CASA FAMILY HANDBOOK
Why a Family HANDBOOK?

The Council is a group of parents who care a lot about children’s mental health and youth addiction. This caring comes from personal experience: each parent on the Council has faced and/or has had a child who faced mental health challenges. We want to share with you what we have learned to help make your journey a little easier.

As loving parents we believe that:

• All parents want the best for their children.
• Families go through a lot when they try to find professional help.
• Parents become more confident and capable when their family is supported.
• Parents should understand their rights and responsibilities.

Having access to support helps families become more resilient: it helps them become better able to cope with difficult situations. This helps when a crisis happens.

The Council hopes this handbook will help parents, caregivers, and guardians:

• Learn about mental health and youth addiction.
• Know where to go for help.
• Get their child the help they need.
• Help support them with day-to-day parenting.
• Understand the programs and services at CASA.
• Become involved as an advocate, or voice, for children’s mental health and youth addiction.
• Know they are not alone: we care about them.

Sincere thanks to CASA’s Family Advisory Council for their dedication and hard work in creating this edition of the CASA Family Handbook and their ongoing involvement in all subsequent editions.

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How Does the Journey Start?

For most families, the journey starts with a child or teen who is struggling.

You have come to CASA to help your child. Trust is so important in your journey with your child, but trust can be hard to give when you feel stressed, overwhelmed, and worried. CASA will work with you to earn your trust.

CASA provides assessment and treatment for infants, children, teens, and families within Edmonton and central and northern Alberta. Assessment means we try to find out what is going on. Treatment means the things we do to help your child. CASA provides individual, family, and group therapy.

CASA is here to help children and families when they are struggling. This handbook will tell you about the programs and services at CASA. We hope you will see CASA, its staff, the Family Advisory Council, and Youth Council as positive support. We hope to create safer and stronger relationships for you and your family as you journey through our mental health services.

For those families that are separated or divorced, it is important for you to bring legal custody and access orders, parenting orders, and agreements, as well as consent from the non-accompanying guardian to your first appointment at CASA.

Children that are in the care of Children’s Services must have the Interim Custody, Temporary Guardianship, or Permanent Guardianship Orders accompany them to their first appointment.

Please note that treatment for your child cannot proceed without these documents.

Who needs CASA?

CHILDREN AND YOUTH WHO HAVE:

- Anxiety or stress that interfere with daily functions
- Depression
- Attention and hyperactivity problems
- Trouble with school
- Learning challenges
- Experienced trauma, emotional or physical abuse
- Suffered neglect
- Suicidal thoughts, self-harming
- Addiction including computer and video game addiction

CASAA provides assessment and treatment for infants, children, teens, and families within Edmonton and central and northern Alberta. Assessment means we try to find out what is going on. Treatment means the things we do to help your child. CASA provides individual, family, and group therapy.

Throughout the handbook we use “family” to mean parents, caregivers, and guardians (biological, foster, adoptive, grandparents).
What is CASA Child, Adolescent and Family Mental Health?

**Vision:** CASA delivers innovative mental health services for infants, children, adolescents, and their families and is an effective advocate for children’s mental health.

**Mission:** To advance the mental health of infants, children and adolescents through family-centered clinical services, education, research, and advocacy.

**PRINCIPLES OF CARE**

1. **Children and Families First** – CASA listens to the stories of children and families to know how to help them best.

2. **Best Clinical Practice** – CASA uses treatments that work to support children and families.

3. **Partnerships and Collaboration** – CASA works with the community to best help children and families.

4. **Safety, For our Families & Staff** – CASA helps keep families and staff safe so everyone feels supported.

5. **Diversity and Inclusivity** – CASA values and respects the lived experiences of our children, families and staff.

**HEALTHY BRAINS, HEALTHY FAMILIES, HEALTHY COMMUNITIES.**

CASA’s services are designed to assess and treat the multiple and broad needs of each child and their family. They are delivered by teams that may include psychiatrists, family physicians, pediatricians, clinical psychologists, clinical social workers, occupational therapists, nurses, psychometrists, classroom behavioural specialists, speech-language pathologists, child and youth care counsellors, and nutritionists.
WHAT DO I DO IF THERE IS A CRISIS?

In the event of an after-hours crisis and you need to speak to a physician, contact the Mental Health Children’s Crisis Response Line at 780-427-4491.

You can also call the Crisis Support Line at 780-482-4357. A complete list of emergency contact numbers and community supports is at the end of the handbook.

Why is it important for parents to be involved?

BECAUSE:

• You are your child’s advocate. No one knows your child like you. You want to make sure the treatment decisions are right for your child.
• Understanding the issues your child faces will help you support them.
• You will have a better understanding of the plan to help your child.
• You can ask what to do at home to support your child and the rest of your family as everyone needs support—including you.
• Your confidence as a parent will grow.
• You should feel like a welcome member of the CASA village; a village for our children.

Basic Facts About MENTAL HEALTH

• One in five people in Canada will experience a mental health problem or illness in any given year, with a cost of over $50 billion to our economy.
• 70% of adults living with a mental health problem or illness say their symptoms started in childhood.
• 60% of people with a mental health problem or illness will not seek help for fear of being labeled.
• 500,000 Canadians, in any given week, are unable to work due to mental health problems or illnesses.
• One in three workplace disability claims are related to mental health problems or illnesses.
• Mental health is much more pronounced and is finally being recognized as the number one disability in the world that impacts all of us.

2 Mental Health Commission of Canada, 2012
HIGH QUALITY CARE IS:

Strengths-Based

We believe that children and their families are resilient and have the strengths, resources, and ability to learn and thrive.

• We focus on individual and family strengths, recognizing that each individual and family system has different needs and challenges.
• We focus on building trusting relationships.
• We empower children and families to take a lead and be actively involved in their own care process.
• We work collaboratively with families and within the larger community to achieve mutually agreed upon goals.
• We encourage sustainable change through learning and empowerment.
• We use person-first language.

Family-Centred

• We understand “family” as a broad term that encompasses the child and all individuals who care for them.
• We respect the central role that the family plays in a child’s life.
• We support and empower family members as partners and decision makers in their child’s care.

Trauma-Informed

• We meet people where they are at.
• We understand the role that people’s past experiences have in shaping their current and future relationship with the care system.
• We ask children and families about their values, needs, and preferences.
• We connect with children and families in a way that works for them.
• We place a priority on the individual’s safety, choice, and control.
• We create a culture of nonviolence, learning, and collaboration.

