

Therapist Bios

Rosie Anderson, MS, LIMHP, LADC:

Rosie Anderson is an Independent Mental Health Practitioner and a Licensed Drug and Alcohol Counselor with over 18 years of experience in the mental health field. She specializes in treating individuals who have experienced trauma and those struggling with substance use disorders. With a compassionate and client-centered approach, Rosie utilizes evidence-based therapies such as Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and Motivational Interviewing to help clients achieve their goals. Rosie sees people in person in the Lexington office and through telehealth in all of the Heartland locations.

Kyle Brandyberry, MS, LIMHP, LADC:

Kyle Brandyberry, LIMHP, LADC, is a dedicated mental health and substance use counselor specializing in trauma work. As the Clinical Director of Opioid Services at our counseling agency, Kyle is committed to enhancing and expanding support systems for individuals struggling with substance use in our region. With extensive experience working with adolescents and adults, Kyle utilizes a variety of therapeutic approaches, including Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), Solution-Focused Therapy, and Person-Centered Therapy. His commitment to providing comprehensive, compassionate care ensures that each client receives a personalized approach on their journey to recovery and well-being. Kyle sees people in person in the North Platte office and through telehealth in all of the Heartland offices.

Rebecca Durner, MA, LIMHP:

Becky Durner is an LIMHP and CPC working for region 2 human services out of their Heartland offices in McCook, Ogallala, Lexington and North Platte, NE offices. She started working for Region II in 2002 as a Youth Care Coordinator and Prevention Specialist. In 2007, Becky received her Bachelor's degree from Liberty University and her Master's degree from Chadron State College and then transitioned to working as a mental health therapist. Becky sees clients from all walks of life and a variety of life struggles. She has been trained in EMDR, CBT, DBT and uses these techniques eclectically.

April Hendon, MA, LIMHP, LADC:

April Hendon is a Licensed Independent Mental Health Practitioner (LIMHP) and a Licensed Alcohol and Drug Counselor (LADC). She began her education at Colby Community College where she received her associate's degree in 2011. She also participated on the Livestock Judging team for those 2 years where she was able to travel the country, meet new people and evaluate livestock. She then transferred to the University of Nebraska – Lincoln and obtained her Bachelors of Arts degree in 2015. She started working at Region II Human Services in March, 2016 as a Youth Care Coordinator which really helped her gain knowledge and experience in behavioral health and substance abuse. She started her master's degree through Chadron State College in 2017 and graduated in May, 2020. April works with a wide range of clients from children, teenagers and adults. She provides dual counseling services and works with clients that need help with trauma, depression, anxiety, addiction, problems with relationships and family as well as other major mental illnesses. April utilizes a variety of different approaches including, Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT) Solution-Focused Therapy, and Person-Centered Therapy. She is a registered service provider for probation. April

currently sees people in person in the Ogallala office and through telehealth to all of the other Heartland locations.

Crayton Jirovsky, MSED, LIMHP, LADC:

Crayton Jirovsky is a Licensed Independent Mental Health Practitioner and Licensed Alcohol and Drug Counselor. He has been licensed and practicing the treatment of co-occurring mental health and substance use disorders on an outpatient basis in the State of Nebraska since 2011. He has worked in a variety of settings, working with both adolescents and adults, to overcome personal and family mental health concerns, Severe and Persistent Mental Illness (SPMI) and substance use related concerns. He works to use Evidence Based Practice to support client empowerment to manage and overcome personal struggles. In addition to contracting to provide outpatient counseling with Region II, Crayton also maintains his own private practice in Lincoln, NE.

Kylie Nichols, PLMHP, PLADC, PCMSW:

Kylie began working for Region II in 2021 as a Community Support Care Coordinator for both mental health and substance using clients and later, as the manager of the Arm in Arm program (Aid to Recovering Moms). In May of 2024, she graduated from UNO with my Master's in Social Work. Kylie transitioned to the Heartland outpatient clinic in June 2024 and now works as a PLMHP/PLADC. Kylie enjoys working with both children and adults. She utilizes a variety of counseling techniques and has training in Dialectical Behavior Therapy. She sees clients in person in the North Platte Heartland and in all Heartland offices through telehealth.

