



*Celebrating 25 Years*

**CASA**

**Child, Adolescent and Family  
Mental Health**

# Annual Report

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2015-2016



[CASAservices.org](http://CASAservices.org)

*"Mental health services for children and their families."*

# From the Minister of Health

the Honourable Sarah Hoffman



On behalf of the Government of Alberta, congratulations to CASA Child, Adolescent and Family Mental Health on 25 years of providing mental health services to Albertans. CASA has experienced incredible growth over the past quarter century, offering an increasing number of programs to families, children and adolescents across central

and northern Alberta, including family therapy, day programs for adolescents and children, and outreach services. This year, 4,000 children, adolescents and their families received a variety of supports from CASA staff, a significant increase from the 950 children and adolescents treated in CASA's first year of operations. And CASA continues to grow. The new CASA centre, which received \$17 million in funding from the Alberta government, will enable CASA to expand the mental health services it offers Albertans when the centre opens in September 2016. CASA's achievements over the past 25 years would not have been possible without

the dedicated efforts of its staff and board of directors. I would like to express heartfelt thanks for CASA's commitment to supporting the emotional and social health of Albertans and their families. CASA's family-centered approach to delivering services, in collaboration with Alberta Health Services, helps ensure Albertans struggling with mental health challenges have the support they need. The Alberta government is committed to helping Albertans who are dealing with addiction and mental health issues. Earlier this year, we released Valuing Mental Health: Report of the Alberta Mental Health Review Committee and are currently working with community partners, including CASA, to inform our future actions. CASA plays a key role in addressing mental health challenges in Alberta and I look forward to an ongoing partnership with CASA as we work to improve mental health outcomes for Albertans.

A handwritten signature in black ink, appearing to read 'Sarah Hoffman'.

Sarah Hoffman  
Minister of Health

# From the CASA Board Chair



Please join CASA in celebrating its 25th year of providing effective assessment and treatment services for infants, children, youth and their families struggling with mental

health and addictions in Edmonton, central and northern Alberta.

With the incorporation of CASA as a non-profit organization in 1989, and the start of operations in 1991, CASA's founders had a dream to be the best mental health and addictions service delivery organization providing quality mental health care to children and families in Alberta.

For 25 years, CASA's physicians, staff, teachers, students, and volunteers have fulfilled that dream.

This year, our focus has been on addressing issues related to access of services, advocacy, ensuring all programs offered are of the highest quality and evidence-based, and on completing the new

CASA Centre. We would like to express our sincere appreciation to the Government of Alberta for funding the base building. Sincere thanks to Alberta Infrastructure and our construction partner Clark Builders, as well as our architects, IBI. We are scheduled to move in mid-August 2016 with full operations at that time.

The CASA Foundation and George and Teresa Cantalini, co-chairs of the CASA Capital Campaign, worked tirelessly on fundraising and have succeeded in raising almost the entire remaining \$7M required to furnish and equip the building. We thank them and our many donors.

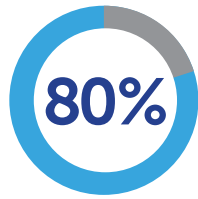
In closing, it is my pleasure, on behalf of the CASA Board of Directors, to thank our CEO, Dr. Denise Milne, our staff, physicians, teachers, and volunteers for their outstanding work, dedication, and commitment to our patients and their families.

A handwritten signature in black ink, appearing to read 'Richard Drewry'.

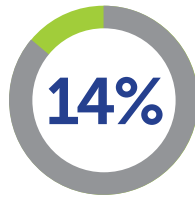
Richard Drewry, Q.C.  
Chair, CASA Board of Directors

