendees in  
presentations/training  
sessions delivered by  
Professional Development  
and Education, Home  
Visitation and Head  
Start

**617**  
education/training,  
consultations, coaching  
and mentoring activities  
from Professional  
Development and  
Education, CATCH, Home  
Visitation and Head  
Start



**Overall  
satisfaction**  
Caregivers 9.2/10  
Youth 8.5/10

**99%** of  
caregivers said  
CASA staff treat their  
child and family with  
respect

**99%** of caregivers said they  
feel safe at CASA

**95%** of caregivers said  
they feel supported  
by CASA staff

**94%** of youth said  
CASA staff treat them  
with respect

**89%** of youth said they feel  
supported by CASA staff

**82%** of youth said CASA  
staff helped them  
achieve their goals



# Our Programs



## CORE (AGES THREE TO 17)

Core is the first stop for most families who come to CASA. The program serves children ages three to 17 and provides general mental health treatment for a wide range of concerns. From Core, the therapist is able to step families up or down into more appropriate levels of service if needed.

## Residential and Day Programs

Also referred to as “step-up services,” these programs aim to treat chronic or severe mental health challenges. Patients may be struggling to participate in or attend school. Residential and day programs provide mental health treatment within a controlled school environment.



## CASA HOUSE (GRADES SEVEN TO 12)

A live-in program for teens who need support with significant mental health and/or addictions challenges. Teens stay at CASA House for an average of four months.



## CASA CLASSROOMS

CASA's new model for school-based mental health service classrooms embeds specialized mental health services in select schools in Alberta (read more on page 8).



### **PRESCHOOL DAY PROGRAM (AGES FOUR AND FIVE)**

Provides specialized early childhood mental health care in a small classroom setting. Children attend the program two full days a week during the school year.



### **CHILDREN'S DAY PROGRAM (GRADES THREE TO SIX)**

Aims to improve the social and learning skills of children with serious mental health and/or addictions challenges. Children attend the program daily during the school year.



### **ADOLESCENT DAY PROGRAM (GRADES EIGHT TO 12)**

Aims to improve the social and learning skills of youth with serious mental health and/or addictions challenges. Youth attend the program daily during the school year.

## **Specialty Programs**

**These programs focus on specific areas such as family dynamics, parenting, trauma and Indigenous ways of treatment. Some of these programs offer education and consultation services for other service providers.**

### **Family Therapy**

Family Therapy helps families understand each other's needs and find better ways to work together.

### **Fetal Alcohol Spectrum Treatment, Resources and Community Supports (FASTRACS)**

A short-term skills group for caregivers with a child who has a suspected or confirmed diagnosis of prenatal alcohol or drug exposure, or fetal alcohol spectrum disorder.

### **Indigenous Services**

Provides mental health services for children and families from First Nations, Métis and Inuit communities. Services are based in Indigenous cultures, worldviews and spiritualities.

### **Trauma and Attachment Group (ages five to 12)**

A group that promotes healthy attachment between children and caregivers in order to resolve the symptoms of trauma.

### **Trauma Clinic (ages five to 17)**

Uses a trauma-informed approach to treat children affected by attachment disorders and/or complex trauma.



# CASA Classrooms: Bridging Mental Health and School Needs



**Imagine a world where mental health services showed up where kids already are. No need for caregivers to schedule an appointment or take time off work. Imagine the support families need, built in to their lives.**

CASA Mental Health is leveling up services for kids and families by doing just that: going to where kids are. Enter CASA Classrooms.

CASA Mental Health is partnering with the Government of Alberta, Alberta Health Services, community partners and school divisions to deliver mental health care directly in classrooms. CASA Classrooms will address the need for services closer to students by bridging a child's mental health and school needs, through a coordinated approach by a mental health team and a teacher. The first wave of classrooms launched in February of 2023 at two schools in the Sturgeon area, and classrooms will continue to expand throughout Alberta until 2025.

## What happens in CASA Classrooms?

Students receive individual and group therapy, medical care, medication and school programming according to their individual need. This is provided by a team of mental health professionals, a specialized teacher and support staff. As crucial parts of the care team, caregivers and school staff also receive support in the form of mental health education and connections to community resources.

Students remain in the program for approximately half the school year, followed by another half-year of transition support.