Evidence-Informed

Our clinical and organizational practices consider various types of evidence in decision making, including:

• The best available research evidence;
• Child and family preferences and values;
• Practitioner knowledge and experience;
• Evaluation data.
CASA FAMILY ADVISORY COUNCIL

WHO WE ARE

A group of passionate and dedicated parents and caregivers
Representative of many perspectives and experiences
Committed to supporting others in their journey
Valuable advisors to and partners in healthcare

WHAT WE DO

Raise awareness and help combat the stigma surrounding children's mental health and youth addiction.
Encourage a deeper understanding of mental health and addictions in children and families.
Provide feedback on healthcare services and processes and help identify areas for improvement.

WHY IT’S IMPORTANT

Research shows that when health care providers work in partnership with patients and families program quality goes up, patient safety improves, costs decrease, and patient satisfaction increases.

HOW TO GET INVOLVED

To learn more about the work we do, check out our past and current projects, or for more information on how to get involved with the CASA Family Advisory Council, visit www.casaservices.org/family-advisory-council.
WHO WE ARE

A mental health action group
Ages 13 to 26
Representative of many perspectives
Passionate about mental health

WHY WE JOINED

“To bring more awareness and change the stigma around mental health and the way that things are done…I want to change the stigma around mental health, and make it so mental health is just as important as physical health.”

“To find people who understand and don’t treat me differently just because something horrible happened to me.”

“To be able to speak with peers who can understand us and have common experiences.”

“I wanted to learn more about mental illnesses and my own, and to feel comfortable talking about it and not feel so scared. I joined to be able to talk and not be judged.”

WHAT WE DO

Support one another without judgement
Add youth perspectives to the mental health conversation
Catalyze change through continuous action
Meet monthly to discuss creative ways to make a difference in youth mental health

GET INVOLVED

If you are interested in or experienced with mental health, and want to lend your voice, we want to hear from you! Please contact the CYC facilitators at casayouthcouncil@casaservices.org for more information on how to get involved with the CASA Youth Council. To learn more, or to check out our past and current projects, visit www.casaservices.org/youth-council.

Please note: The CASA Youth Council is not a therapy group, and youth council facilitators cannot provide mental health advice.
The FamilySmart® practice involves hiring Parents in Residence (PIR). These are family members who have previous lived experience and are trained to provide support, education, and resources to families trying to navigate the mental health care system. They also offer hope to these families. The PIR expertise permits families to understand that they are not alone. It also allows families to ask their questions, to seek support and to speak directly to a qualified resource. Our PiRs understand that knowing about resources is different than ‘living’ through those experiences. The PIR is valuable for the entire therapeutic team because they have ‘walked the walk and talked the talk’! The PIR can offer firsthand knowledge and come alongside the family to ensure they know how to advocate for their own needs.

FamilySmart® is not just about families. Whether you are a youth, young adult, family member or service provider, YOU MATTER to FamilySmart®. Our experiences with each other impact mental health outcomes of young people.

Families navigating their way through mental health systemic care may find that accessing such care can be a challenging experience. There are often no guidelines or no ‘one-size-fits-all’ approach. Our journeys are unique to each of our families. However, our needs as families navigating mental health care are often quite similar.

CASA and the Family Advisory Council (FAC) are aware that families need to be a vital part of mental health therapeutic care. We are aware that families need assistance understanding that they have innate resiliency and that they are capable of sustaining such care, not only for their loved ones but for themselves too! In times of crisis, families need a safe space, free of stigma and assumptions. A place where a Together-Centred™ approach is the key to exceptional care and exceptional caring.

CASA and the FAC have committed to a practice of Together-Centredness by initiating the FamilySmart® Program. This means that CASA and FAC commits to a common language and common approach to mental health care, thus working together as a dignified and unified team.

The FAC believes that in families such as ours, change is possible. We believe that families have limitless strength and that through our lived experiences we can inspire families to persevere. The collaborative partnership between CASA and the FAC has brought a five-year vision of high quality peer support to reality. CASA and the FAC are confident that the addition of the FamilySmart® Program, as well as the integration of PiRs, will be an indispensable part of a family’s therapeutic intervention journey. CASA and the FAC continue to ensure that families are respected and involved in all levels of their child/youth’s care.
Services for Infant and PRESCHOOL AGE KIDS

Each journey with CASA programs and services will be different; it depends on your child’s age and the supports she needs. If your child is younger than 5, your journey starts with CASA.

Here are the typical first steps in your journey:

1. HOW DO WE GET INTO INFANT & PRESCHOOL SERVICES (IPS)?

You connect in one of the following ways:

- If your child is 0–12 months, you use the Infant Intake Form.
  [www.casaservices.org/rp-0-5yrs](http://www.casaservices.org/rp-0-5yrs)
- If your child is 1–5 years, you use the Toddler/Preschool Form.
  You can download and print the Toddler/Preschool form on our website.
  [www.casaservices.org/rp-0-5yrs](http://www.casaservices.org/rp-0-5yrs)

If you prefer, you can call 780-410-8483 to ask us to send you the above intake forms.

- Fill out the form and send it by fax to 780-435-6261, or mail to:
  Intake Worker
  CASA Child, Adolescent and Family Mental Health
  CASA Centre
  10645 – 63 Avenue
  Edmonton, AB T6H 1P7

- Your Head Start program may recommend you to IPS. The program can refer you to IPS.
- Your Home Visitation program may recommend you to IPS. The program can refer you to IPS.

Once we have your form, we will call you to come for an assessment.
2. WHAT HAPPENS AT ASSESSMENT?

Your assessment at CASA will take two to three hours. Before you come, we may ask you to fill out questionnaires about your child. This will help with the assessment and treatment goals and the best pathway of care. During the assessment, your child may be visited by a number of people.

These may include:

- a mental health therapist,
- a nurse,
- a social worker,
- an occupational therapist,
- a psychologist or a psychiatrist.

This may seem a bit scary and overwhelming, but this comprehensive service will help us to understand your family’s needs. Ask lots of questions, this is your right!

After this assessment you and your child will leave. After you leave, the team will review your information. They will use this information to make a treatment plan.

3. WHAT HAPPENS AT TREATMENT?

We will make an appointment with you to talk about the treatment plan. During this appointment, if you consent, we will go over the plan and start treatment. The treatment and further sessions are scheduled, depending on your child’s needs and treatment plan. Treatment includes your child, you, your family, and your therapist (or therapy group).

We have learned that families can struggle with juggling the extra commitments involved in helping their child. Sometimes connections with other parents help to understand what lies ahead.

After four to five sessions of treatment, your family may be asked to fill out a form about the changes since treatment started. This helps us decide if treatment needs to change.

CASA has many resources that may help you, such as brochures, pamphlets, and our website, as well as references to non-CASA programs listed at the end of this book.
**FYI:**

In order to assist your child and family, it will be important to meet with the team at CASA regularly. These appointments are currently only available on weekdays during the day. In order to prepare for these regular appointments, it would be helpful to consider some of the following.

- What’s your plan?
- What about work?
- Are there other children to parent?
- How do you get to your appointments?
- Who’s in your support network?

