

CASA Mental Health Classrooms

FOR PHYSICIANS AND PRIMARY CARE NETWORKS

CASA Mental Health has partnered with the Government of Alberta, Alberta school divisions and community partners to deliver CASA Mental Health Classrooms, intensive clinical intervention and individualized programming in local classroom settings to address the need for intensive mental health services closer to students in grades 4 through 12.

Treatment and supports within the CASA Classroom include:

- Comprehensive assessment to inform a focused treatment plan;
- Education related to self-management of mental health conditions;
- Medication trials and support (if needed);
- Weekly individual and group therapy;
- Weekly parent psychoeducation groups;
- Referrals to relevant community and social supports; and
- Tapered management and supported transition back to usual school and healthcare team.

The classrooms are designed for patients who:

- have limited symptom improvement from prior treatment;
- would not benefit from or require admission to a hospital;
- have the functional capacity to participate in programming; and
- are currently under the care of a physician, nurse practitioner or psychiatrist.

Intake and admission

- School coordinates the completion of the referral package (includes referrals from the: school, caregiver/guardian, mental health provider and medical provider)

Referral from home school

- Orientation as part of the selection/admission process.
- Assessment of eligibility and suitability based on inclusion/exclusion criteria, willingness to participate, diagnosis, acuity, level of risk, primary concern and therapeutic milieu/case mix.
- Assessment and individualized treatment plan for admitted patients

- CASA Classroom services
- Caregiver/guardian training and support
- For half the school year

CASA Classroom

Transition back to home classroom

- Tapered treatment
- Transition of care and supports
- Increased school staff capacity
- For half the school year

Connection to Primary Care

Referrals to CASA Classrooms are coordinated by the student's school. If one of your patients is referred by their school, you will be asked to complete a medical provider form that confirms:

- you believe your patient will benefit from the program;
- you understand that the CASA Classroom mental health team may be in contact with you during the program; and
- you will be supported to resume care for the student as they transition out of the program.

The medical provider is welcome to collaborate in the student's care while in the CASA Classrooms program.

Where are CASA Classrooms?

Visit casamentalhealth.org/classrooms for the most up-to-date location information.

Contact

For more information about CASA Classrooms, please visit casamentalhealth.org or contact infoclassrooms@casaservices.org