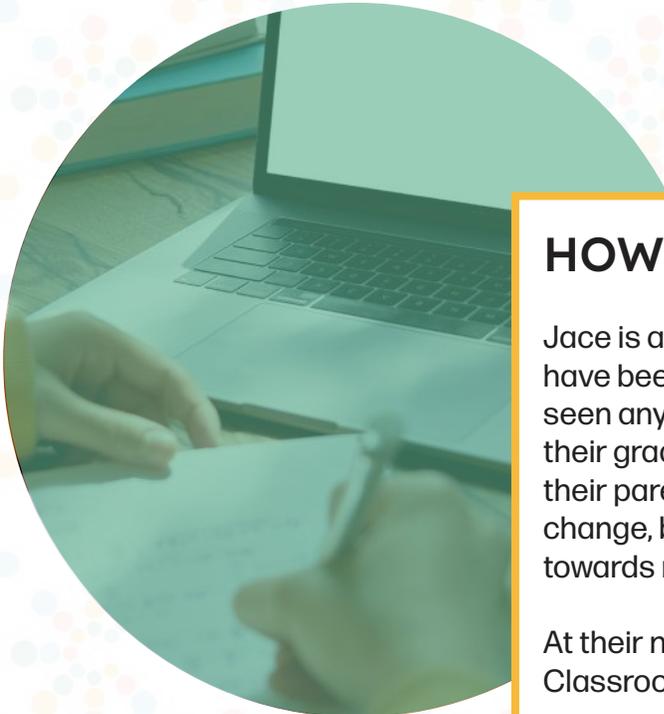
## Who are CASA Classrooms for?

CASA Classrooms are designed for students in grades four through 12 with mental health diagnoses. Students may come from schools within a CASA Classroom's geographical school area, and must be referred by their school.

## What's next?

The next wave of classrooms will launch in the Edmonton area later in 2023.

**For more information on CASA Classrooms, including publications for physicians and families, visit [casamentalhealth.org](https://casamentalhealth.org).**



## HOW CASA CLASSROOMS CAN HELP

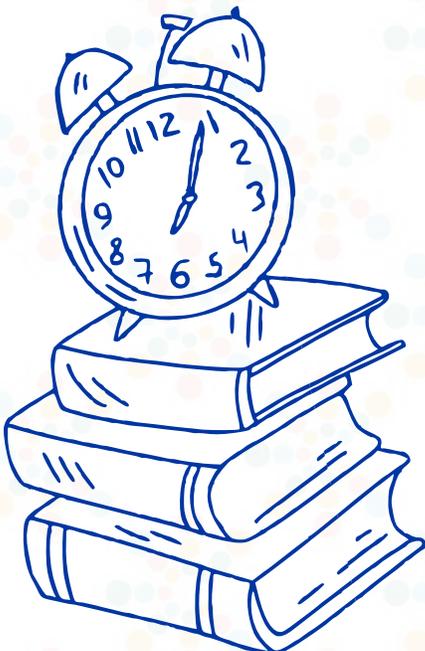
Jace is a 16-year-old student at Sturgeon Composite High School. They have been in and out of therapy for behavioural concerns, but haven't seen any real change. After they return to classes from winter break, their grades begin to plummet. This causes even more friction with their parents, who feel like they have tried everything. Jace wants to change, but they're frustrated. Living in a rural town where attitudes towards mental health are still evolving doesn't help.

At their next appointment, Jace's psychiatrist refers them to CASA Classrooms. Jace starts the program the following September.

While it's an adjustment, their parents see improvements by Halloween - enough to feel confident allowing Jace out to celebrate. They seem to be taking their school work more seriously, and their self-esteem is slowly improving. Jace's parents, who were previously supportive of mental health but didn't know how to help, receive education on how they can work with Jace at home. Jace notices their parents putting in the effort, and it motivates them to finish the semester of CASA Classrooms programming.

They transition back to their home classroom the following semester. They're worried about not having access to everyday support, but the team reassures them that transition support is there whenever they need it.

Jace finishes their grade eleven year with passing grades in all classes. They've taken an interest in computer programming and select their classes for grade twelve accordingly. For the first time in a long time, they are excited about the future.



# What's at the "Core" of CASA's Services?



**CASA's new Core program is the first step for most families who come to CASA. But what does that mean?**

Launched in the fall of 2022, the Core mental health clinic merged two previously separate service streams, Infant and Preschool Services (IPS) and School Aged Services (SAS). The implementation of Core means one generalized program for children ages three to 17. Through Core, CASA strives to provide timely and high-quality mental health care to children, youth and their families.

What sets Core apart from the way things were before? Flexibility! Core's flexible service streams allow families to step up or down into more appropriate levels of service as they need. "Stepping up" occurs when the care team decides a more intensive program would be suitable, such as CASA House or a day program. "Stepping down" means returning to the original level of service, or leaving CASA altogether in favour of less intensive community supports.

## What happens in Core?

Core therapists actively include the child's family, school and community network in treatment. Families are matched with the appropriate level of service, with the possibility of "stepping up" as needed.

