



**Where We Are**

● **New Carlisle Gaspésie**  
[casa-gaspe.com](http://casa-gaspe.com)

**Contact**

👤 Allen Richards  
 Executive Director  
 ✉ [allen@casa-gaspe.com](mailto:allen@casa-gaspe.com)

**About the Committee for Anglophone Social Action (CASA) Project**

CASA leveraged existing relationships with key service providers and stakeholders to identify existing services and resources for mental health promotion and support in the Gaspé region. They assembled and animated English-speaking community mental health working groups in three MRCs (Avignon, Bonaventure and Rocher Percé) to ensure proper coordination and information gathering related to this subject.



*Hiring a full-time social worker focused on youth mental health prevention and promotion, and partnership development were crucial steps leading to successful activities and events.*



**Promising Practice**

CASA was able to maintain, adapt and increase its mental health prevention and promotion activities throughout its programming offer. This included the hiring of a full-time social worker, the delivery of 15 youth workshops, and new online-focused methods for outreach.

Developing and nurturing partnerships with the CISSS, Santé Publique, community organizers, and front-line staff was key in having the expertise and support needed to deliver activities and events.

★ **Key Success Factors**

- Funding for staff recruitment
- Solid partnerships