



casamentalth.org

CASA Mental Health is an accredited 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 services 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 levelling up its services for kids and families?

- Expanding services where we already are 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 services.

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”			
Recovery Alberta						

Programs

Core

Core is the first stop 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.

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.

Live-in 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. Live-in and day programs provide mental health treatment within a controlled school environment.

CASA House (Grades 7 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.

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 3 to 6)

Aims to improve the social and learning skills of children with serious mental health and/or addiction challenges. Children attend the program daily during the school year.

Adolescent Day Program (Grades 8 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.

FASD 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 Recovery Alberta at 780-342-4415.