## Who is Core for?

Core is for children and youth with a wide range of mental health concerns, including social and emotional difficulties, behavioural challenges, anxiety, depression and/or relational challenges.



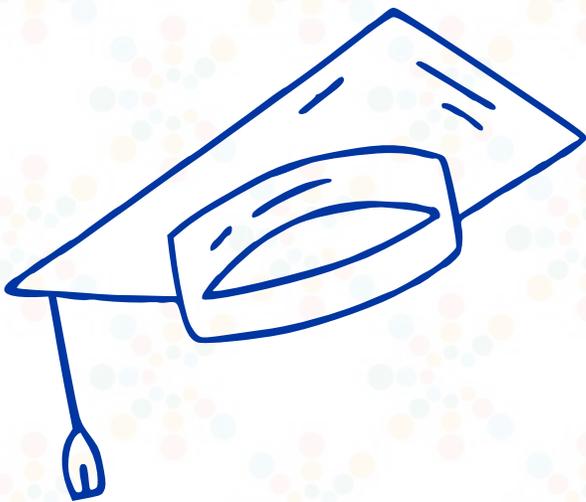


## HOW CORE CAN HELP

Fourteen-year-old Ivy from Edmonton has experienced bullying since grade seven, and anxiety and depression ever since. As she enters grade nine, her symptoms are at their worst. She uses cannabis to cope with the stress and low self-esteem, and her school attendance has dropped off. She is hesitant to tell her parents about the bullying, but confides in them about her mental state once it becomes too difficult to hide.

Her worried parents start searching for help. They find CASA's Core program online and call centralized intake for a referral. Once in the program, Ivy's Core therapist is able to get to the root of her anxiety and depression and use a trauma-informed approach to address the bullying. Her therapist determines that Ivy could benefit from CASA's Adolescent Day Program (ADP) and is able to step her into the program after winter break.

In ADP, Ivy builds confidence, achieves her goals and is able to strengthen her skills in interpersonal relationships, problem solving and conflict management. Ivy leaves the program after four months and is able to re-integrate into her original school in time for grade nine graduation. She enters her grade ten year with confidence. Her grades return to normal and she is able to find a safe space among new friends.



**For a referral to Core, please contact AHS Children, Youth and Families (CYF) Mental Health Intake Office at 825-402-6799. Parents of children ages three to five are still able to self-refer.**

# Our Locations

## CASA House

CASA House is a voluntary residential treatment program for adolescents with mental health concerns. It focuses on treating adolescents and their families who have not responded to previous interventions, such as medications and therapy, and now require more intensive mental health treatment.

9400 Emerald Drive  
Sherwood Park, Alberta  
780-410-8181



## Fort Road

CASA Fort Road houses various programs such as Core, Professional Development and Education and Family Therapy. Fort Road also features facilities such as a Snoezelen room and multiple observation rooms.

13415A Fort Road NW  
Edmonton, Alberta  
780-410-8180



## CASA Centre

CASA Centre is a state-of-the-art facility opened in 2016. Designed with a trauma-informed approach, this facility is home to CASA's day programs and more. It features a cultural room for spirituality and meditation, a Snoezelen room, music and art therapy spaces, a fully-equipped gym and multiple other recreational rooms and equipment.

10645 63 Ave NW  
Edmonton, Alberta  
780-400-2271



## Downtown

Located just off Jasper Avenue in the Peace Hills Trust Tower, CASA Downtown serves as CASA's corporate headquarters. It is home to Philanthropy, Communications, Finance and other support teams.

#406 Peace Hills Trust Tower, 10011 109 Street NW  
Edmonton, Alberta  
780-400-2270

## CASA West

Opened in January 2023, CASA West is CASA's newest location. The newly-renovated space offers clinical space for patient appointments in Core and other programs, as well as flexible meeting rooms, space for administrative teams, and room to expand in the future.

14940 - 121A Avenue  
Edmonton, Alberta  
780-400-2274





## MOST LIKELY TO LIVE OUR VALUES

BRETT SCHMIDT,  
MENTAL HEALTH THERAPIST



**Community: We believe each person's community is unique, and is needed to support the mental health and well-being of those we serve.**

Brett Schmidt is a mental health therapist who embodies CASA's values of community, collaboration, and child-centred and family-inclusive care.

They started at CASA Mental Health at the end of 2020, in a time of social distancing and virtual appointments. Despite those challenges, Brett has dedicated themselves to building a community of support among their coworkers and patients.

We know a child's mental health affects their whole family and others in the community. That's why Brett ensures that their patients' families are also taken care of by working with their colleagues.