# Improving Mental Health

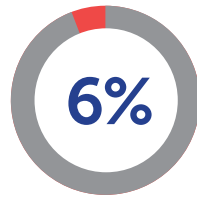
within our communities



of patients come from the Edmonton Area

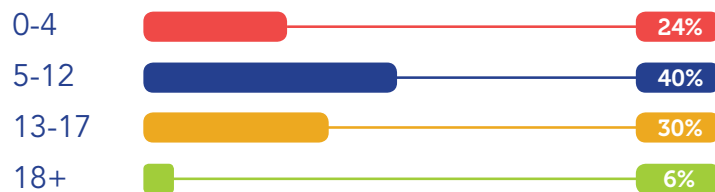


surrounding area



other

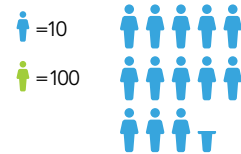
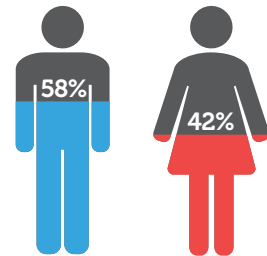
## Age Breakdown



Multidisciplinary teams include professionals trained as:

- Psychiatrists
- Pediatricians
- Psychologists
- Social Workers
- Nurses
- Occupational Therapists
- Psychometrists
- Child Care Counsellors
- Speech-Language Pathologists
- Classroom Behavioural Specialists
- Nutritionists

## Children Treated at CASA



134

staff members at CASA



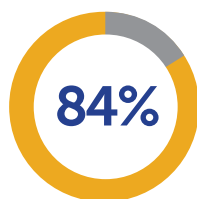
4,127

children and their families served

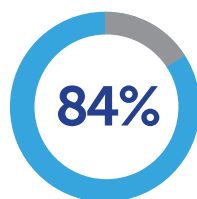
## What CASA Families Say



of caregivers said that CASA staff treat them with respect



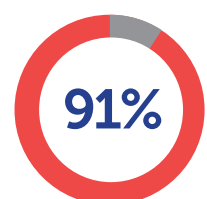
of caregivers said CASA is helping improve their child's mental health



of caregivers said CASA is helping improve their family's wellness



of youth said they feel safe at CASA



of youth said staff treat them with compassion and understanding

### INFANT & PRESCHOOL SERVICES

- Infant and Preschool Services (IPS) Clinic
- Consultation to Head Start & Early Head Start
- Consultation to Home Visitation Program
- Collaborative Assessment and Treatment for Children's Health (CATCH)

27% of Alberta's kindergarten children are experiencing developmental difficulties.

Alberta Government (2013). *Together we raise tomorrow: An Alberta approach to early childhood development.*

### SCHOOL AGE SERVICES

- School Age Services (SAS) Clinic (K to 12)

20% of children and youth in Alberta will be diagnosed with a mental health disorder.

Metcalf A, Crockett C, Salegio J, Tough S (2011). *What Albertans know about youth mental health.* The Alberta Centre for Child, Family and Community Research.

### SPECIALTY SERVICES

- Family Therapy Program
- Trauma Clinic
- Trauma and Attachment Groups (TAG)
- Fetal Alcohol Spectrum Treatment, Resources & Community Supports Program (FAS TRACS)
- Psychological Assessment and Consultation (PAC)
- Adult Mental Health Services

Neuroscientists have linked childhood maltreatment and trauma to long-term changes in brain structure and function as well as a wide range of health, emotional, and social challenges.

Anda, R. (n.d). *The Health and Social Impact of Growing Up With Adverse Childhood Experiences The Human and Economic Costs of the Status Quo.*

### NORTHERN AND CENTRAL ALBERTA

CASA's Community Geographic Team (CGT) and Telepsychiatry (Northern Alberta) are building mental health service capacity throughout Northern and Central East Alberta by providing consultations, education, training and coaching to service providers working with children and families in rural Alberta.

"Everyone I've met during my years at CASA has been extremely nice and easy to get along with. Love 'em for that!"  
- CASA youth

**DOWNTOWN**  
• Addiction & Mental Health  
• Community Outreach/Support

**FORT ROAD**  
• Infant & Preschool Services  
• School Age Services  
• Specialty Services

"Staff has always been helpful for both children and continue to do so. I would be at a loss without your help!"  
- CASA parent

"I feel very supported and that I can overcome my mental health issues."  
- CASA youth

**CASA HOUSE**  
(Sherwood Park)  
• In-Patient Services

**EASTWOOD**  
• Day Programs

"CASA has been an essential key for our family towards becoming a better unit and loving place for both our children. They have provided us with unwavering support and various methods to improve our parenting skills.  
Thanks!"  
- CASA parent

**NEW CASA CENTRE!**  
(Coming Soon)

**WEBER CENTRE**  
• Infant & Preschool Services  
• School Age Services  
• Specialty Services

We, as a family, are very thankful for CASA services and the help they have provided our son and our family over the years!"  
- CASA parent

"Everyone is really nice and understanding and clearly trying to help me all they can"  
- CASA youth

CASA would like to acknowledge the members of its Family Advisory Council and Youth Council who provide invaluable perspectives on the youth and family experience with mental health and healthcare challenges.

