

Midwest Psychological Center
525 E. 38th Street
Indianapolis, Indiana 46205
Tel Number: (317) 923-3930
Fax Number: (317) 923-2441

Community-Based Counseling
525 E. 38th Street
Indianapolis, Indiana 46205
Tel Number: (317) 921-3936
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Midwest AODA Services
535 E. 38th St.
Indianapolis, Indiana 46205
Tel Number: (317) 921-3936
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For more information about services, please go to www.midwestpsych.com.

Special points of interest:

- New Staff
- New Program
- Community Based Services
- Staff Achievements
- Ten Years of Service

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Referrals

Midwest is accepting referrals for home-based counseling services.

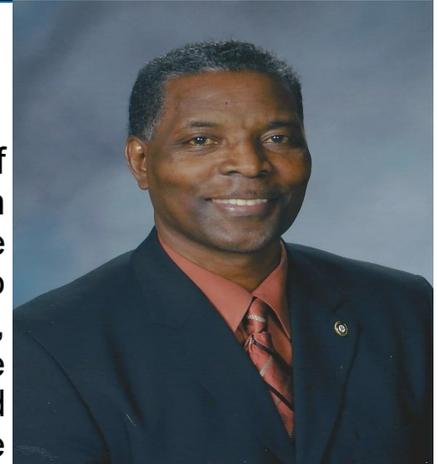
For further information, please contact the Community Based Counseling Office at 317-921-3936.

www.midwestpsych.com

A Message from our President, Shelvly Haywood Kegl, Ph.D.

The New Normal

The lingering and permanent effects of the pandemic have caused both positive and negative changes in the lives of all ages as society adjusts to the daily changes in work, education, and daily living activities that maybe voluntary or mandated. The increased stress caused by over dependence and uncertainty on events in society that is beyond the control of the average person creates cognitive dissonance that must be navigated and resolved on a daily basis. How can you make your day better? It is challenging, but not that insurmountable if you use a little bubbly psychology or what some refer to as everything your grandma told you. Social scientist have confirmed that some of the suggestions from grandma have been proven to be effective in controlled studies.



For starters, one very common intervention is to take a nostalgic walk through the past by looking at old photos or listening to favorite songs from the past. Watching videos of favorite animals has been shown to reduce heart rate and blood pressure. Others to try are taking a cold bath or shower to release the endorphins that occurs with the initial sensory response. Frequent walks during the day has shown merit as increasing the energy level. Don't forget your creative side and draw or make art as well as humming or thumbing to some of your favorite songs. These are proven interventions; but your grandma could have told you that.

Shelvly Haywood Kegl, Ph.D., HSPP
Clinical Psychologist
President

WELCOME NEW STAFF

We are pleased to announce new staff members assigned to the New Castle Correctional Facility, Heritage Trail Correctional Facility, Community Based Counseling Division, and our Corporate Office.

Community Based Counseling Office

Destiny Beasley—Administrative Assistant

New Castle Correctional Facility

Emily Gibson—Commissary Clerk

Hannah Williams—Compliance Clerk

Pam Thessen—Receptionist

Kandy Pardue—Case Manager

Katherine Meyer-Ensinger—Case Manager

Heritage Trail Correctional Facility

Sydney Condon— Case Manager

Abby Tompkins—Case Manager

Abiola Saka—Case Manager

Brettney Wiley—Case Manager

Faith Adewunmi—Case Manager

Nikki Wiles—T4C Facilitator

Ryan O'Donohue—Recreation Coordinator

Andre Boyer—CEC

STAFF MILESTONES

Several staff reached their one year and two year milestones with the company in 2025. Connie Ferree and Pamela Thessen have had their first anniversary with Midwest! Amanda Adams, Violet Corn, Kylie Donica, BrieAnna King, Stephanie Rader, and Samantha Schmitt celebrated their second year at the company. We are happy to have you all on the Midwest team and wish you continued success in your positions.

NEW PROGRAM—FBOP

Midwest was awarded the Community Treatment Services contract by the Federal Bureau of Prisons at the end of 2024. Since January 2025, Midwest has been providing mental health and substance use disorder services to offenders in the custody of the Bureau of Prisons residing in a residential reentry center, on home confinement, or on federal location monitoring in Indianapolis, Indiana.

COMMUNITY BASED SERVICES

Midwest was selected by the Indiana Department of Child Services to continue providing community based services which promotes the safety, well-being, and permanency of children and families. Midwest was awarded the following services starting July 1, 2025. Midwest is excited to continue providing services to families in Marion and surrounding counties.

- Counseling
- Diagnostic & Evaluation Services
- Substance Use Disorder Assessments
- Visitation Supervision Services
- Truancy Termination
- Substance Use Outpatient Treatment
- Home Based Therapy Services
- Transition From Restrictive Placements Services
- Resource Family Support Services
- Home Based Casework Services

MIDWEST MVP

Midwest Psychological Center’s 2024 MVP award went to William Taylor! William Taylor, IOP Counselor, facilitates Midwest’s AODA program and provides assessments, counseling, relapse prevention, education, and outpatient treatment groups. Mr. Taylor is a Licensed Addictions Counselor and holds a Bachelor’s Degree in Sociology from Indiana University. Midwest’s AODA Services Program is certified by the Indiana Division of Mental Health and Addiction. Additional information regarding the program can be found on the Midwest website or by calling 317-921-3936.



DESTINY BEASLEY—COMMUNITY BASED ADMINISTRATIVE ASSISTANT



Destiny Beasley is the new Administrative Assistant for the Community Based Counseling Division at Midwest and has done an excellent job since starting her position in February 2025.

Before joining Midwest, Destiny worked as an office coordinator for HealthNet for several years. Since starting her new role, Destiny has helped streamline department processes, as well as maintain all the community based billing and invoicing. All of us at Midwest are thankful for her hard work and dedication.

STAFF ACHIEVEMENTS

Midwest would like to congratulate Paul Norris for passing the exam to become a Licensed Clinical Social Worker! Paul has worked as a therapist for Midwest since 2012. Paul holds a Bachelor’s Degree in Criminal Justice from Ball State, and a Master’s Degree in Social Work from Indiana University. Way to go, Paul!

Congratulations to Midwest staff working at the New Castle Correctional Facility and Heritage Trail Correctional Facility for receiving Employee of the Month awards in 2025! Case Manager Courtney Gard was named Employee of the Month at the New Castle Correctional Facility in April. Heritage Trail Correctional Facility recognized Case Manager Sydney Condon as the employee of the month in April and Thinking For A Change Facilitator Nikki Wiles in May. Keep up the good work!

Midwest would like to acknowledge the staff at the New Castle Correctional Facility who have reached five years of service with the company! Connie Burgess, Wanda Chriswell, Renee Guerrero, Dave Lothar, Susan Martin, Melinda Pierce, Teresa Weesner, and Jennifer Smith all celebrated their five year anniversaries. All are assets to their departments and facility!

10 YEARS OF SERVICE



A big thank you goes out to Carmen Brown for her 10 years of service at Midwest Psychological Center! Carmen has been the fulltime bookkeeper for the company since 2015. Carmen oversees all accounts payable, accounts receivable, and keeps track of all financial records for the business.

Midwest would also like to acknowledge her excellent performance in her position. Carmen is a valuable member to the company. Thank you for all the hard work!

Midwest Psychological Center, Inc.
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Indianapolis, Indiana 46205

WE'RE ON THE WEB!
WWW.MIDWESTPSYCH.COM

