



Immaculate Heart of Mary

Counseling Center

March 23, 2020

Dear fellow members of the community,

I am writing this letter at a time when difficult decisions are being made by our Church and community officials in response to the current health situation in our community. This is a very challenging time for our community with a lot of unknowns, uncertainties and uncharted areas.

We at the Immaculate Heart of Mary Counseling Center (IHMCC) of Catholic Social Services of Southern Nebraska want to continue to support you and your family. We understand this unanticipated change to day to day life functioning is stressful for all. We also recognize that many have had to create alternative plans very quickly and that the traditional in-person manner of interaction has become cloud based almost overnight. All of this, combined with reduced in-person social engagement, can be overwhelming. Not to mention, the financial strain that many may be facing due to employment reduction, business closures and loss of income.

While the IHMCC is also following health recommendations to practice social distancing, we are still in full operation. At this time, we have transitioned all of our services to a telehealth platform which utilizes both video and audio. This system allows us to continue continuity of care both to current and prospective clients. Our staff is available to assist with this transition, making it as easy as possible. System requirements for telehealth are access to computer / iPad / Smartphone, internet connection, and webcam / microphone if not pre-installed on the device.

We encourage you to reach out to us if you have any questions during this time. We want to continue to be a resource to you. We continue to update our website with information and resources for the community.

Again, we are accepting new referrals at this time and will assist in the set-up for telehealth. If you know of an individual or family in need of support at this time, please have them contact our office via phone or send a message through our website.

While there is a lot of unknown at this time, it does not have to be faced alone. We are here to help.

Immaculate Heart of Mary, pray for us~

Sincerely,

Courtney K. Miller, Ph.D.
Licensed Psychologist
Director of Clinical Services