### DAY PROGRAMS

- Children's Day Program (CDP) (grades 3-6)
- Adolescent Day Program (ADP) (grades 7-12)

"Mental disorders represent the most common and disabling condition affecting young people and therefore have major implications for students and for schools."

Meldrum, L., Venn, D., & Kutcher, S. (2009). *Mental health in schools: How teachers have the power to make a difference.* Health & Learning Magazine, 8, 3-5.

### IN-PATIENT SERVICES

- CASA House (grades 7-12)

Among those aged 15 to 19, suicide is the second leading cause of death after accidents.

Statistics Canada, 2009.

### ADDICTION AND MENTAL HEALTH

- Concurrent Addictions & Mental Health Program (CAMP)

Those with substance use problems are up to 3 times more likely to have a mental illness,

At least 20% of people with a mental illness have a co-occurring substance use problem.

Centre for Addiction and Mental Health. (2012). *Mental illness and addictions: Facts and statistics.*

### COMMUNITY OUTREACH/SUPPORT

- Telepsychiatry
- Community Geographic Team (CGT)
- Pharmaceutical Nursing Consultation
- Consultation to Head Start & Early Head Start
- First Nations Mental Health & FASD
- Consultation and partnership with other community service providers

"As a children's mental health therapist in a northern location, it was very comforting to know an expert therapist, with fantastic resources, was but a phone call or email away"

CGT participant.

# Mission

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

# Vision

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



# Board of Directors

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Richard Drewry, Q.C., Chair  
Gwen Harris, Past Chair  
Faye Parker, Vice Chair and Secretary  
Brett Klawitter, CA, Treasurer  
Judy Buddle  
David Fraser  
Lara Oberg-Stenson, CA  
David Roberts  
Lori Sheremeta  
Don Smith  
Dr. Janet Wright

**Chief Executive Officer**

Denise Milne, Ph.D., MC, MSA, MSW, RSW

# Thank You

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CASA extends a sincere thank you to Alberta Health and Alberta Health Services for their core funding grants, and to the following partners that support CASA's work: ACCESS; ALIGN Association of Community Services; ABC Headstart; Al Shamal Shriners; Alberta Human Services; CASA Foundation; CIBC Children's Foundation; Edmonton Community Foundation - Eldon & Ann Foote; Edmonton Community Foundation - Winnipeg Foundation; Edmonton Fetal Alcohol Network; Edmonton Oilers Community Foundation; Edmonton Public Schools; Edmonton Rotary Club of Northeast Edmonton; MacEwan University; Muttart Foundation; NAIT; Palix Foundation; Stollery Charitable Foundation; TELUS; University of Alberta; and University of Calgary.

Heartfelt thanks as well to our colleagues at Alberta Infrastructure who have worked with us on the development of the new CASA Centre in the Allendale Community and to IBI and Clark Builders for helping turn the vision of a purpose-built facility for the needs of CASA kids and families into reality.

A special thanks to all the families who have worked with us to enhance their wellness.



