



Core Program

Core is the first stop for most families who come to CASA. The program serves children ages three to 17 and provides short-term, goal-directed therapy lasting about six to eight sessions. From Core, the therapist is able to step families up or down into more appropriate levels of service if needed.

The Core team includes mental health therapists, nurses, therapy support navigators and psychiatrists. Therapists in Core have different educational backgrounds, including psychology, social work, mental health nursing and occupational therapy. Core is offered at CASA Centre, CASA West and Fort Road.



Who It's For

Core is for children and youth with a wide range of mental health concerns, including social and emotional difficulties, behavioural challenges, anxiety, depression and/or relational challenges. Families must live in the Edmonton area to access the program.

What to Expect When You Bring Your Child to CASA Mental Health

You will meet with a mental health therapist to identify clear goals and create a treatment plan to support your child in therapy. Please prepare your child before meeting with your therapist for the first time, so they can understand why they are coming to the appointment. This helps to facilitate the therapeutic process and its effectiveness.

Services may include any combination of the following:

- Individual or group therapy, parent support/education, child behavioural management strategies or medication management
- Resources and mental health information
- Consultation with other professionals

Remember that as a parent or caregiver, **you are the most important part of your child's therapeutic change process**. You will be asked to play a lead role in supporting their therapeutic growth and development. Your therapist may also refer you to other resources in the community to help meet your therapeutic needs.



You and your child can expect to be given therapy homework to practice at home. Practicing at home will help you come closer to meeting your therapy needs as well as the changes you are seeking.

Expectations

- Families and patients attend all scheduled therapy sessions.
- Caregivers participate in treatment groups.
- Caregivers are to attend parent sessions if required.
- Please give 48 hours notice for cancelled appointments.