



CASA Mental Health

Governance and Leadership

The CASA Board of Directors is a policy governing board responsible for the highest level of decision making, accountability and legal authority over the affairs of the organization. The board determines the long-term direction of the organization. Directors owe a fiduciary duty to act in the best interest of the organization; with the utmost good faith and with a commitment to preserve confidentiality in the matters of the organization. Directors on the board act in a position of trust on behalf of the community and are responsible for the effective governance of the organization. The Senior Leadership Team is responsible for the daily operations, programs and services delivered to children, youth and families across Alberta.

These biographies are also available at casamentalhealth.org/our-team-and-board.

Board of Directors



Katie Hayes
Chair

Katie Hayes is a Senior Manager with MNP's Digital Advisory practice, leading digital transformation initiatives for clients across Canada. She is a Certified Management Consultant (CMC) and a Certified Change Management Professional (CCMP). Her academic background includes a Bachelor of Commerce in Marketing and Strategic Management and a Master of Arts in Community Development. She earned her ICD.D designation in 2025 and has over 16 years of experience serving on nonprofit boards. Katie brings a strong governance mindset, deep public and non-profit sector expertise, and a commitment to collaborative, values-based leadership as a board director and chair.



Krystal Gray
Vice Chair

Krystal Gray is a marketing and strategy leader, educator and researcher with experience across public, non-profit, agency, and private sector organizations. She currently serves as the Director of Marketing at NorQuest College and teaches psychology at the post-secondary level. Krystal is completing a Ph.D. in Education focused on adolescent well-being and translating research into practical systems that strengthen student flourishing, community engagement, and organizational impact. Outside of work, she enjoys supporting her overly successful athlete children and is passionate about strengthening mental health supports for children and families.



Bryan Mwaka
Secretary

Bryan Mwaka is a community engagement and non-profit leader currently serving as Campus Navigator at The Mustard Seed in Edmonton, Alberta. Originally from Uganda, he holds a Bachelor of Information Technology from Cavendish University Uganda and brings a systems-level perspective to complex social challenges. Bryan has extensive experience in frontline leadership, partnership development, and community outreach focused on supporting vulnerable populations. His governance work emphasizes equity, trauma-informed practice and collaborative approaches to strengthening community-based services and systems that improve outcomes for children, youth and families.



Megan Picard
Treasurer

Megan Picard brings more than 20 years of leadership experience in finance, transformation and strategic governance. She has extensive experience supporting executive teams and boards with financial oversight, risk management and long-term organizational sustainability in complex environments. Megan serves as Treasurer on the CASA Board of Directors and previously contributed as a member of the Finance Committee. She is deeply committed to advancing children's mental health in Alberta and brings both professional expertise and personal perspective to CASA's mission.



Lara Oberg-Stenson
Director (Past Chair)

Lara is a Chartered Professional Accountant and co-founder of Oberg & Guittard LLP. Prior to launching her firm, she was a partner with BDO Canada for nearly 16 years. She is a graduate of the University of Alberta. Lara has served on the CASA Board of Directors since 2015 and currently holds the role of past chair. She has previously chaired the fund development committee and is a strong advocate for advancing children's mental health services across Alberta.



Glen Anderson
Director

Glen Anderson is Vice President, Centralized Services at PCL Constructors Inc. He is an accomplished finance and risk management executive with extensive experience across the construction industry. Throughout his career, Glen has led finance and risk functions within PCL's Canadian Buildings operations and played a key role in establishing and delivering finance and risk training programs across the organization. Most recently, Glen oversaw the successful consolidation of 26 ERP environments into a single integrated platform. He continues to pursue opportunities to centralize back-office functions, eliminate inefficiencies and drive operational excellence through standardized processes and the strategic implementation of technology. Glen is deeply committed to advancing mental health care and is passionate about supporting CASA's governance and strategic direction through collaboration, accountability and meaningful community impact.



Conny Avila
Director

Conny Avila is Chief Development Officer at Bayshore HealthCare, bringing more than 20 years of executive leadership experience across health care, economic development and government. Previously, she served as Vice President, Strategic Partnerships, Performance and Brand at Edmonton Global and as Chief Innovation Officer at Covenant Health, where she led system-level initiatives spanning seniors' health, mental health, palliative care and community wellness.



Lindsay Bilkoski
Director

Lindsay Bilkoski, Chartered Professional Accountant, is Head of Enterprise Risk Management at Servus Credit Union and CASA's first Calgary-based board member. She brings more than 17 years of experience in enterprise risk management, strategy, and governance. Lindsay has contributed to non-profit boards, aligning financial oversight and risk management with meaningful community impact. She is committed to equitable, compassionate and evidence-informed mental health services for children, youth, and families.



Melanie Ducholke
Director

Melanie is Vice President, Finance and Accounting, at Northern Development and Investment Group Inc. A seasoned board member with an ICD designation, she brings more than 23 years of executive experience in commercial real estate, finance and strategic planning, excelling in fostering collaboration to drive innovative solutions.