**FYI:**

You may feel like four to five weeks is not enough time to evaluate changes in your family. Consider that a few small successes are an opportunity to build on and reflect on any setbacks that you can amend going forward. You and your child will have more setbacks before you get through this, but you will both need to forgive yourselves and each other to make things better in the long run. You’ve made it this far – right? You are on the right track. Clear, calm communication is necessary to further enhance treatment for your child. Also, sometimes it is important to know that therapy can be tiring and difficult. Families may need a break from in-depth treatment and ongoing appointments.

You are the expert on your child.
No one loves your child like you.
You want to make sure the treatment decisions are right for your child.
Infant and Preschool Services (IPS) Clinic

CASA’s Infant and Preschool Services (IPS) clinic provides early intervention, evidence-based, trauma-informed mental health assessment and treatment to infants, preschoolers, and their families within the community. IPS uses family-centred care that involves a child’s parents or other caregivers as active participants in the treatment. Services may include individual, group, and/or family therapy.

Referrals can be made directly to CASA by parents, caregivers, and health professionals at: 780-400-2271.

THE PROGRAM

- This specialized service may include individual, group, and/or family therapy; play therapy; parent education and support groups; and guided parent-child interaction.
- Therapists provide community-based outreach and consultation to other professionals and service providers.
- Supports Home Visitation and Head Start.

WHO IT’S FOR

- Infants and preschoolers between birth and 5 years with a wide range of social and emotional difficulties.
- Families living in the Edmonton area or central or northern Alberta.
- This program is offered at CASA Fort Road and CASA Centre.

You will work together with your child and their therapist to make short-term goals.
Consultation to the Head Start Program

CASA partners with the Head Start Program to support healthy growth and development in preschool children. CASA therapists work across the community with Head Start staff, teachers, and families to support children through evidence-based interventions.

Families are referred to the program by Head Start staff. If you think your family may benefit from services, please speak with your Head Start worker.

THE PROGRAM
- Provides consultation to various Head Start sites to enhance capacity for early detection and to address behavioural and/or social/emotional issues.
- Supports programs and serves families of preschoolers through coaching, mentoring, and consultation.
- Collaborates with Early Head Start, Head Start, and Early Education settings.

WHO IT’S FOR
- Children birth to 5 years of age who live in Edmonton and attend Head Start programs.

Consultation to Home Visitation Programs

CASA partners with Home Visitation Programs to support healthy growth and development in infants and preschool children. CASA’s role is to identify mental health issues as early as possible and to teach caregivers and other community partners how to support the child’s mental wellness.

Families are referred to the program by Home Visitation staff. If you think your family may benefit from services, speak with your Home Visitation worker.

THE PROGRAM
- CASA therapists provide on-site, outreach, and consultation to staff in the Home Visitation program.
- In some cases, they also work directly with families, providing them with strategies and referrals to specialized services as needed.
- Areas of focus include the child’s behaviour, anxiety, sleep, and attention.

WHO IT’S FOR
- Children between birth and five years of age with behavioural or emotional concerns.
- Children are identified for services by Home Visitation program staff.
- Families living in Edmonton, Fort Saskatchewan, St. Albert, Spruce Grove, Leduc, or Sherwood Park.
Clinic-Based Services for SCHOOL AGE KIDS

If your child is between 5 and 18 years old, your journey will start with the Alberta Health Services Children’s Mental Health Centralized Intake Office.

Here are the typical first steps in your journey:

1. HOW DO WE GET INTO SCHOOL AGE SERVICES (SAS)?

- Call Intake at 780-342-2701 and ask them to send an intake form to you, or
- Complete the form and fax it to: 780-413-4728, or mail it to:
  Children’s Mental Health Intake
  Northgate Health Centre
  2020-9499 137 Ave. NW
  Edmonton, Alberta T5E 5R8
- Children’s Mental Health will contact you when they get your form.
- The Intake staff will complete a telephone interview questionnaire.

2. WHAT HAPPENS AT ASSESSMENT?

We will phone you to set up your “Front Door” services. This means we will start the assessment. The assessment meeting is two to three hours.

There are three parts:

**First:** CASA therapists will share with you what happens in the assessment. We tell you about your importance as a partner in your child’s treatment. You have the right to leave or refuse treatment. We want you to know you have choices, and you can make choices at any time during your journey.

**Second:** You and your child meet your therapist. Together, you fill out some questionnaires to get more information about your child and family. After the team reviews the information provided, there will be a same day meeting with the family to discuss the treatment options. The treatment plan is personalized or made especially for your child and situation. It may have one-on-one work or group work (for your child and/or the family).

**Third:** You and your child meet with your therapist to go over the Treatment Plan. Your therapist can answer any questions you might have about the Plan. There is usually a wait between Front Door services and your next appointment. Your therapist can tell you about groups and other services (either at CASA or community partners) that may be helpful for you.

3. WHAT CAN WE EXPECT AT TREATMENT?

Every child and family has different needs. We work hard to respond to those individual needs. Follow up treatment may include psycho-educational groups. Psycho-education means that we teach you about mental health. There may be individual or family work with a therapist or therapy groups. We may also think your child can take part in groups with some of CASA’s community partners. In these groups, your child has a chance to build skills, make friends and work with other support people.

**FYI:**

You can expect to begin a journey of self-awareness and personal reflection. You may feel afraid to share your feelings about your family, your child, or yourself. Many families have struggles. You are not alone.
Additional Information for Your Consideration:

These are things that you may not know but will help make the journey smoother for you.

• Bring a list of your child’s current medications to your assessment - you can ask your pharmacist to print off a list for you. If it is easier, just bring the bottle(s) with you.

• We do not have childcare for your child’s siblings. For the safety of all children in our wait rooms, we ask you to please try to find someone to look after your other children during your CASA appointment. If this is not possible then bring a suitable form of entertainment to minimize disruptions during the sessions, and we’ll make the best of it.

• You can book an appointment directly with your therapist or at the main desk.

• CASA has guidelines regarding cancellations or missing appointments. This means that if you miss two booked appointments your child’s file will be closed. Of course, there can be very good reasons why you cannot come to CASA. However, if you do not show up, it is difficult for us to make progress with your child, or to allow other families who are on a waitlist to have the opportunity to receive services.
School Age Services Clinic

CASA’s School Age Services (SAS) clinic provides community-based mental health assessment and clinic treatment to children, youth, and their families. SAS offers family-centred, trauma-informed care that involves a child’s parents or other caregivers as active participants in the treatment. Services include evidence-based individual, group, and/or family therapy.

Referrals must be made by a health professional, such as a physician or therapists, through centralized intake at Alberta Health Services: 780-342-2701.

THE PROGRAM

• Individualized to meet the needs of the child and their family.
• Can include individual, group, or family sessions with a therapist, as well as educational groups on mental health issues.