Richard Pendleton, Sr., MS, LIMHP:

Richard attended the University of Wyoming, and graduated with a Master's Degree in Counselor Education in 2004. He also received a Bachelor's Degree at the University of Wyoming in 1998. Upon completion of my Master's Program at UW, he worked in private practice in Wyoming for several years as a licensed mental health therapist. Dr. R. Leo Sprinkle was his mentor, and he is so grateful for Dr. Sprinkle's poise, direction, and tenacious spirit in the field of psychotherapy. Later, he chose to work on an Indian Reservation as a Suicide Prevention Therapist for 3 years. In 2011, he was hired by Region II Human Services/Heartland Counseling. Over the years, he have worked with individuals across the lifespan. He has a certificate in Eye Movement Desensitization and Reprocessing (EMDR), which he believe is one of the greatest tools for helping others cope with trauma related issues. Synchronicity Theory is at the heart of what he does as a therapist. Synchronicity solidifies a deeper meaning within the therapeutic relationship between client and therapist. All things happen for a reason. Lastly, Richard serves both English speaking and Spanish speaking clients. Living in Spain's Canary Islands for a few years helped prepare him to work with a diverse group of clients. Richard sees people via telehealth in all the Heartland locations.

Bridget Pettit, MS, LIMHP:

Bridget Pettit, LIMHP, is a dedicated counselor with over 20 years of experience as a mental health therapist. She is compassionate and client-centered, focusing on creating a safe and supportive environment for personal growth and healing. She graduated with a Master's of Science degree from Pittsburg State University. She is trained in Eye Movement Desensitization and Reprocessing (EMDR) and completed training on death and grief studies through the Center

for Loss and Life Transition. Bridget enjoys working with evidenced-based techniques from multiple therapies including EMDR, Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT). Bridget sees people in person in the North Platte office and through telehealth in all of the Heartland offices.

Rhonda Osborne, MA, LIMHP:

Rhonda Osborne, LIMHP, has served the rural communities of Northeast Colorado and Southwest Nebraska since 2003. Over the course of her career, she has pursued special interests in the field including EMDR for psychological trauma, Neurofeedback, and Quantitative EEG assessment. Licensed and experienced both in mental health and addictions, Rhonda primarily focuses on providing substance abuse evaluations and mental health intakes at Heartland. She operates a small neurofeedback clinic in Northeast Colorado and enjoys spending her spare time with her family, horses and small pup, Henry.

Myriam Palacios, PLMHP:

Myriam earned her bachelor's degree in psychology from the University of Phoenix in Denver. She started as an intern with Heartland Counseling while completing her masters degree in the Clinical Mental Health Program at the University of Nebraska – Kearney. She graduated in December 2024 and is now employed full time at Heartland and practicing as an LIMHP. Bilingual in English and Spanish, Myriam is passionate about mental health and dedicated to learning from her peers and mentors. She looks forward to contributing to the Heartland Counseling community and making a positive impact on her clients' lives.

Leslie Pieper, LIMHP, LCSW:

Leslie Pieper, LIMHP, LCSW, is a Dually Licensed Mental Health Practitioner and a Licensed Clinical Social Worker. Leslie earned her Master's Degree of Social Work at Florida State University in 1990, graduating with honors. She went on to obtain a clinical license in mental health to add to her social work practice. She has worked in hospitals, schools, nonprofit agencies and public health settings. In addition to her contracted work with Region II, she also maintains a private practice in Lincoln, NE. Leslie has been working with Region II Human Services for 10 years utilizing telehealth technology.

Carrie Roberts, LIMHP, LCSW:

Carrie has been a mental health therapist with Region II Human Services for 20 years. She works primarily with adults and utilizes a cognitive behavioral therapeutic approach. She is also trained in EMDR therapy for trauma. Carrie has a special love for Dialectical Behavior Therapy (DBT), and facilitates three weekly DBT skills groups. Carrie sees people in person in the McCook office and through telehealth in all of the Heartland offices.