Christine Kennerd
Director

Christine serves as Superintendent of Human Resource Services at Edmonton Catholic Schools. With experience as a teacher, principal and human resources leader, she has developed expertise in workforce planning, policy development, employee wellness and labour relations. Christine's leadership in equity, diversity, inclusion and anti-racism initiatives reflects her commitment to culturally safe and inclusive practices. She is passionate about early intervention and advancing mental health supports for children, youth, and families.



Barry McNabb
Director

Barry McNabb is a Chartered Professional Accountant who holds a Bachelor of Commerce from the University of Alberta and completed the Ivey School of Business Executive Program. He brings extensive public and private sector experience in corporate strategy, business planning, budgeting and financial reporting, performance measurement, enterprise risk management, information technology, and facility services. Over his 35-year professional career, Barry has served as the Vice President, Finance for Alberta Innovates and Vice President, Regulatory & Controller for ATCO Electric. Barry has been a member on several community boards, including Edmonton's Food Bank, Wheelchair Sports Alberta, Canadian Mental Health Association and Boyle McCauley Health Centre. He is committed to strengthening community well-being and advancing access to mental health care.



Jay Williamson
Director

Jay is General Counsel with the Appeals Commission for Alberta Workers' Compensation, where he provides strategic legal and organizational leadership on matters of administrative law, privacy, and procedural fairness. His career includes senior roles across regulatory agencies and government, giving him broad experience in governance, risk management, and stakeholder relations. Jay is known for his collaborative leadership style, practical legal insight and commitment to inclusive, principled decision making. He brings a strong focus on accountability and effective organizational stewardship and oversight.



Bonita Young
Director

Bonita Young holds both a diploma and a Bachelor of Science in Psychiatric Nursing, supplemented by numerous certifications and advanced training. Her extensive career in children and adolescent mental health encompasses a wide range of services, including hospital-based care, community clinics, and school-based programs. Bonita's expertise and experience have allowed her to provide care and support across diverse settings, ensuring comprehensive mental health services for young people. Before joining the CASA Board of Directors as a director, Bonita was responsible for coordinating integrated youth and adult addiction and mental health programs within provincial correctional centres. In addition to her clinical and administrative roles, Bonita has served as a sessional faculty member in psychiatric nursing at MacEwan University. She has also been a member of the Psychiatric Nursing Advisory Committee at MacEwan University, helping to guide the advancement of psychiatric nursing education and practice. Bonita is deeply committed to early intervention for children and adolescents. She is a strong advocate for promoting mental health wellness, dedicating her efforts to ensuring young people have access to timely and appropriate mental health support.

Senior Leadership Team



Bonnie Blakley
Chief Executive Officer

Bonnie has always been driven to serve the social fabric of families and communities across Canada. As CASA's CEO, she works alongside a dynamic team to deliver vital accessible, effective mental health services to Alberta's children, youth, and families. With prairie roots, Bonnie's diverse career began in Saskatchewan in government and health care before founding Lead 2 Lean Solutions and transitioning into the private sector. She completed a Master of Arts in Leadership degree from Royal Roads University in 2015 and received an Alumni Changemaker award from the university in 2026. A proud mom of seven and a sports enthusiast, Bonnie lives by her philosophy: *"Walk with Purpose and Lead with Grace."*



Amanda LaFrance
Senior Operating Officer (acting)

*On leave Feb. 2026
- Feb. 2027*

Amanda is a commitment-based leader who strongly believes in accountability and empowerment. She aligns people and process to inspire a culture that achieves exceptional results. Amanda holds a Master of Science degree in Medicine from the University of Alberta with training in epidemiology and biostatistics, as well as a graduate certificate in enterprise risk management. She is currently working on her Master of Arts in Leadership with a specialization in health at Royal Roads University. Amanda is dedicated to solving complex systems issues in order to ensure accessible and equitable health-care delivery. A mom of two young girls, Amanda loves spending time with her family, practicing hot yoga and watching hockey.



Dena Pedersen
Senior Operating Officer (acting)

Dena holds a Master of Nursing with a pediatric nurse practitioner specialization from the University of Alberta. She brings extensive clinical and administrative experience across multiple health-care sectors, with expertise in facilitation, governance, project management, program development and leadership. Dena is known for building strong professional relationships and fostering collaborative environments that support innovation and system improvement. She is committed to advancing CASA's mission to improve the mental health and well-being of children, youth and families. Outside of her professional work, Dena is an avid ball hockey player and a proud hockey mom of two.



Dr. Andrea Yu, MD
Medical Director

Dr. Andrea Yu is a child and adolescent psychiatrist based in Edmonton. As CASA's Medical Director, she leads a team of more than 20 physicians. She also practices at Royal Alexandra Hospital and CASA's Trauma Clinic. Dr. Yu is committed to compassionate, inclusive care that empowers children, youth, and families to thrive through community connection, collaboration and culturally safe, outcomes-based support.



Carrie Avveduti
***Director, Clinical (Inclusivity
and Indigenous Initiatives)***

A social worker by training, Carrie is deeply passionate about supporting Indigenous communities and ensuring equitable access to essential mental health supports. Driven by a commitment to addressing gaps caused by chronic underfunding and the legacy of colonialism, she advocates equity and justice across all communities. From Alexander First Nation, Carrie is a proud daughter, sister, wife, mom, aunt and cherished kokum to her beloved grandchildren.