WHO IT’S FOR

• SAS provides services to children and youth 5-18 years old, along with their caregivers.
• Common concerns include ADHD, depression, anxiety, behavioural issues, sleep issues, and school avoidance.

Trauma Clinic

CASA’s Trauma Clinic uses trauma-informed approaches and evidence-based practices for children experiencing or affected by attachment disorders and/or complex developmental trauma. This specialized program is designed to support children to resolve trauma symptoms through healthy attachment to their parents and caregivers. Trauma and Attachment Groups (TAG) may be available as part of treatment in the Trauma Clinic.

Referrals must be made by a health professional, such as a physician or therapist, through centralized intake at Alberta Health Services: 780-342-2701.

THE PROGRAM

• Treatment focuses on resolving the symptoms of trauma by supporting healthy parent-child relationships.
• Families may take part in individual, play, and group therapy.
• Treatment time varies with individual needs.

WHO IT’S FOR

• Children and youth aged 5-18 years.
• Children and youth with trauma and attachment concerns.
Residential and
DAY PROGRAMS

Pre-Kindergarten Program (PKP)

CASA’s Pre-Kindergarten Program (PKP) is a specialized day treatment resource for families with young children who are experiencing challenges with social and emotional regulation often with co-occurring developmental, executive functioning and learning difficulties. The program provides intensive family-centered diagnostic review and therapeutic education, developmental intervention and clinical care in a specialized early childhood setting.

Referrals must be made by a physician. Download the Pre-Kindergarten Day Program referral form from the CASA website and, once completed, fax to CASA Intake Services at 780-435-6261.

THE PROGRAM

PKP partners with Edmonton Public Schools to provide specialized early childhood education, developmental intervention and clinical care. The family, along with the multidisciplinary care team of professionals from the areas of education, psychology, psychiatry, pediatrics, social work, occupational therapy, and speech-language pathology, collaborate on the following broad goals:

- Enhance healthy social-emotional, cognitive and physical development.
- Strengthen the family’s ability to support their child’s development and learning by promoting parent confidence and competence.
- Promote school readiness and prepare children for success in both school and community settings.
- Facilitate effective transition and reintegration into community-based services.

WHO IT’S FOR

Children who are:

- 4-5 years old by December 31 of the year of admission
- Qualify for Program Unit Funding
- Experiencing complex social-emotional developmental needs
- Children attend half-days Tuesday through Friday for the 10 month school year.
**Children’s Day Program (CDP)**

CASA’s Children’s Day Program (CDP) supports children with identified mental health and learning concerns to improve their social and academic skills through an intensive day program. Individualized treatment plans work towards successfully reintegrating each child into their community school. CDP uses a family-centred approach that involves parents and caregivers as active participants in the program. Evidence-based, trauma-informed interventions are developed for each child by the multidisciplinary team.

Referrals must be jointly made by a health professional, such as a physician or therapists, and the child’s school. Referrals can be made through centralized intake at Alberta Health Services: 780-342-2701.

**THE PROGRAM**

CDP partners with Edmonton Public Schools to provide a small classroom setting. With support from mental health professionals and teachers, children participate in:

- Treatment which can include individual, group, and family therapy;
- Specialized interventions to support social skills development;
- Individual educational assessment and instruction; and
- Medication management and monitoring.

**WHO IT’S FOR**

- Children in grades 3-6 and their families.
- Children must have had a mental health assessment completed within the last 6 months, received a formal mental health diagnosis, and be currently involved in therapeutic treatment.
- Children attend the program daily during the school year for an average of 6 months.

Because life events aren’t always in our control, it’s important to help families build foundations of resilience.
Adolescent Day Program (ADP)

CASA’s Adolescent Day Program (ADP) is a community-based program which aims to improve the social and academic functioning of youth whose serious mental health and/or addiction challenges have created barriers to success in school. The program goal is to support youth in successfully reintegrating into their community school. ADP uses a family-centred approach that involves parents and caregivers as active participants in the treatment.

Referrals must be made by a health professional, such as a physician or therapist, through centralized intake at Alberta Health Services: 780-342-2701.

THE PROGRAM

- ADP partners with Edmonton Public Schools to provide intensive group, family, and individual psychotherapies; as well as education in small classroom settings.
- Youth are supported to strengthen existing abilities and develop new skills in the areas of interpersonal relationships, problem solving, conflict management, organization, task management, and family function.
- Youth attend ADP daily during the school year for an average of 4 months, or one school term.

WHO IT’S FOR

- Youth who have not responded as expected to previous clinical interventions.
- Youth who are unable to attend a community school because of emotional, psychological, and/or behavioural challenges.
- Youth in grades 8-12 and their families.

The Adolescent Day Program (ADP) provides treatment and school support to teens who cannot go to a community school because of mental health problems or behaviour problems.
CASA House

CASA House is a specialized in-patient program. This residential setting supports teens with significant mental health and/or addiction challenges who have not benefitted as expected from previous clinical interventions. CASA House uses a family-centred, evidence-based treatment approach to support both therapeutic and educational goals. The program involves parents and caregivers as active participants in their youth’s treatment. Individual, group, and family therapy are incorporated into the youth’s individualized treatment plan.

Referrals must be made by a health professional, such as a physician or therapist, through centralized intake at Alberta Health Services: 780-342-2701, for the Edmonton area. For central and northern Alberta, call 780-410-8483.

THE PROGRAM

- CASA House partners with Edmonton Public Schools to provide educational support in a small classroom setting.
- Youth receive a biopsychosocial assessment, individual and group therapy, social and life skills training, and specialized on-site schooling.
- Families take part in individual and group family sessions and a parent support group.

WHO IT’S FOR

- Youth 13-18 years old, along with their families.
- CASA House has 19 beds: 11 beds for the Edmonton area and 8 beds for rural.
- Youth may have many needs including severe mental health symptoms, addiction issues, complex learning needs, family problems, school troubles, social issues, and/or limited resources.
- Most youth stay for an average of 4 to 5 months.
SPECIALTY SERVICES

Concurrent Addiction & Mental Health Program (CAMP)

CASA’s Concurrent Addiction and Mental Health Program (CAMP) provides community, evidence-based assessment and treatment for youth with addiction and mental health concerns. Research has shown that we get the best outcomes when the two challenges are addressed at the same time (concurrently). CASA uses trauma-informed and family-centred approaches that involve a child’s parents or other caregivers as active participants in the treatment.

To refer, families can call CASA Intake Services directly at: 780-410-8483.

THE PROGRAM
- Individualized care plans with practical strategies are created for each youth and family.
- Treatment can include individual, group, and family therapy; life skills teaching; and medication management.
- Harm reduction and motivational interviewing are used to engage youth.

