

CASA Mental Health Classrooms Impact

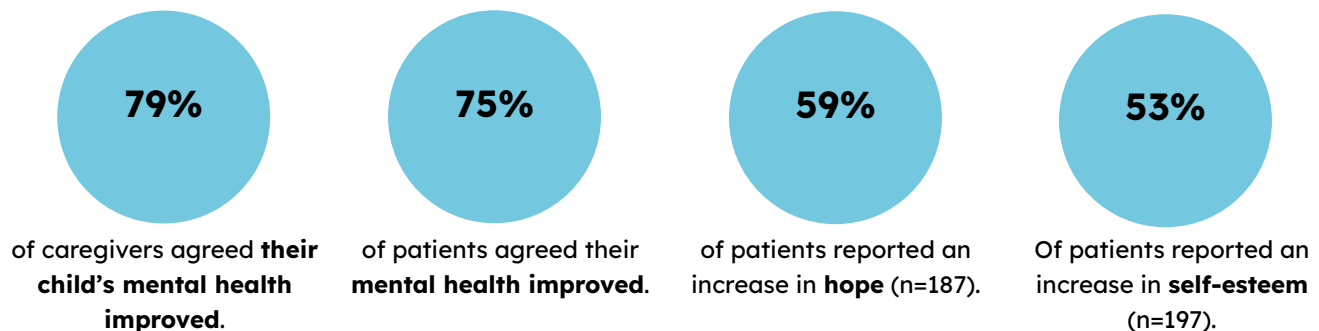
***All data included in this report is from the CASA Mental Health Classrooms 2025-26 school year.**

CASA Mental Health Classrooms is a proven model of school-based mental health care developed by CASA Mental Health and delivered in partnership with the Government of Alberta, Alberta school divisions and community partners.

CASA Classrooms provide medical and therapeutic 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 or school lives.

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 patient mental health?



Ninety-seven per cent of caregivers report very high satisfaction with the length of time they waited for their first therapy appointment.

Common Concerns and Improvements

Most common presenting concerns include:

- Emotional problems (94%)
- Peer relationship challenges (85%)
- Over-activity or attention challenges (78%)
- Family life and relationship challenges (69%)
- Disruptive, antisocial or aggressive behaviour (52%)

Percentages indicate the per cent of patients who came to the program with this concern.

Key areas of improvement include:

- Emotional problems (51%)
- Peer relationships (60%)
- Over-activity or attention challenges (51%)
- Family life and relationships (53%)
- Disruptive, antisocial or aggressive behaviour (55%)

Percentages indicate the per cent of patients with a clinical presenting symptom that improved after the program.

Testimonials

"It helped my daughter a lot when it comes to her mental health. She was able to finish her high school with CASA Classrooms and with big gratitude to her teachers, assistant and psychologist."

-CASA Classrooms Caregiver

"I cannot thank the CASA team enough for everything you have taught, cared and shared with our son. It's going to be hard for my child to let go of CASA and move back to his school, but my hope is he takes everything he has learned and apply it to the second semester. The friendships he has made will forever be his buddies, and we are so thankful for that! One thing I do want to mention is my son and his sister had a terrible relationship before CASA. We have CASA to thank for bringing my kids together. I can honestly say my kids are best friends now, and that was something I never thought would happen until they got older. Thank you for everything you have given to our family."

-CASA Classrooms Caregiver

"[I enjoyed] the constant contact, parent group, being able to contact someone right away about my concerns. It is a well-needed program for schools."

-CASA Classrooms Caregiver

What's the demand for CASA Classrooms?

594 Referrals

To CASA Classrooms in the past year.

How has the program grown so far?

As of February 2026:



The February 2026 cohort saw about 222 students admitted to 28 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 casamentalth.org/classrooms.