



**Aug. 22, 2024 | Blackhawk Golf Club**

Join CASA Mental Health for the ninth annual CASA Golf Classic in support of child, youth and family mental health in Alberta. Held at the premiere Blackhawk Golf Club, the tournament features hosted food and beverages, hole-in-one opportunities and proximity prizes and draws, followed by a banquet.

**Registration and lunch: 11:30 a.m.**

**Shotgun start: 1 p.m.**



## How You Can Help

1. Become an event partner - showcase your brand and highlight your community involvement.
2. Take advantage of the 25 per cent early bird discount until April 30, and [register a golf team](#).
3. Donate a luxury prize or experience for the live auction.

### For more information, please contact:

John Markey  
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Philanthropy Officer, Signature Events  
CASA Mental Health



# Our Year at a Glance

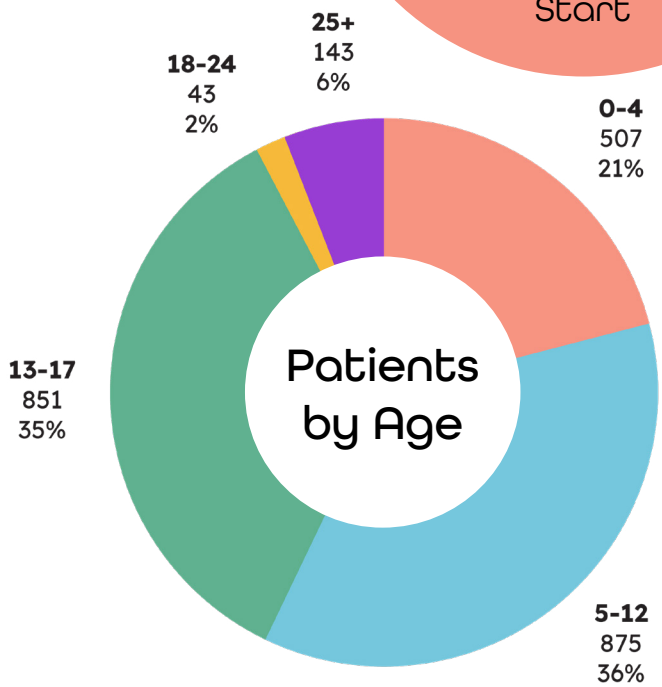
**4,151**  
children, youth and families served

**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



# 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 prevention and promotion in primary and community care, and acute treatment in hospital.

## Vision

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

## Mission

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

## How is CASA leveling up its service for kids and families?

- Expanding services in our own footprints and introducing evening, weekend and summer programming;
- Enhancing online services
- Going to where kids are, by working with community partners to find spaces in their facilities and organizations to provide service.

CALOCUS-CASII: Child and Adolescent Level of Care/Service Intensity Utilization System						
Level 0	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Prevention and health management	Recovery maintenance and health management	Low-intensity community-based services	High-intensity community-based services	Medically monitored community-based services: intensive integrated services without 24-hour psychiatric monitoring	Medically monitored intensive integrated services: non-secure, 24-hour service with psychiatric monitoring	Medically managed secure, integrated intensive services: non-secure, 24-hour service with psychiatric management
Community Partners and Primary Care Networks			CASA - Serving the "Missing Middle"			
Alberta Health Services						

## Programs

### Core

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

**NEW!**

**Core Program (Ages three to 17)**

Addresses a wide range of concerns and will step a family up or down into the most appropriate level of service.

## 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.

**NEW!**

### CASA Classrooms

CASA's new model for school-based mental health service classrooms embeds specialized mental health services in select schools in Alberta.

### 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

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.

To refer, please call AHS Addiction and Mental Health - Intake Services, Child and Adolescent at 825-402-6799.