"I take a really broad approach, so I'm thinking about 'do the adults in the home need mental health support or do we need to involve other programs or our therapy support navigators?' We do a lot of work together; it's not just me one-on-one with the kids."

Brett helped build an informal lunch group so staff can get to know each other and have some social interaction with peers. Brett was grateful for the daily team lunches over Webex when they joined CASA during the pandemic and values the camaraderie that they have with their coworkers.

Prior to working at CASA, Brett worked in occupational therapy in California. They had previously gone to grad school and worked in Edmonton and chose to return to Canada during the pandemic. Brett knew about CASA thanks to a former classmate, and felt a strong connection to helping children and families.

"It was the only place I applied," said Brett.



## MOST LIKELY TO LIVE OUR VALUES

CRISTINA SANCHEZ,  
PHILANTHROPY DATA AND  
REPORTING OFFICER

### **Collaboration: We work together to better serve children, youth and families.**



Cristina Sanchez shows what it means to truly collaborate within a team.

These days, Cristina is the data and reporting officer on the Philanthropy team. In her 11 years at CASA, she's held four different job titles. She started as an administrative assistant with the former CASA Foundation in 2012.

At the time, she chose CASA because she wanted to use her talents for a good cause and liked the idea of CASA's mission. "I believe in community and giving back. It was CASA's values that were really attractive to me," she said.

Two years into her time at CASA, her infant son was diagnosed with autism. "My personal life aligned with what CASA does. Being here at CASA helped me to read the red flags that I might not have noticed otherwise." Now a mom with lived experience, Cristina's interest in helping kids and families became her passion.

Cristina sees herself as part of a community helping a larger community.

"What I do is interconnected with everyone at CASA." Her tech background allows her to support the Philanthropy team by solving problems and streamlining processes. "My team's success is my success. So I will give them the tools, and I'm there to help. If I see we're getting money for the programs, that is what makes me happy."



# Our Team

**242**

employees as  
of March 31,  
2023

**23**

mental health  
therapists hired



**79**

positions hired

**130**

new employees  
hired in 2023 (54 per  
cent of our staff  
were hired in  
2022-23!)



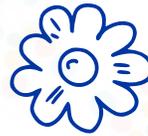
# See yourself changing mental health care?



## **Level up your career, while CASA levels up its service to families in Alberta.**

CASA Mental Health is at an exciting turning point in mental health service for kids and families with mental illness. We're levelling up to provide twice as many kids with service over the next few years - services they need now more than ever - and we need mental health and support professionals to bring that vision and mission to life.

***Visit [casamentalhealth.org/careers](https://casamentalhealth.org/careers) to apply today.***



## **MOST LIKELY TO VOLUNTEER**

### **ADA NIEMINEN**

## **Ada Nieminen finds meaning volunteering at CASA**

Ada Nieminen first signed up to volunteer with CASA Mental Health in February 2020.

“I thought I would do a couple years of volunteering while I finished my degree, but COVID had different plans.”

More than two years and a completed psychology degree later, Ada finally had her first volunteer shift with CASA. She's more than made up for lost time, giving 75 hours of her time to CASA in the past year. Ada helps run a weekly arts and crafts class for patients at CASA House. She has also helped with childminding for CASA's FASTRACS program, has contributed to clinical operations research, and worked at events and fundraisers including selling 50/50 tickets at the Oilers Hockey Talks game.

### **What motivated you to get involved as a volunteer with CASA specifically?**

“Doing my psychology degree, I knew a little about CASA... but I wasn't fully aware of the breadth of the programs and the actual impact. I thought that would be a great place to get my feet wet and see what child psychology is all about, and it turns out that's true!

There are always people trying new things to help programs and volunteer opportunities progress so it's really dynamic. There's always fun things going on and it's a fresh way to look at child and youth mental health.

I find a lot of meaning and fulfillment in volunteering. I really enjoy working with kids; they're just so fun and so honest. But also, when they're struggling with something you can sit with them and help them regulate, and then play in the sandbox together. It gives you the feeling like "I can help, I can do something to teach kids what safety feels like."

### What moment stands out to you from your time as a volunteer at CASA?

"The program at CASA House runs for 16 weeks and the kids graduate at the end. Now that we've been there consistently for a year, we've seen a lot of kids when they first come in and then when they leave. There was one particular kid and they were so shy and didn't know how to ask for help with the crafts. Watching them go from staring at their hands to feeling more comfortable expressing themselves and having conversations was so fulfilling.

When they were graduating out of the program, the kid actually came up to me and told me that they really loved the art classes and it was something they looked forward to every week. I had to hold back tears to congratulate and high five them.

