



ALEGENT CREIGHTON HEALTH EMPLOYEE ASSISTANCE PROGRAM

The Voice on the Other End of the Phone

Your employer has provided you with an Employee Assistance Program benefit that can provide assistance with the challenges you face and offer support in finding solutions. Making that first call for help can be difficult for many of us. We may feel embarrassed, anxious and uncertain about what to expect.

The Alegent Creighton Employee Assistance Program's home office is located at Bergan Professional Tower TWO, 7710 Mercy Road, Suite 303 on the Alegent Creighton Health Bergan Mercy campus. We have additional EAP affiliate providers available in the Omaha / Council Bluffs metropolitan area. Our staff is dedicated to providing high quality care within a compassionate and caring environment.

Home Office Staff

Julie Simon EAP Team Lead

Julie has thirty years of experience providing mental health services in a wide-variety of settings. She has been employed with Alegent Health since 1996 and has been working, full-time, in the Employee Assistance Program since 2005. Julie is a Licensed Independent Mental Health Practitioner in Nebraska, a National Certified Counselor and Certified Employee Assistance Professional. Julie and her husband enjoy traveling, watching movies and discussing a good book. More than anything, they are relishing in being new grandparents.

Meg Quintana EAP Counselor

Meg is currently pursuing her Doctorate degree from the Cal Southern University in Psychology. Meg has over 22 years of professional counseling and social work experience. She has been employed with the Alegent Health Employee Assistance Program since 2006. Meg is a Licensed Mental Health Practitioner in Nebraska and Certified Employee Assistance Professional. Meg is the parent of a teenager, enjoys bike riding, movies and reading fiction. Meg's heart belongs to California and she loves visiting the ocean and mountains there.

Jean Mertens EAP Counselor

Jean has over 31 years of experience in the field of human services. She has been employed with Alegent Health since 2002 and, a year ago, transferred to the Employee Assistance Program. Jean is a Licensed Mental Health Counselor in Iowa, Certified Drug and Alcohol Counselor in Iowa and Licensed Independent Mental Health Practitioner in Nebraska. Jean and her husband enjoy visiting their grandchildren, taking walks and working on house projects. Jean's husband is a Cornhusker fan and she is a Hawkeye fan. So it makes life interesting!

Jamie Przybylski EAP Counselor

Jamie has 20 years of experience in the field of mental health services. He has been employed with the Employee Assistance Program since February 2013. Jamie is a Licensed Independent

Mental Health Practitioner in Nebraska. Jamie is originally from Southern California and has been in Nebraska since 2006. He is a fanatic ice hockey fan, but can't ice skate himself. He enjoys spending time with his two children, reading classic literature, photography, and of course, watching the Los Angeles Kings hockey team.

Jackie Hindley EAP Assistant

Jackie joined the EAP staff two years ago and has been affectionately nicknamed our "Martha Stewart." Jackie's organizational and decorating skills can be seen throughout our office and are greatly appreciated by her co-workers. Jackie is married with three grown children and four grandchildren. Jackie is a breast cancer survivor, enjoys doing ceramics and is always looking for someone to join her in a game of "Words with Friends."

Colleen Thiem Evening Department Secretary

Colleen has been married for 25 years and has three children. She enjoys reading, scrapbooking and can be seen in the stands watching Creighton volleyball games.

Remember, EAP services are a free, professional and confidential benefit available to you and your eligible family members. Consider making that call today. 402-398-5566 or 1-888-847-4975.