WHO IT’S FOR
- Youth 12-18 years of age with both mental health and addiction concerns.
- Youth in the Edmonton area and across central and northern Alberta.
- Mental health concerns can include ADHD, anxiety, depression, trauma, and psychosis, among others.
- Addictions can include the use of alcohol and drugs, as well as “process” addictions like video gaming, social media, and gambling.

Trauma and Attachment Group (TAG)

CASA’s Trauma and Attachment Group (TAG) uses trauma-informed approaches and evidence-based practices for children experiencing or affected by attachment disorders and/or complex developmental trauma. This specialized program is designed to promote healthy attachment between children and caregivers living in biological, adoptive, foster, or kinship families.

Referrals must be made by a health professional, such as a physician or therapist, through centralized intake at Alberta Health Services: 780-342-2701

THE PROGRAM
- 24-week program, offered twice per year in September and January.
- Treatment focuses on resolving the symptoms of trauma by supporting healthy parent-child relationships.
- Families take part in individual, play, and group therapy.
- Total treatment time is up to two years.

WHO IT’S FOR
Children and youth aged 5-18 years who have been:
- Suspected of having, or diagnosed with developmental trauma and attachment disorder.
- Living in a secure, safe home for a minimum of one year with committed non-biological parents or guardians or biological parents not involved in the trauma story.
- Families should be relatively stable and able to participate in treatment for up to two years.
Family Therapy Program

CASA’s Family Therapy Program helps family members to understand each other’s needs and find better ways to work together. The program focuses on strengthening the ability of parents to support children with a mental health concern, improving family relationships, and helping other professionals to support families with complex dynamics. This specialized program is evidence-based, trauma-informed, and family-centred.

Referrals must be made by a health professional, such as a physician or therapist, through centralized intake at Alberta Health Services: 780-342-2701.

THE PROGRAM

The Family Therapy team uses evidence-based, trauma-informed treatment approaches including:

- Cognitive behavioural techniques to work on thoughts and manage actions.
- Emotion-focused therapy to help couples improve their relationships.
- Education to help families better understand mental health challenges and their impact on the family.
- Motivational interviewing to engage families in the process of change.

WHO IT’S FOR

- Families with complex dynamics and at least one child under 18 years of age who has been diagnosed with a mental health disorder.
- Families living in the Edmonton area or central or northern Alberta.

Any family with at least one child under the age of 18 with a diagnosed mental health concern can receive Family Therapy.
We give children and parents strategies and tools to deal with supporting their child living with FASD and mental health concerns.

Fetal Alcohol Spectrum Treatment Resources, and Community Supports (FASTRACS)

CASA’s Fetal Alcohol Spectrum, Treatment, Resources and Community Supports (FASTRACS) program provides group-based psycho-educational supports for caregivers of children and youth with a diagnosis or suspected diagnosis of Fetal Alcohol Spectrum Disorder (FASD) who may also have co-occurring mental health and/or addictions concerns. FASTRACS does not provide a diagnosis of FASD.

Families can directly access services by calling CASA at 780-400-2271 and asking for FASTRACS.

**THE PROGRAM**

- Includes both a mental health and sensory assessment.
- Treatment can include education, sensory and adaptive skills assessments, attachment work, and problem solving skills.
- Support workers provide individual consultation for treatment, resources, assessment, and referral/follow-up care needs.
- Support workers collaborate with other care providers who support the family in their community contexts.

**WHO IT’S FOR**

- Children and youth from 3-18 who are suspected to have or have been diagnosed with FASD, along with emotional, psychological, and/or behavioural challenges.
- Families who live in the Edmonton area.
Rehabilitation Services

CASA’s Rehabilitation Services program is a specialized service which provides occupational therapy and speech language pathology assessment, intervention and consultation for children and adolescents who currently receive mental health services through CASA. Rehabilitation Services aids clinicians and families whose child is experiencing mental health difficulties and a co-occurring developmental delay in the areas of speech, language and/or sensory-motor development.

THE PROGRAM

- Occupational therapy services are provided to support fine and gross motor proficiency, visual perception, printing, classroom accommodation, assistive technology, activities of daily living, sensory processing and feeding.
- Speech language pathology services are provided to support receptive and expressive language, social communication, speech sounds, reading and writing, phonological awareness, voice, resonance and fluency (i.e., stuttering), feeding and swallowing.
- Occupational therapy and speech language pathology services are embedded in CASA’s tertiary-level programs (i.e., CASA House and the Day Programs) and are also available for CASA’s outpatient programs through referral by a CASA clinician.

WHO IT’S FOR

Children and youth who are:

- Current CASA clients actively engaged in therapy.
- Struggling with a delay or disorder in speech and language, or sensory-motor development.
- Unable to access speech language pathology and/or occupational therapy supports through their school or community.

This program only accepts internal referrals from CASA clinicians.
Psychological Assessment and Consultation (PAC)

The Psychological Assessment and Consultation (PAC) team offers consultation, specialized assessment, classroom observations, and clinical clarification through evidence-based psychological and educational testing. This program aids clinicians and families whose child may be struggling with mental health and learning issues and may benefit from further testing and assessment.

Please speak to your CASA psychiatrist or therapist.

THE PROGRAM

- Helps families, teachers, and clinicians interpret past and present psycho-educational reports.
- Examines the child’s reasoning abilities, academic performance, and social/emotional/behavioural functioning. Additional memory, executive function, attention, language, and personality measures may be included.
- Offers classroom observations for children with primarily behavioural concerns to help inform treatment and functioning in the classroom.

WHO IT’S FOR

School-aged youth who are:

- Current CASA patients;
- Struggling with mental health, learning, and/or attention difficulties; and
- Unable to access assessment or classroom support through their school or community.

Many children have co-occurring mental health and learning challenges that make daily life more difficult for the family. PAC can help assess the child’s strengths and learning styles.
Snoezelen Room

A Snoezelen Room is a controlled multisensory environment which stimulates the senses through a blend of lights, colours, sounds, textures and aromas. A Snoezelen Room may be utilized as a relaxing space which enables the user to engage and explore their environment through their senses. The multisensory experience can be tailored to support individual treatment needs for children and youth with Fetal Alcohol Spectrum Disorder (FASD), and other neurodevelopmental disorders and difficulties with emotional regulation.

To access the Snoezelen Room, or for more information, please call CASA Fort Road at 780-400-4523 or CASA Centre at 780-400-2271.

THE RESOURCE

The Snoezelen Room provides a colourful multisensory experience. Fiber optic lights, bubble tubes and orbiting images fill the Snoezelen Room. Tactile objects and electronic devices with buttons and switches entice children to reach out and explore their environment. There are gentle vibrations and massages that soothe the body and may reduce stress. The environment of the Snoezelen Room is filled with pleasant sounds and aromas that are subtly dispensed into the air.