Maggie Tidyman, LADC, PLMHP:

Mary M. Tidyman, affectionately known as Maggie, hails from Wyoming. She began her academic journey at Laramie County Community College, where she earned an associate's degree in community corrections. While working at a crisis stabilization house in Cheyenne, WY, Maggie pursued and completed her bachelor's degree in justice administration from

Westwood College. In 2011, Maggie relocated to Nebraska with her husband and began her career at Region II Human Services as a community support worker. Her dedication and passion for helping others led her to transition into the role of a substance abuse counselor. In 2015, she obtained her Licensed Alcohol and Drug Counselor (LADC) certification. She is also provisionally licensed as a Mental Health Practitioner. Maggie has been a vital part of Heartland Counseling since March 2011. She provides dual counseling services, specializing in both mental health and substance addiction. Her approach is primarily solution-focused, aiming to offer supportive and effective therapies to her clients. To enhance her expertise, Maggie pursued a Master's degree in education clinical counseling from Chadron State College. This advanced education has equipped her with the skills to better serve her clients, focusing on holistic and comprehensive care. Maggie's primary focus is on solution-focused therapies, and she is recognized as an addictions specialist. Her goal is to provide supportive services that help individuals overcome their challenges and lead healthier, more fulfilling lives. Maggie sees people in person in the North Platte office and through telehealth in all the Heartland locations.

Jill Skinner, LIMHP, LCSW:

Born and raised in the Ogallala area, Jill then attended Kearney State College where she obtained her Bachelor's Degree in Social Work. She then attended University of Omaha and received her Master's Degree in Social Work. Jill then returned "home" and was a partner with Ogallala Counseling from 1993-2010. She primarily worked with children and teens during those years. Ready for a change, she then worked for the VA Clinic in North Platte from 2010-2021. While there she worked as a mental health therapist for the Veterans. She worked extensively with veterans to assist them in reintegrating back to civilian life. A majority of the veterans also struggled with PTSD, which Jill helped them identify, cope with and learn to better to control. In 2021, she returned back to working in Ogallala as a mental health therapist with Heartland Counseling. She works primarily with adults. She continues to work with those effected by past and current trauma. She uses a very client centered approach and finds value in establishing rapport and trust with her clients in an effort to work on difficult issues through various CBT and PTSD based approaches.

Judi Smith, LADC:

Judi first obtained her provisional license in 2006 and has been a fully Licensed Alcohol and Drug Counselor since 2011. Judi spent 20 years of her career working for the Department of Corrections. She joined Heartland Counseling as an outpatient substance abuse counselor in 2023. She has experience in completing Substance Use Disorder Assessments and in both individual and group treatment and teaching Relapse Prevention. Judi sees people in person in the McCook office and through telehealth to all of the Heartland locations.

Brooke Titus, AA, LADC, PCDGC:

Brooke Titus is a Licensed Alcohol and Drug counselor and provisionally certified Disordered Gambling Counselor. Brooke obtained her provisional alcohol and drug counselor license in 2017. She was officially licensed in 2020. Brooke has a passion for helping people with substance use issues and helping individuals work personalized programs of recovery. Brooke utilizes different treatment modalities such as motivational interviewing to help clients achieve their goals. She has developed a special interest in helping individuals who struggle with

compulsive gambling to develop a recovery program that aligns with their goals. Brooke sees people in the Lexington office. She can see clients via telehealth in all other Heartland locations.

Marsha Wilkison, EdS, LIMHP:

With over 27 years of experience, Marsha has had the privilege of supporting individuals, families, and communities in their journeys toward healing, growth, and well-being regarding their mental health. Compassionate, nonjudgmental, and empathetic, she provides a safe space for clients to explore their challenges and work toward lasting change. Marsha sees people in person in the McCook office and through telehealth in all of the Heartland offices.