



By Jan Schultz

The Imperial Republican

Residents of Imperial and the area now have access to additional counseling services.

Amy Masek, who is completing the internship requirements for a Master's degree in community counseling, is seeing clients once a week in Imperial.

The new counseling service is an outreach effort of Catholic Social Services (CSS), which has been providing community-based mental health services since 1995 across the Lincoln Diocese, which encompasses Nebraska's southern tier of counties.

Both Imperial and North Platte sites were included in CSS's recent expansion of counseling services.

Masek began seeing clients the first of October here and is officed every Thursday at 527 Broadway, the same building housing St. Isidore's Gift & Thrift.

Masek expects to graduate with her Master's degree from Chadron State College this summer. During her internship, she is being supervised by Heather McQuillan, LMFT, of Holdrege and Aaron Stratman, PH.D, of Lincoln.

Masek said most families will deal with mental health issues at some time, and her family was no different.

She wanted to pursue a degree in the counseling field, she said, because since an early age, she believes she's been a good listener and has an ability to help people clarify their thoughts.

Masek is qualified to see families, couples, parents and others who struggle maintaining a mentally healthy outlook.

She and husband Matt live in North Platte, where he works as a meteorologist with the National Weather Service. Both are David City, Neb., natives and moved to North Platte for his job.

The couple has three children, twin 12-year-olds Tessa and Tyler, and Hallie, age seven.

To contact Masek for services in Imperial or to find out more about what is offered, people can contact the Immaculate Heart of Mary Counseling Center of Catholic Social Services at 1-800-961-6277.

Scheduling of appointments with Masek, who also sees clients in North Platte, will be made through that contact number.

The service is provided to people from all walks of life and religious preference is not an issue. Imperial marks the 16th satellite office providing counseling services through CSS, and is the furthest west in the diocese.