WHO IT’S FOR

• Accessible to CASA patients and members of the Edmonton Fetal Alcohol Network (EFAN) and the public FASD community as a whole.
• The Snoezelen Rooms are located at two CASA locations: Fort Road and CASA Centre.

Adult Mental Health Program

CASA is committed to family wellness and a family-centred model of care. Our Adult Mental Health Program provides evidence-based mental health services to parents or other caregivers of children in CASA programs. When adults have the support they need to cope and thrive, they are better able to meet the needs of their child and family.

Please speak to your CASA therapist to ask about a referral.

THE PROGRAM

• Individualized to meet the needs of the parent/caregiver and their family.
• May include mental health assessment, individual therapy, and group therapy.
• Supports continuity of care between child and adult needs.

WHO IT’S FOR

• Parents/caregivers with a child in any CASA program.
• Concerns may include depression, anxiety, ADHD, personality disorders, addictions, relational conflict, and other challenges.
Community OUTREACH SERVICES

Community Geographic Team (CGT)

The Community Geographic Team (CGT) enhances the capacity of mental health professionals and other service providers in northern and central East Alberta communities to support children, adolescents, and families experiencing mental health concerns. The team provides consultation, education, training, and coaching that is evidence-based and trauma-informed.

Any Alberta Health Services therapist in the North East, North West, and Central East Zones, as well as any other professional working with children in these geographical areas, may refer to CGT by contacting the Program Manager at 780-619-5332. For more information on the Community Geographic Team, please also contact the Program Manager.

THE PROGRAM

- CGT offers education, training, coaching, mentoring, and consultation services related to children’s mental health assessment and treatment.
- CGT also provides direct service to children and families.
- Services are delivered in-person, and through video and teleconference.

WHO IT’S FOR

Communities and service providers in northern and central East Alberta.

I would gladly be an advocate for CASA. I frequently tell other parents of my experiences and how CASA services has greatly supported my children and my family.
CASA’s Pharmaceutical Nursing Consultation program is a collaborative initiative that supports Government of Alberta Children’s Services (CS) case managers and caregivers to make informed decisions on psychotropic medication use for the children and youth in their care.

The program aims to support the well-being of children and families by providing timely education, resources, and consultation to professionals who are working with children’s mental health issues. This allows CS staff with easy access to health and medication information so that children in care can receive the medications they need as quickly and safely as possible. The consultation service is provided by Registered Nurses who are members of CASA’s multidisciplinary team. The program is based out of an Edmonton Child Services (CS) office and CASA Centre.

**THE PROGRAM**

- Access by email at casanurse@gov.ab.ca or phone: **780-400-3705** to speak with the nurse consultant and ask questions about the program.
- A referral form may be sent to the caseworker for completion based on the nature of their request for service.
- A review of collateral information provided by the caseworker regarding a child/youth’s mental health concerns and prescribed medications is done and a summary letter is provided to help explain how the medications can help the child/youth.

**WHO IT’S FOR**

- All children and youth in the care of or being provided services from Children’s Services.
Services with First Nations

First Nation – FASD/Mental Health Services

CASA’S First Nation Program is a partnership with several Edmonton-area First Nation communities to provide community based access to mental health services for First Nations children and families living in and around their communities. With our partners, we are working to remove community-identified barriers to mental health supports and services for children and families while providing such services in the communities.

We receive referrals from and work directly with community-based supports and services including health and wellness centres, schools, and programs for infant and preschool children. It is possible for community members to request services themselves.

Please check with your local community health centre or school for information about making a referral for services.

THE PROGRAM

The First Nations team includes: a program manager, mental health therapist; occupational therapist; and a child and youth mentor. This multidisciplinary team engages with the communities and other service providers to deliver integrated, holistic Indigenous mental health services.

WHO IT’S FOR

Children, youth and families living in or actively connected to the Alexander, Alexis, Paul and Enoch First Nations are eligible for services.

Supportive relationships and positive interactions with trusted caregivers can build resilience in children.
What Else Should I Know ABOUT CASA?

1. WAIT LIST FRUSTRATIONS: WHAT CAN I DO WHEN I AM ON A WAIT LIST?

CASA can give you some resources that will be helpful while you wait:

- Web links
- Books
- Pamphlets and brochures
- Groups

Please call us to ask for help while you are waiting.

CASA Downtown Phone 780-400-2270
CASA Centre Phone 780-400-2271
CASA Fort Road Phone 780-410-8180
CASA House Phone 780-410-8181

2. WHO ARE THE PROFESSIONALS AT CASA?

At CASA, we use a “multi-disciplinary” team; this means many different professionals who will help you. They are:

- Psychiatrists
- Pediatricians, pediatric neurologist
- Family physicians
- Clinical psychologists
- Clinical social workers
- Nurses
- Occupational therapists
- Speech language pathologists
- Child care counsellors
- Classroom behavioural specialists
- Clinical supports
- Indigenous consultant(s)
- Dietician/nutritionist
- Teachers from Edmonton Public School system

3. WHAT IS IN A TREATMENT PLAN?

A treatment plan is like a roadmap made especially for you and your child.

The CASA team makes the plan based on your child and family’s needs. CASA uses “evidence based” treatments; this means that research shows the treatments work. The written plan will:

- List the things that need to change/concerns.
- List your goals as parent and child.
- List the strategies or treatments. These may be:
  - The type of therapy (individual, group, family or a combination)
  - Medication
- How long the treatment will last. How many times you have to come for treatment.
- A plan for discharge (when the treatment is finished).

4. WHAT TYPES OF THERAPY DOES CASA USE?

It depends on your child’s needs. Here are some common therapies:

- Individual therapy: one-on-one.
- Family therapy: helps the whole family. Family therapy can help make family relationships better. The whole family may take part.
- Group therapy: children or youth or families dealing with similar problems come together.
5. QUESTIONS YOU MIGHT ASK YOUR CHILD’S THERAPIST.

- What kind of help will my child get from you? What do you do to help my child and my family?
- What usually happens to help a child or family like mine?
- Does my child have to take medication? Will she have to take medication for a long time?
- How long will my child need help from you?
- What happens if my child doesn’t get better?
- Who do I call if there is a crisis?
- What can I do to help my child at home?
- How do I take part? Where do I fit in?
- How will I know if I need to see a doctor?
- Do parents/caregivers have to come to treatment?
- How will I know if something is working? How will I know if it is not working?
- How do I give feedback or tell you how things are going?
- What are the limits to confidentiality? Or: do you share our information with anyone?
- What goes in my child’s file, and who can look at his file?
- Does my child’s school take part?
- What other things can help and support my child?
- What help can I get as a parent? What about other people in my family?
- What happens to my child’s future if she has a mental health diagnosis?
- What happens if my child turns 19 and still needs help?
- Is there anything you need from me as the parent/caregiver?
6. HOW LONG WILL MY CHILD NEED TREATMENT?