# Statement of Operations

year ended March 31, 2016

	2016	2015
<b>Revenues</b>		
Alberta Health Services grants	<b>\$5,778,263</b>	\$5,798,629
Alberta Government grants	<b>5,389,501</b>	5,715,587
Contributed facilities	<b>765,774</b>	783,667
CASA Foundation grants	<b>675,460</b>	406,555
Other foundations and community support	<b>317,934</b>	156,989
Amortization of deferred capital contributions	<b>189,934</b>	153,839
Interest income	<b>58,576</b>	60,216
Casinos	<b>38,413</b>	35,652
Donations to CASA*	<b>12,737</b>	52,601
	<b>13,226,592</b>	13,163,735
<b>Expenses</b>		
Salaries and employee benefits	<b>10,238,789</b>	10,261,229
Facility leases	<b>1,451,614</b>	1,199,687
Client related costs	<b>518,926</b>	512,759
General and administrative	<b>498,183</b>	451,950
Amortization of capital assets	<b>272,917</b>	233,092
Facility operations	<b>128,342</b>	227,149
Professional fees	<b>61,516</b>	79,658
Board expenses	<b>18,870</b>	15,429
Loss on disposal of capital assets	<b>—</b>	27,500
	<b>13,189,157</b>	13,008,453
Excess of revenues over expenses	<b>37,435</b>	155,282

Audited by Ernst & Young LLP

For full financial report, please visit [CASAservices.org](http://CASAservices.org)

