



CASA Classrooms Impact

***All data included in this report is from the 2023-24 school year.**

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

CASA Classrooms is about to enter its third year of providing specialized 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. Currently, there are 18 CASA Classrooms across Alberta, with seven additional Classrooms opening in fall 2025 and three more in Feb. 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?

Patients and caregivers report very high satisfaction with the length of time they waited for their first therapy appointment: 86 per cent of patients; 86 per cent of caregivers.

84%

**Of patients agree their experience in CASA Classrooms has improved their mental health
(n=19)**

95%

**Of caregivers agree their experience in CASA Classrooms has improved their child's mental health
(n=22)**

CASA therapists (n=39) report seeing improvement in the overall mental health of 69 per cent of patients. Fifty-one per cent of patients report an increase in hope (n=45), and 59 per cent report an increase in self-esteem (n=51).

Common Concerns and Improvements

Most common presenting concerns include:

- Emotional and related symptoms (94%)
- Peer relationships (83%)
- Family life and relationships (72%)
- Over-activity attention or concentration (67%)
- Scholastic or language skills (55%)

Percentages indicate the per cent of students with this concern.

Key areas of improvement include:

- Physical illness (100%)
- Reduction in non-accidental self-injury (88%)
- Peer relationships (54%)
- Reduction in disruptive, antisocial or aggressive behaviour (52%)
- Emotional and related symptoms (50%)

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



Parent Testimonials

"When our daughter needed help, CASA Classrooms were a healthy space for her to learn and grow in. She gained a multitude of skills and tools to cope with emotional distress, while being academically successful. The CASA Classroom has been a great success for our daughter, and I am thrilled to see more Albertans be able to access this program."

"Thorough, informative. Our family is coming out of program completely different. We as parents no longer felt alone and greatly benefited from the lessons taught. Our daughter was safe and properly diagnosed and treated."

"My daughter had access to so much mental health support and one-on-one learning and mentorship. This program has changed her life. Given her greater confidence, greater social skills and so many coping mechanisms for anxiety. A true blessing."

What's the demand for CASA Classrooms?

308 Referrals

To CASA Classrooms in the past year.

How has the program grown so far?

As of September 2024:

17
Classrooms opened

Across
11
Communities

The September 2024 cohort saw about 140 students admitted to 17 Classrooms across Alberta (about 79 per cent of seats filled). With transition support factored in, over 200 students received mental health supports through CASA Classrooms by Sept. 30, 2024.

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.