Change can take time. It can be hard to know how long treatment will take. Some people only need a visit or two. Others need more time. The short answer is: it depends on many things.

- Your child’s needs,
- Your child’s diagnosis,
- Your family’s stressors,
- How often you come to treatment,
- How much you help your child, in therapy, at home and at school.

You will work together with your child and their therapist to make short-term goals. These will help you decide if your child needs more treatment.

7. HOW CAN I ADVOCATE FOR, OR MAKE OTHERS UNDERSTAND, CHILDREN’S MENTAL HEALTH?

It is important to talk about children’s mental health. You can do this at CASA, with your child’s treatment team.

You can talk to the CASA Family Advisory Council. Ask them about Parents in Residence.

You can also talk to others outside of CASA.
**CAN YOU TREAT MY CHILD WITHOUT MY CONSENT?**

No. At your first appointment, your child’s therapist will talk about “informed consent”. You will also talk about the safety of your child’s information. We need:

- Signed consent from the guardian(s) before we can start treatment.
- Any legal paper you have about the custody of your child.

**MY SPOUSE AND I ARE SEPARATED/ DIVORCED. DO WE BOTH HAVE TO CONSENT?**

Only one parent’s consent is needed. However, CASA tries to get both parents’ consent as this is invaluable support to the child.

**WHO CAN LOOK AT MY CHILD’S INFORMATION?**

CASA follows the Health Information Act (HIA) and Freedom of Information Protection (FOIP) of Privacy Act and must protect your information and keep it confidential. All information is secure. Only CASA staff, doctors, practicum students, and interns can look at patient information, and only look at the information required to do their jobs. By law, we have to share information when:

- The child is in danger (abuse or neglect).
- You or your family is in danger.

**HOW CAN I FIND OUT HOW MY CHILD IS DOING?**

You can make an appointment to meet with your child’s therapist. You can bring your child to this meeting.

**HOW DO I SOLICIT SUPPORT FROM MY FAMILY AND FRIENDS?**

This can be hard. If you talk with friends and family, they can help you feel less alone. They may be able to help you more if you talk to them.

**WHERE CAN I FIND QUALIFIED RESPITE CARE?**

With the challenges you and your child are facing, using a typical teenage babysitter is likely not an option. If you do not have friends or family nearby, you may need help from a qualified person to help. You can start by applying to Family Support for Children with Disabilities (FSCD).

Local FSCD offices are listed here: [www.humanservices.alberta.ca/disability-services/fscd-offices-lookup.html](http://www.humanservices.alberta.ca/disability-services/fscd-offices-lookup.html)
HOW CAN I GET FINANCIAL HELP FOR MY CHILD’S NEEDS?


WHAT DO I DO IF I HAVE A PROBLEM WITH CASA?

Families are our partners in care and have important rights. CASA values your feedback, and encourages you to raise any questions or concerns you may have. Your feedback and ideas help us to improve what we do.

The best place to start is with your therapist or the program manager, as they are usually in the best position to resolve the problem. If, for some reason, you would rather not go to the therapist or program manager, you can express the concern in a letter or email to [feedback@casaservices.org](mailto:feedback@casaservices.org). Your concern will be reviewed and you will be kept informed of any decisions and actions.

We all have a role to play in building a child’s resilience. A responsive childcare worker, teacher, grandparent, or coach can make a world of difference.
What Else DOES CASA DO?

CAREGIVERVILLAGE.CA

Are you struggling with your child’s mental health? Hope is just a click away. CASA is proud to offer the CASA Caregiver Village website and downloadable app! This web-based parenting resource focuses on the mental health of children aged 0-18 by offering hundreds of evidenced-based strategies easily accessible online. Many of these strategies come with downloadable tools that have been shown to be helpful for parents and caregivers who struggle to manage their children’s challenging behaviours.

The site educates visitors about children’s mental health, while reaching out to parents and caregivers to normalize their experience. In their own words, parents talk about their fears, worries, and ultimately their successes on the journey to mental wellness. Interactive tools, such as videos, worksheets, visual imagery, articles, and additional links help parents cope.

Building hope, one click at a time. Brought to you by CASA, a trusted partner in both you and your child’s mental health. www.caregivervillage.ca

That everyone was accepting and that there was a lot of respect and fun activities and I got the help I needed.
VOLUNTEER SERVICES

CASA is proud to have many talented, skilled, and engaged volunteers who offer the gift of their time to our organization. Their dedication and contribution helps CASA achieve our goal of building strong foundations for families and the community.

People volunteer at CASA for different reasons, including gaining experience, acquiring new skills, meeting new people, or giving back to their community. All CASA volunteers share our commitment to improving the quality of the patient and family experience.

There are many ways to volunteer at CASA, and we strive to find the right fit for each individual. Possible activities include supporting special events, supporting mental health treatment groups, connecting families with information in the CASA Resource Centre, engaging in research projects, and providing one-on-one mentorship for youth.

For individuals who are considering further education or a career in children’s mental health, we have a Volunteer Internship program. This 100-hour program rotates interns through a range of unique roles over the course of one year.

For information or to get involved, please contact CASA’s Volunteer Services Coordinator at volunteer@casaservices.org.

EDUCATION

CASA understands the important role of education to support children, families, and the therapists who work with them. Our treatment teams are committed to ongoing education and training to ensure they deliver the most accurate and evidence-informed care to you and your child. We also provide ongoing education and support through various education and learning sessions for parents and community partners throughout the year.

CASA partners with many groups: government, universities, and other community organizations. We have many students and interns (medicine, psychology, nursing, etc.) who come to CASA.

STUDENT LEARNING AND INTERNSHIPS

Practicum Placements: Students work at least two days a week at CASA. There may be a student who works with your child. Students help the treatment team with assessment and treatment.

Students are usually studying:
- Psychology
- Counselling
- Clinical social work
- Occupational therapy
- Speech language therapy
- Nursing
- Child and youth care
- Education
- Psychiatric residents
- Medical residents

If you want more information on practicum placements, please check out our website: www.casaservices.org

Internships: There may be an intern working with your child. If this is the case, you will be informed. Usually interns are provisional psychologists who are working on their licensing requirements.
Since its inception, CASA has had a dedicated Evaluation and Research Department that supports the organization and clinical teams to understand their performance and impact.

As a healthcare organization, CASA participates in an accreditation process to help us ensure that we provide safe and high-quality mental health care. As a component of continuous quality improvement, accreditation compares what we do with established national standards of excellence to help us identify what we are doing well and how we can further improve. CASA is accredited through Accreditation Canada, Canada’s primary health care accreditor (www.accreditation.ca), and has earned a rating of “Accredited with Commendation”.