Paula Colvin
***Director,
Program
Management
Office***

Paula Colvin is a senior non-profit health-care leader with more than 30 years of experience spanning health care, philanthropy, marketing and communications, and operations. As Director of the Program Management Office at CASA Mental Health, she serves on the senior leadership team and leads enterprise project delivery, organizational change and major capital expansion initiatives that improve access to mental health care for children and families across Alberta. Paula is known for advancing innovation, strengthening systems and aligning strategies with execution in complex environments while building collaborative, high-performing teams. She is completing a Master of Arts in Executive Leadership and holds Lean certification. A proud Albertan, she enjoys visiting the Rockies, textile and fibre arts, and spending time with her family and chocolate labradoodle, Becca.



Tina Fedyna
***Acting Director,
Business
Operations***

Tina is a dedicated leader and advocate for health and patient safety, recognized for fostering cultures of well-being through exemplary leadership. She holds a Master of Health Studies, risk management certification and is currently pursuing her Canadian Risk Management designation. Tina excels at building robust programs within complex health-care environments, while maintaining strong, collaborative relationships with care holders. Her leadership is grounded in a commitment to improve health outcomes, implementing best practices and creating environments where people and communities can thrive. Personally, Tina enjoys spending time with her dog, Ender, and relaxing at Nordic spas.



Tanya Kendall
*Director, Clinical
(CASA House and
Day Programs)*

Tanya is passionate about building a coordinated system of care across Alberta's health-care landscape to ensure children, adolescents and families can access mental health services when they need them. She brings extensive clinical leadership experience in emergency medical services, government, acute care and primary care. Tanya focuses on building strong teams, improving operational performance and expanding access to specialized care. She is known for values-driven leadership, collaboration across sectors and a strong commitment to outcomes for young people and their families. Outside of work, she enjoys spending time with her husband and daughter.



Sharon Ling
*Director, Clinical
(Outpatient
Programs; acting)*

As a double first-generation immigrant, Sharon brings a deeply personal understanding of culture, belonging and advocacy to her leadership in children's mental health. With more than a decade of experience as a mental health therapist and a Master of Science in Occupational Therapy from the University of Toronto, she is passionate about transforming how children and families experience mental health care through compassionate, equitable, and community-connected approaches to care. Known as a relational systems thinker and collaborative leader, Sharon is recognized for building partnerships across organizations and communities to improve access and connection for underserved families. She believes healing happens when families feel seen, safe and supported within the systems designed to care for them. Outside of work, Sharon enjoys tabletop gaming, cooking, musical theatre and spending time with her two dogs and cats.



Melissa Mandzuik
Executive Assistant

After studying psychology, sociology and education at the University of Alberta, Melissa began her career with Girl Guides of Canada. She has since worked in both corporate and health-care environments before returning to the non-profit sector at CASA. Her interest in holistic health led her to become certified in reflexology and Reiki. A natural supporter at heart, Melissa thrives when using her skills to help others succeed.



Jeremy Prystay
Director, Finance

Jeremy is a Chartered Professional Accountant with extensive non-profit experience, where he has dedicated much of his career. He has developed deep expertise in financial operations and strategic planning for organizations focused on social impact. Driven by a commitment to strengthening communities, Jeremy enjoys spending time with his wife and two children, camping, cooking and playing the occasional round of golf.



With more than 30 years of experience in child and adolescent mental health, Lori has dedicated her career to building and leading collaborative teams that keep children and families at the centre of care. At CASA, she continues her passion for expanding access to mental health services across Alberta. After growing up in the north, Lori prefers warm weather activities like kayaking and golf, as well as spending time with her daughter.

Lori Roe
*Director, Clinical
(Classrooms)*



Nadine is passionate about people, community and the moments that bring them together. With a career focused on relationship-building and purposeful leadership, she is known for her ability to connect hearts to causes that matter. Nadine believes philanthropy is most powerful when it is personal, grounded in trust and rooted in community.

Nadine Samycia
Director, Philanthropy



Darby brings more than 20 years of experience in communications, government and health-care leadership across Alberta and Saskatchewan. His career has spanned health, environment, energy, government and non-profit sectors. At CASA Mental Health, Darby focuses on corporate communication, community relations, and leveraging his expertise in systems transformation and continuous improvement to help grow the organization and expand access to mental health services for children and families. Darby has certificates in reputation and enterprise risk management, and completed a Master of Arts in Professional Communication from Royal Roads University in 2017. He enjoys traveling and all forms of live entertainment.

Darby Semeniuk
*Director,
Corporate and
Community Relations*



Mike is a registered psychologist who has dedicated his career to supporting youth mental health. His experience spans frontline counselling, assessment, award-winning research, clinical supervision, teaching graduate-level psychology courses and professional development course design. Committed to lifelong learning, Mike aims to empower others to grow and develop. Outside of work, he enjoys chasing his toddler around the yard and volunteering in community theatre.

Dr. Mike Sornberger, PhD
*Director, Clinical
(Interprofessional Practice
and Support Services)*