It was a precious moment and I don't even know if they knew how much it meant to me. I thought it was so, so sweet."

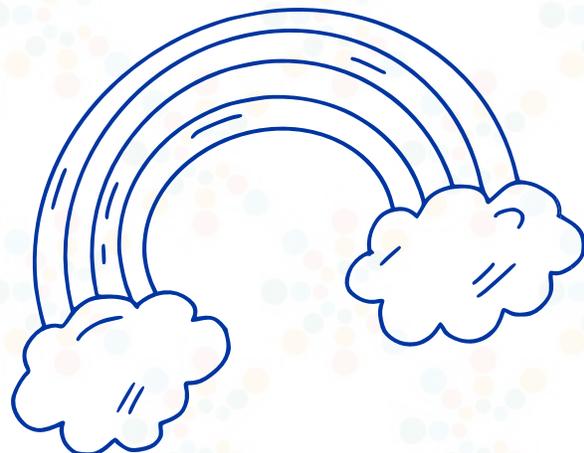
### How do you take care of your mental health?

"I view mental health in a very holistic way. I know how things like physical injuries or external things like a messy house affect my mental health so I try to take care of them. Now that I have my dog Eddy, I'm outdoors for an hour-plus every day which helps a ton. And I love sleep! I'm such an advocate that sleep is one of the greatest parts of life. I notice when I don't get a good night's sleep it puts me in a grumpy mood and then it's a vicious cycle so I try to go to bed early and get a good night's sleep."

### If you were a superhero, what would your super power be?

"What were Wonder Woman's powers? I'd take hers. The Lasso of Truth sounds pretty good and would be helpful with my dog like 'what's in your mouth?' I idolized Wonder Woman in her movie because she was so kind and wanted to help everyone right their wrongs."

**For more information on becoming a CASA volunteer like Ada, visit [casamentalhealth.org/volunteer](https://casamentalhealth.org/volunteer)!**



# VOLUNTEER CLUB!

CASA's dedicated volunteers help bring our vision and mission to life. Our goal is to offer meaningful opportunities for volunteers to make a difference and improve the mental health of children, youth and families in Alberta.

CASA offers flexible ways to become involved, regardless of time or skill. Our opportunities include fundraising activities, program support, committee involvement, research assistance, administration and volunteer leadership roles.

As a volunteer, you will make a positive impact in your community, be part of a team, share your experience, learn new skills and develop lasting friendships. Volunteers are critical to our mission and vision, and because of them, we are able to better support, inform and empower those touched by mental health issues.

Number of volunteers: 325 (received an average of 25 new volunteer applications resulting in 15 new volunteers join each month.

**TOTAL CASA VOLUNTEER HOUR CONTRIBUTIONS**  
(Including Council and Board): 2,798

CASA volunteer base increased by 116 volunteers (36%) in the past year. Very few CASA volunteers left the program in the past year, for a volunteer retention rate of 93 per cent.

Clinical volunteer support (childminding, art and crafts, gym instruction, program support): **552 hours**

CASA staff and fundraising events (Gala, Golf Classic, Oilers 50/50, Emily's Motorcycle Ride, Honouring Indigenous Knowledges): **499 hours**

Project-based administrative support (academic research - clinical operations, clinical resource consolidation, volunteer manual and training module development, donor stewardship calls, research assistant): **243 hours**

CASA Board of Directors (meetings, community engagements, strategic planning, sub-committee work): **952 hours**

Interviews/registration (volunteer placement interview and screening): **248 hours**

Youth and Family Advisory Council (meetings, presentations, social media, storytelling): **304 hours**

In the last year, more than 40 CASA volunteers have contributed approximately 325 volunteer hours directly to providing childminding to CASA patients, siblings and families so they can reduce barriers and allow parents to attend integral CASA support and therapy groups. Volunteer childminding support was provided to the following CASA clinical programs:

- Selective mutism parent support group
- 'Superflex' Core parent/caregiver support group
- Ongoing parent support group at CASA House
- Infant and Preschool Services/Anxiety support group
- Indigenous FASTER support group
- Family therapy support group
- Individual therapy support

**Other Edmonton volunteer opportunities in 2022-23 included:**

- Oilers 50/50 Raffle
- THRIVE Gala
- Emily's Motorcycle ride
- Golf Classic
- More than 1,100 donor stewardship calls
- Academic Literature reviews
- Research assistance
- Fund development archivist
- Volunteer manual development
- CASA holiday event support
- Arts and craft instruction at CASA House
- Gym class instruction at CASA House



Join CASA's  
volunteer club at  
[casamenthalhealth.org/  
volunteer!](https://casamenthalhealth.org/volunteer/)