CASA also strives to be evidence-leading by conducting research projects and sharing our research and evaluation learnings with the community.

CASA’s Commitment TO QUALITY

Our approach is evidence-informed, which means that we combine the best available research evidence, clinical expertise, patient values and preferences, and program evaluation results to inform and improve our services.
Telephone Contacts for Support
EXTERNAL TO CASA

CRISIS SERVICES
Adult Crisis Response Team  780-342-7777
Children’s Mental Health Crisis Line and Response Team  780-427-4491
Support Network Distress Line  780-482-4357 ext. 211
Family Justice Services  780-427-8343
Mental Health Help Line  1-877-303-2642

REFERRAL & TREATMENT SERVICES
Children’s Mental Health Regional Intake  780-342-2701
Adult Addiction & Mental Health Clinic  780-342-7700
University of Alberta Psychiatric Treatment Clinic  780-407-6501

INFORMATION & SUPPORT
Health Link Alberta  780-408-5465
Canadian Mental Health Association (CMHA) Edmonton Region  780-414-6300
Mental Health Patient Advocate  780-422-1812
Catholic Social Services  780-432-1137
Schizophrenia Society of Alberta, Edmonton Chapter  780-452-4661
Family Center  780-424-5580
Aboriginal Consulting Services Association  780-448-0378
Mennonite Center for Newcomers  780-424-7709
Multicultural Health Brokers Co-Op  780-423-1973

ALCOHOL & OTHER DRUG TREATMENT RESOURCES
Addiction Services
Adult Outpatient  780-427-2736
Adult Detoxification Center  780-427-4291
Youth Community Service Outpatient  780-422-7383
Youth Detox & Residential  780-644-1535
Opioid Dependency Clinic  780-422-1302
Alcoholics Anonymous Central Office  780-424-5900
Al-Anon Alateen Information for Families & Friends  780-433-1818
Poundmakers Lodge  780-458-1884
PEP (Parents Empowering Parents)  780-293-0737

SHELTERS
YMCA  780-421-9622
Hope Mission/ Herb Jamison Center  780-429-3470
Women’s Emergency Accommodation Centre (WEAC)  780-423-5302
George Spady Center  780-424-8335
Edmonton YWCA  780-423-9922
Youth Empowerment & Support Services (YESS)  780-468-7070

DAY TREATMENT PROGRAMS
Canadian Mental Health Association Edmonton Region  780-414-6300
Community Geriatric Program at Hys Centre  780-424-4660
Eating Disorder Program at University of Alberta Hospital  780-407-6114
Excel Society  780-455-2601
### CAREGIVER SUPPORT
- Bipolar Education Group Intake: 780-342-7691
- Anxiety & Depression Group: 780-342-7691
- The Support Network: 780-482-0198
- Family Support Program: 780-414-6311

### RECREATION & SOCIAL PROGRAMS
- Canadian Mental Health Association: 780-414-6300
- CMHA Programs for Adults
- Challenged By Choice: 780-342-7936

### EDMONTON ALBERTA HEALTH SERVICES
- Addictions & Mental Health Services: 780-342-4908
- Northgate Clinic Addictions & Mental Health Services: 780-342-2700
- Northeast Clinic Addictions & Mental Health Services: 780-342-4027

### FORT SASKATCHEWAN
- Mental Health Services: 780-342-2388
- Addiction & Mental Health
- Fort Saskatchewan Health Center: 780-998-2256
- Addiction Services: 780-992-6267
- RCMP: 780-992-6100
- Child and Family Services: 780-992-6700

### LEDUC
- Mental Health Services: 780-986-2661
- Leduc Community Hospital: 780-986-7711
- Addiction Services: 780-980-7580
- RCMP: 780-980-7267
- Child and Family Services: 780-986-7869

### MORINVILLE
- Mental Health Services: 780-342-2600
- Addiction Services: 780-460-4971
- RCMP: 780-939-4520
- Child and Family Services: 780-460-4970

### STRATHCONA HEALTHCARE SHERWOOD PARK
- Mental Health Services Addictions and Mental Health: 780-342-4675
- Addiction Services: 780-449-3468
- RCMP: 780-467-7741
- Child and Family Services: 780-342-4600

### ST. ALBERT
- Mental Health Services: 780-342-1410
- Sturgeon Community Hospital: 780-418-8200
- Addiction Services: 780-460-4971
- RCMP: 780-458-7700
- Child and Family Services: 780-460-4970

### STONY PLAIN & SPRUCE GROVE
- Adult Mental Health Clinic: 780-963-6151
- Stony Plain
- Children Mental Health Clinic: 780-342-1370
- Westview Health Center: 780-968-3600
- Addiction Services: 780-963-8098
- Stony Plain RCMP: 780-963-7200
- Stony Plain Child and Family Services: 780-963-9424
- Spruce Grove RCMP: 780-962-2222
- Spruce Grove Child and Family Services: 780-962-7635
CASA Foundation was established in 1998 to support CASA Child, Adolescent and Family Mental Health.

CASA Foundation raises funds and awareness for children’s mental health and youth addictions in Central and Northern Alberta.

- Come to our events
- Start your own event
- Volunteer
- Donate
- Tell a friend

Subscribe to our Newsletter!
CASAfoundationyeg.org
Follow us on:
CASAfndnyeg   CASAfndn_yeg   casafndn_yeg
Community EVENTS

The CASA Carnival is an event not to be missed! This is an award winning event for Outstanding Fundraising Gala and Best Music.

CASAcarnival.org

Cyclists hit the road each year for 1000 kms of spectacular views through the Rocky Mountains in support of CASA Child, Adolescent and Family Mental Health.

MindsOverMountains.org

CASA Golf Classic is a tournament FORE children's mental health.

Tee off at the Blackhawk Golf Club, considered one of Canada's premiere private facilities.

CASAGolfClassic.org

GET INVOLVED

Join us for one of our many community events or consider hosting your own innovative fundraising event in support of CASA Foundation. Visit our website to see the list of our community events.

Contact us
Phone: 780-400-2273
Email: foundation@casaservices.org
CASAfoundationyeg.org
CASA LOCATIONS AND CONTACT INFORMATION

**CASA Downtown**
406 Peace Hills Trust Tower
10011-109 St NW
Edmonton, AB  T5J 3S8
P. 780-400-2270
F. 780-415-6050

**CASA Fort Road**
2nd Floor, 13415A Fort Rd NW
Edmonton, AB  T5A 1C6
P. 780-410-8180
F. 780-410-8499

**CASA Centre**
10645 – 63 Ave
Edmonton, AB  T6H 1P7
P. 780-400-2271
F. 780-437-6133

**CASA House**
9400 Emerald Drive
Sherwood Park, AB  T8H 0Y5
P. 780-410-8181
F. 780-416-4588