\*Donations on back page include all donations to both CASA and CASA Foundation

# Donations to CASA and CASA Foundation

## during the fiscal year (April 1, 2015 to March 31, 2016)

\$100K+	Beaverbrook Management Inc. · Muriel Hole · Partners of Master Pools Alta. Ltd. · Don & Jacqui Smith
\$50K+	Edmonton Civic Employees Charitable Assistance Fund
\$25K+	Allard Foundation · Margaret Dewhurst · Durabuilt Windows and Doors · EGM Drywall Systems Inc. · Lorne & Doreen Hooper
\$10K+	Alquinn Homes Ltd. · Al Shamal Shriners · Burnco · Cameron Development Corp. · Clark Builders · Dolce Vita Homes · Frank J. Flaman Foundation · Johnson Insurance · Mattamy 2000 Inc. · Denise & Kevin Milne · Faye Parker · Pino Holdings Ltd. · Joanne Robarts · Mary Robbins · San Rufo Homes Ltd. · Dr. David Shih · Southgate Audi LP · The Summit Foundation
\$5K+	Sam Abouhassan · Al-Brite Jewellers · Align Fence · Allstar Construction Ltd. · Anonymous · Michael Niven & Bernice Aebly · Jason Blackstock · Boon-Tek Industries Ltd. · Butler Foundation · Judith & John Cosco · DES Engineering Ltd. · Handi-Can · Imperial Equities Inc. · Kingston Ross Pasnak LLP · KV Capital Inc. · Nick Lees · Dr. Alice Leung · M.A.P. Group of Companies · MacLachlan & Mitchell Homes Inc. · Martin Deerline · James McCoy · Melcor Developments Ltd. · Corey & Sherri Mitchell · Brian Moody · RBC Foundation · Harold & Barbara Rebman · The RMC Group of Companies Ltd · David Roberts · Rien Scheffer · Scotiabank · Southgate Branch · Strata Developments Corp · Sureway Construction Group · Thomas C. Nakatsui Professional Corporation · Weinrich Contracting Ltd.
\$2,500+	Michele Annich · Dave Armstrong · Averton Homes (Prescott) Inc. · Avison Young Commercial Real Estate · Dr. Andrew & Nada Bremness · John Cameron · Cami Custom Homes · Dr. Maria Castillo · Osprey Resorts Castle Mountain Chalets · Christenson Development · Mayor Nolan Crouse & Gwen Crouse · Miles Cymbaluk · Dominic Cave Professional Corporation · Sue-Ann Donnelly · Richard & Marjie Drewry · Gino Ferri · Roberta Garrity · Famoso Good-House Restaurants Inc. · Ross & Gwen Harris · Mary Hyndman · J. R. Paine & Associates Ltd. · Jedco Ltd. · Marg Korby · Sue Lambert · Paula Moncrieff · Monteith Building Group Ltd. · Carla Nault · NIC Northern Industrial Carriers · Pacific West System Supply Ltd. · Pagnotta Industries Inc. · Preet Janitorial Services & Building Maintenance · Qualico · REALTORS® Community Foundation · Rohit Management Inc. · Rowles & Company Ltd. · Servus Credit Union Ltd. · Teresa Debevc Professional Corporation · Erin & Chris Wallish · Western Living Homes · Glenn & Sandra Woolsey · Dr. Janet Wright · Ralph & Gail Young
\$1K+	1745221 Alberta Inc. · Jean Anderson · Wendy Andrews · Lori & Rex Ashton · ATB Financial · ATCO EPIC · Azten Enterprises Ltd. · Bawden Images · Bearclaw Gallery · Behrends Bronze Inc. · Benjamin Cairo Professional Corp. · Birkholz Homes · BlackRock · Beth Allard-Clough & Brad Clough · Dan & Courtney Brazinha · Ron & Phyllis Bryant · Peter Bull · Adeline Cairo · Canada ICI Capital Corp. · Carrington Construction (Edmonton) Ltd. · CDRC Investments Ltd. · Adrianna Chiumento · Don & Maureen Cimino · Cecelia Clarke · CT & Associates Engineering Inc. · Ed Cyrankiewicz · Danter Financial Consulting Inc. · Lawrence & Linda Dary · Ben Davidson · Daytona Homes · Ann Dea · Jack Geldart & Debbie Fedorak · Evelyn Debruy · Chris Edgelow · Edmonton Country Club · Edmonton Eskimos Football Club · Edmonton Strathcona Lions Club · Emery Jamieson LLP · Eng-Con Holdings Ltd · Allan & Pauline Farmer · Fat Franks · Scott Fisher · G & M Stone Masonry Ltd. · Gary S. Hnatko Professional Corp. · Jim & Shauna Gillespie · Giselle Denis Fine Art · Jeff Granberg · Riana J. Greve · Doug Griffiths · Habitat Studio · Hanson Restaurants Community Foundation · Maureen Harvey · Keith Haxton · Andrew Hladyshevsky · Dr. Myer Horowitz O.C. · Chris Hrynyk · Incite · Janssen Inc. · Jatec Electric Ltd. · Jodie & Lydia Wacko · Peter & Melanie Jonkman · Kanvi Homes · Karim Habib Professional Corporation · Kegs and More Liquor · James & Nadia Kelly · Kelscot Consulting Inc. · Yuriko Kitamura · Kitchen & Bath Classics · Dr. Jill Konkin · Greg Kriskche · Christine Krucko · Nel Kwiatkowska · Kevin Lang · Allison Lappas · Dan Lessard · Andrea Levicki · Liliana's Boutique · Sharon Lindstrom · Ruwan Luanage · Lowe's Companies Canada ULC · Michelle Mal · Stephen & Lynn Mandel · Chico Felber & Lorraine Mansbridge · Martin Equipment · Millar Western Forest Products Ltd. · Bob Moon · MPS Insurance & Financial Services · Julie MacPherson & Robert Maters · Bradley Murphy · Ron & Peggy Namchuk · Tina Naqvi-Rota · Reza Nasser · Alison Oakley Edgelow · Lori Olafson · Sheila Otto · Park Paving Ltd. · Dr. Holly Parker · Madison Patton · Donald Paulencu · Ron & Betty Pawlowski · Audrey Pfannmuller · Alphonse Pilon · PK Developments · Henry & Jenny Pon · Poundmaker's Lodge Treatment Centres · Francis Price · RBC Royal Bank Commercial Financial Services · Karen Reed · Robert Bray Photography · Roberson Insurance Brokers Ltd. · Kevin Roth · Robert J. Roy · Alan Rudosky · David & Irene Ryder · S. Kheraj Holdings Ltd. · Sable Realty & Management · Bruce Sansom · Scheffer Andrew Ltd. · Elexis Schloss · Scorpio Construction Ltd · James Scott · Seer Developments · Shell Canada Limited · Sherwood Park Breakfast Lions Club · Sumeet Shinde · Rob Skrypnik · Jared Smith · Phyllis Smith · Mark & Rose Smithies · Don & Sandra Sprague · Stantec Consulting Ltd. · Garry & Heather Tansem · Bruce Thompson · Tommie Salon · Marguerite Trussler · Pauline Ulliac · Peter Urkow · Rick & Nikki Vogel · WAM Development Corp. · Paddy Webb · Jerry Werhun · West End Gallery · Western Cycle · Gillian Willans · Yaremchuk & Annicchiarico LLP · Kevin Zimmel · Nancy Zuck

Thank you for your support.