**FUN FACT:**  
the average volunteer  
contribution is valued at  
approx. \$31/hour so if you  
were to compensate the  
CASA volunteer for their  
contributions last year, the  
cost to CASA would be  
(2,800 hours X \$31.00/hr):  
**\$86,738.00!**



## MOST LIKELY TO MAKE AN IMPACT

### CURTIS AND SHANNON STANGE

**Curtis and Shannon Stange make a HUGE impact on the lives of CASA's patients and families.**

The couple has raised nearly \$40,000 for CASA Mental Health in five years. But wait, there's more! They learned about CASA through Curtis' job as president and CEO of ATB Financial. Shortly after Curtis started, ATB was looking to expand its mental health and wellness supports for staff. After meeting the chair of the former CASA Foundation, the couple were "struck" by the way family members were involved in the care process and the different ways that patients were set up for continued success after graduating CASA's services.

The couple had been involved with a variety of causes, like cancer research, STARS Air Ambulance and the arts. But after being exposed to the growing need for mental health care—especially for youth—they began to focus their support in that area.

"Children are our future," says Shannon. "In times like these, it can feel like there's nothing that anyone can do, but if you can help someone, that feels good."

Curtis adds, "We're in a good spot where we can give back to the community and that's important to us, personally."

In their everyday lives, the Stanges are mindful of their own mental health by prioritizing quality time with family and spending time in nature near their home outside Calgary or in Edmonton's river valley.

Want to make an impact?  
Visit [casamentalhealth.org/give](https://casamentalhealth.org/give). 

# RECOGNIZING OUR DONORS



## **(\$100,000.00 to \$249,000.00)**

The Hunter Family Foundation

## **(\$50,000.00 to \$99,999.00)**

Colby's Kids - Colby Cave Memorial Fund

RBC Foundation

## **(\$25,000.00 to \$49,999.00)**

Allstar Construction Ltd.

Amrik Developments

John Bodnar

Capital Power Corporation

Vince Craig

Eagle Builders LP

Edmonton Civic Employees Charitable Assistance

Fund

John Deere Foundation of Canada

McCoy Foundation

The Eldon and Anne Foote Fund

Westrich Management Ltd.

## **(\$10,000.00 to \$24,999.00)**

A Dollar a Day Foundation

Aces N Spades Tattoo North

Alquinn Homes

ATB Financial

Cantiro Communities

Miles Cymbaluk

Durabuilt Windows and Doors

Flaman Foundation

Gingerich Group Ltd.

Imperial Oil

Johnson Insurance

KPMG LLP

Lavender & Lace Boutique

Dwight Love

Pipe Solutions Services

David Roberts

Don and Jacqui Smith

Curtis and Shannon Stange

## **(\$5,000.00 to \$9,999.00)**

Angus Watt Advisory Group - National Bank Financial

Wealth Management

M.A.P. Group of Companies /Water & Sewer Services

Ltd.

Roger and Riet Bland & Family Fund

Al Shamal Edmonton Shriners Patrol Band Association

Michael Arndt

Dave Bellous

Bhatti Realty Group

Geoff Boychuk

Chester Developments Ltd

Courtney Coulombe

Cranston Homes

Cresa Alberta Ltd.

Emily's Memorial Horse Show

Cam Ferchoff

Gateway Casinos & Entertainment

Scott Janis

Kal Tire

Sandra and Andrew Megson

Brian Moody

Rob Nespliak

Rob Petersen

PK Developments

Porsche Centre Edmonton

Progressive Home Warranty

Mary Robbins

Royal Developments

Seagate Contract Management Ltd.

Servus Credit Union Ltd.

St. Andrews Mens Club

Standard General Inc.

T2M Agent Services Ltd.

Tyler Weiman

## **(\$2,500.00 to \$4,999.00)**

Watson Family Fund

Alberta Truss

Scott Annett

Baseline Wine & Spirits

Bonnie Blakley

Charles Bosecke

Cheryl Boychuk

Brookfield Residential

Ryan Smith and Alessandra Bruni

Ron Bryant

Charity Glow Golf

CIBC Childrens Foundation

Deol Auto

Devon Craig Memorial Fund

Donald J. Masson Professional Corporation

Nathan Henry

Lea Huson

Institutional Property Advisors

J.Ng Professional Corporation

John Maude & Susan Quinn Charitable Foundation

continued

KBH Chartered Accountants  
Kenroc Building Materials Co Ltd  
Marcus & Millichap  
Robert (Bob) and Beverly McNally  
Osprey Resorts  
Karen Pacheco  
Pretium Construction West Ltd.  
Rio Terrace Moravian Community Church  
Rosenau Transport  
Robert Roy  
Scheffer Andrew Ltd.  
Shores Jardine LLP  
Sorrell Financial Inc.  
Synergy Group of Companies  
Unisono Consulting Ltd.  
Christopher and Erin Wallish  
Jim (James) Watt

