



Circle of Care is CASA Mental Health's quarterly publication for child, youth and family mental health in Alberta.

Behind the Numbers — The Stories and Experiences of CASA Family Members

Two parents outlined their experience navigating the mental health system during CASA Mental Health's Annual General Meeting 2024 on Sept. 25.

Currently a member of CASA's Youth and Family Advisory Council (YFAC), Jill's journey with the organization has spanned nearly a decade. Two of her three children are accessing CASA services. Her middle child, diagnosed with attention-deficit/hyperactivity disorder (ADHD) and borderline personality disorder, first brought the family to CASA.



CASA Mental Health's Annual General Meeting took place on Sept. 25, 2024.

"When we were in school, by Grade 2 we knew things were seriously wrong," said Jill. "I hadn't heard of CASA before... It was a gift that I found out about them."

[Read More](#)

Piper Przybylski: CASA Scholarship Recipient

A past CASA Mental Health patient is realizing her academic goals of becoming a nurse, thanks in part to a CASA scholarship.

Piper Przybylski is the recipient of the 2024 Emily Taylor Scholarship. The scholarship was created by Rick and Stephanie Taylor in honour of their daughter Emily, who died by suicide in 2013, with the aim of helping other adolescents who struggle with mental illness advance their education.

In January 2017, Piper was admitted to CASA House, a live-in program for teens in Grades 7 to 12 living in Edmonton and northern Alberta.



Piper Przybylski is the recipient of the 2024 Emily Taylor Scholarship.

[Read More](#)

Armeen Ahmadian gets kids active at CASA House

Armeen Ahmadian has been an active volunteer with CASA Mental Health, contributing more than 125 hours of his time supporting CASA's programs.

He began his journey at CASA as a member of the [Youth and Family Advisory Council](#) (YFAC), providing presentations to classrooms and community groups.

In 2022, when Armeen aged out of YFAC, he looked to stay involved at CASA and joined the clinical volunteer stream. Since then, he has provided age-appropriate gym activity programming to the residents of [CASA House](#) on a weekly basis, until he recently relocated to another province.



Armeen Ahmadian started as a volunteer with CASA's Youth and Family Advisory Council before teaching gym classes at CASA House.

[Read More](#)

Level Up for Kids' Mental Health!

There's still time to make your year-end gift! Every gift – big or small – makes a difference in the lives of children, youth and families in our communities who are struggling with mental health. **With all donations being matched**, it's the perfect time to support the superheroes of tomorrow by making double the impact today. Thank you so much to

**Give
Help**

**Get
Help**

Circle of Care Podcast



A CASA Mental Health Podcast

Have you heard? Circle of Care is more than a newsletter! It's also CASA's podcast about all things mental health. Each episode features an interview with a guest expert, plus relevant mental health news.

Check out the latest episodes, including a conversation about autism and mental health with CASA Research Chair Dr. Daniel Moreno De Luca.

[Available wherever you get your podcasts.](#)

CASA Recognized Among 2024 Best Places to Work

CASA Mental Health has been named one of Canadian HR Reporter's Best Places to Work for the second year in a row. CASA was recognized for providing flexible work arrangements, our commitment to diversity, equity and inclusion, supporting a strong life-work balance and our charitable work in the community.

Canadian HR Reporter notes CASA is cognizant of employees' mental health while fostering a culture of accountability and kindness. CASA is proud of our culture where we work on purpose, with purpose.



[Read the full report.](#)

Annual Report 2023-2024

This past year has been outstanding for CASA Mental Health. The organization's plan to finish, focus and flourish has been nothing short of remarkable. We served **8,972 children and families**, doubling the number of patients we care for. We have reduced wait times and moved our services closer to where kids need them most.

In our quest to provide high-quality, timely services, we expanded our programming, and have served patients in

91 communities, the most in CASA's history.

[Read the full annual report here.](#)



CASA IN THE NEWS

Helping Your Child Through Holiday Stress

For many kids counting down the days until December break, this is the most wonderful time of the year. But children are just as susceptible to stress and anxiety over the holiday break as adults. **Chelsea Ohlmann**, mental health consultant with CASA Mental Health, joined Global to discuss mental health, boundaries and expectations around the holidays.



[Watch the segment here](#)

Using Games as a Therapeutic Tool

We all know games are fun, but did you know they're also crucial in developing kids' executive functioning skills, and help to foster connection? **Bryan Fleet**, mental health therapist at CASA Mental Health, joined Global to explain why games are so effective, and give families some tips for using games at home.



[Watch the segment here](#)

Back-to-School Campaign

A huge thank you to everyone who donated this fall in support of kids having the mental health care they need, when and where they need it. It's the collective kindness and

generosity of CASA supporters that allowed us to **raise more than \$50,000**, empowering more children, youth and their families to thrive in school, at home and throughout their lives.

EVENTS

CASA Carnival Recap

Thank you to everyone who attended and supported CASA Carnival, presented by Concrete Blonde and JDK Group, on Nov. 1, 2024. Guests stepped into the night circus for CASA's kids and enjoyed midway games, themed cocktails and unforgettable entertainment – all in support of CASA Mental Health.



Contributions from our generous partners, donors and community members directly and positively advance mental health care in your community. **CASA Carnival raised \$400,000 (and counting!)** so more children, youth and families across Alberta will receive vital mental health services that empower them to thrive.

Photo
Gallery

Stay tuned for more information about our upcoming 2025 events season!

Interested in becoming an event partner to showcase your brand and highlight your community involvement? To learn more, contact **John Markey** at **780-991-9276** or events@casaservices.org.

Community Fundraisers

Thank you to our recent community fundraisers!

- Baseline Wine & Spirits
- Edmonton Elks Lodge #11
- Edmonton Royal Purple Elks Lodge #22
- Grimshaw Trucking Employee Recognition Charity Program
- Queen of Hearts Sherwood Park

Check out these ongoing community fundraisers!

- [Edmonton Cause Players](#)
- Recycling with [SkipTheDepot](#)
- Running Room [Hypothermic Half-Marathon or 10 km](#)
- The Self-Love Book by [Wishing Star Publishing](#)

Get help, give help. Visit our website acasamentalhealth.org

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