



Immaculate Heart of Mary
Counseling Center

March 23, 2020

Dear school administrators / school families / and fellow community,

I am writing this letter at a time when difficult decisions are being made by our educational institutions in response to the current health situation in our community. This is a very challenging time for our schools and families 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 school families. We understand this unanticipated change to education is stressful for all. We also recognize that educators have had to create an alternative educational plan very quickly and that the traditional in-classroom modality has become cloud based almost overnight. All of this, combined with lack of personal interaction, can be overwhelming.

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 have posted on our website several resources for parents in consideration of COVID-19, at <https://www.immaculateheartcounseling.org/healthnotice>.

Please do not hesitate to contact me or one of our staff at 402.489.1834. You can also email me directly at cmiller@csssisus.org. Again, we are accepting new referrals at this time and will assist in the set-up for telehealth. If you know of a family in need of support at time, please have them contact our office via phone or visit our website for more information. *While there is a lot of unknown at this time, it does not have to be faced alone. We are here to help.*

God bless you all for your dedication to education and for the care you continue to provide our families in this time of uncertainty.

Immaculate Heart of Mary, pray for us~

Sincerely,

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

Immaculate Heart of Mary Counseling Center
Catholic Social Services of Southern Nebraska
3700 Sheridan Blvd. Suite 1
Lincoln, NE 68506

(p) 402.489.1834
(f) 402.489.2046
(e) ihmcc@csssisus.org
(w) [immaculateheartcounseling.org](https://www.immaculateheartcounseling.org)