**(\$1,000.00 to \$2,499.00)**

Leah Adam  
Jack and Jeannie Agrios  
James Allan  
Al-Terra Engineering Ltd.  
Andrea Yu Professional Corp.  
Cheryl Antos  
Associated Engineering  
Donna Atmore  
Blaine and Trudy AuCoin  
Vickie Baracos  
Hailey Benedict  
Nitin Bhatia  
Michelle Bodnar  
Olga Boutilier  
William Brese  
Alan and Siobhan Brilz  
Mary-Kay Brook  
Nick Burak  
John Burton  
Brendan Cardiff  
Rajdeep Singh Cheema  
Terry Cholak  
Trevor Chopek  
Christoffel De Wet Professional Corporation  
CNC Industries Ltd.  
Jeanette and Gerry Connelly  
Cornell Construx Building Products  
Catherine Cote  
Don Cranston  
Roger Delbaere  
Jandip Deol  
Greg Eberhart  
Odynski Family Fund  
P EMCO HVAC  
Tracy Evans  
Gino Ferri

Darryl Forster  
Lisa Furry  
Dhruv Gupta  
Habitat Studio  
Janet Hancock  
Michelle Haner  
Alexis Harke  
Hauser Home Hardware Building Centre  
Lorne Hooper  
Hub International Ltd  
Tally Hutchinson  
Jacob Jaremko  
JDK Heating & Cooling  
Kiwanis Club of Edmonton Oil Capital  
Ron Kubsch  
Kathy Leskow  
Lloyd Sadd Insurance Brokers  
Lorrie and Joe Deutscher Charitable Gift Fund  
Charles Lummer  
Stephen and Lynn Mandel  
Bryan Mason  
Allan Mayer  
Stewart McAndrews  
Dr. David McNeil  
Minerva Foundation  
Eugene Monczunski  
Glen Muzyka  
Sukkal (Sam) Narayan  
Sylvia Nasser  
Lara Oberg-Stenson  
Faye Parker  
Andrew Paterson  
Martin Pederson  
Lois Philipp  
Jeff and Stef Philipp  
Ralph & Gay Young Family Fund  
Morgan Rhode  
Jim Richl  
Rockyview Industries Inc.  
Henri Rodier  
Robert Rosen  
Steve Ruggiero  
Ali Sachedina  
Sandra Shores  
SMS Equipment INC - Acheson  
Peggie Stevens  
Roxanne Streu  
THE SAMIES IOOB  
Denise Theberge  
TSM Safety Services Inc  
Vines Riverbend Wine Merchants  
Weir Bowen LLP  
Emily Weldon  
Sandy Wishloff





# OUR GRANTS

Edmonton Community Foundation  
 Roger and Riet Bland and Family Fund  
 Odynski Family Fund  
 Watson Family Fund  
 Peggie & Ernie Stevens Fund  
 Flaman Foundation  
 Imperial Oil  
 Colby's Kids - Colby Cave Memorial Fund  
 CIBC Foundation  
 RBC Foundation  
 Devon Craig Memorial Fund  
 Butler Family Foundation  
 The Eldon and Anne Foote Fund  
 Ralph and Gay Young Family Fund

