

CASA Mental Health Classrooms Impact

***All data included in this report is from the CASA Mental Health Classrooms 2024-25 school year.**

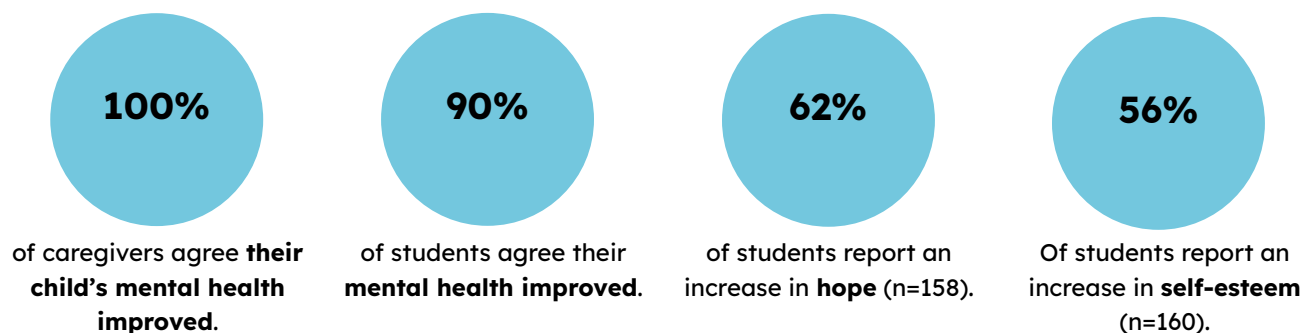
CASA Mental Health Classrooms is a proven model of school-based mental health care developed by CASA Mental Health and introduced in collaboration with Sturgeon Public Schools in Feb. 2023. Classrooms is working with many other school divisions across the province.

CASA Classrooms provide specialized mental health treatment in a classroom setting for students in Grades 4 to 12. These students are experiencing mental health challenges that continue to impact their home, peer and/or school life. There are currently 25 CASA Classrooms across Alberta, with three additional Classrooms set to open in February 2026, and even more in September 2026.

CASA's internal data shows the Classrooms program is helping more students improve their mental health and, as a result, their academic success.

How have CASA Classrooms improved student mental health?

Students and their caregivers report very high satisfaction with the length of time they waited for their first therapy appointment (92 per cent of patients; 96 per cent of caregivers).



Common Concerns and Improvements

Most common presenting concerns include:

- Emotional problems (97%)
- Peer relationship challenges (85%)
- Over-activity or attention challenges (80%)
- Family life and relationship challenges (68%)
- Impaired scholastic or language skills (66%)
- School attendance challenges (55%)
- Self-care or independence challenges (50%)

Percentages indicate the per cent of students with this concern

Key areas of improvement include:

- Reduction in self-injury tendencies (74%)
- Somatic (physical) symptoms (69%)
- Physical impairments (66%)
- School attendance (60%)
- Self-care or independence (59%)
- Over-activity or attention (56%)
- Peer relationships (54%)
- Scholastic or language skills (48%)
- Emotional problems (46%)

Percentages indicate the per cent of students with a clinical presenting symptom that improved.

Testimonials

"Very inclusive and understanding staff; however they are more than willing to enforce rules and keep you from going in the wrong direction. The classroom environment felt relaxed and calm, and I felt like I was able to share even the deepest personal experiences and flaws."
-CASA Classrooms Student

"The CASA program was incredible for my son and helped him beyond measure. I feel it helped him establish a stronger foundation for his educational journey and helped set him up for success. The added support while he transitioned out of the program was also an asset to both him and myself. As a parent I have never felt more like I was part of a collaborative team with my child's teachers and education staff as I did when he was in the CASA program. It was an extremely positive experience."
-CASA Classrooms Caregiver

"I felt the program was really tailored to my child. The structure shifted as my child became more regulated and able to cope with emotional situations. My child has improved so much that they are a different kid. Our family has improved as well. It has been a wonderful program for all of us."
-CASA Classrooms Caregiver

What's the demand for CASA Classrooms?

527 Referrals

To CASA Classrooms in the past year.

How has the program grown so far?

As of September 2025:



The September 2025 cohort saw about 173 students admitted to 25 Classrooms across Alberta. When up to 60 Classrooms are operational across the province, CASA Classrooms will serve about 1,500 students per year from up to 139 communities.

For a more detailed breakdown of satisfaction and outcome data, please contact info@casaservices.org.

For more information on CASA Classrooms programming, referrals and locations, visit casamentalhealth.org/classrooms.