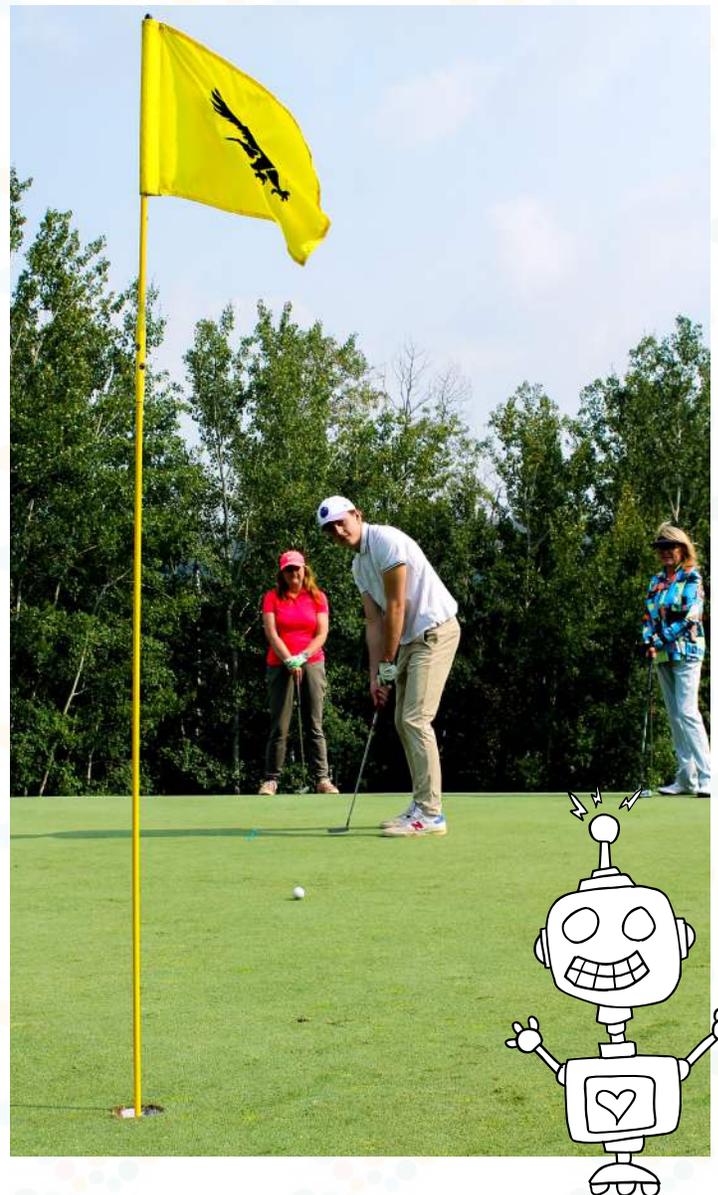
Helga and Heinrick Brinkman - Gordon and Shirley Gifford Fund  
 Spencer and Marie Montgomery Fund  
 Minerva Foundation  
 The Melton Foundation  
 ScotiaMcLeod  
 The Hunter Family Foundation  
 Edmonton Civic Employees Charitable Assistance Fund  
 Lorrie and Joe Deutscher Charitable Gift Fund  
 TD Canada Trust  
 John Deere Foundation of Canada  
 City of Edmonton

## Signature Events

THRIVE Gala  
 Mind Over Mountains Cycle Tours  
 Edmonton Golf Classic

## Community Fundraisers

Tour de Concrete Blonde and online auction  
 John Bodnar - Online Auction  
 Emily Legacy Project  
 Emily's Memorial Ride  
 Emily's Horse Show  
 Aces N Spades Semicolon Fundraiser  
 Alquinn Homes Charity Golf Tournament  
 Charity Glow Golf  
 El Mero Mero Taqueria  
 THE SAMIES IOOB  
 HSSA April Charity Run  
 TSM Safety Services Inc.  
 Suncor Sun Club - Edmonton  
 Food Bike Tour  
 Vines Wine Merchants - CASA Malbec Fundraiser  
 Navina Yoga - Family Yoga Class  
 Kal Tire  
 A Dollar a Day Foundation  
 Hailey Benedict - Level Up  
 Gateway Casinos & Entertainment (Starlight)



# Statement of operations

18/18  
Nice work!

Year ended March 31, 2023

	2023	2022
	\$	\$
<b>Revenue</b>		
Alberta Health Services grants	6,207,796	6,080,114
Alberta government grants	10,253,991	5,587,860
Government of Canada	—	2,046,727
Contributed facilities	1,355,792	1,355,792
CASA Foundation grants	1,174,241	596,507
Other foundations and community support	668,555	704,394
Amortization of deferred capital contributions	207,975	248,702
Investment income (expense), net	490,259	(2,555)
Donations	1,570,205	38,970
Casinos	55,649	119,454
	<b>21,984,464</b>	<b>16,775,965</b>
<b>Expenses</b>		
Salaries and employee benefits	15,766,420	11,709,620
Facility leases	1,675,345	1,645,455
Client related costs	519,535	364,195
General and administrative	2,508,397	902,200
Amortization of capital assets	529,767	319,434
Facility operations	573,411	457,820
Research Expenses	450,000	—
Professional fees	460,437	209,784
	<b>22,483,311</b>	<b>15,608,508</b>
<b>(Deficiency) Excess of revenue over expenses</b>	<b>(498,847)</b>	<b>1,167,457</b>

## About our year-end numbers

2022-23 was a tremendous opportunity for CASA and one of significant investment within our programs and departments across the organization. By making investments this year resulting in a planned deficit, we are setting the foundational structure in place for CASA to deliver on the five-year roadmap

# OUR YEAR AT CASA



SEE YOU NEXT YEAR!



[casamentalhealth.org](https://casamentalhealth.org)