



CELESTE CHAPKO

LMHC-A, MT-BC, PMH-C

ABOUT


Celeste has been working with parents and children for over 20 years, as a Music Therapist, Special Education Teacher, Birth Doula, Peer Support Specialist and Perinatal Mental Health Therapist. Celeste is the owner of the Northwest Indiana Center for Maternal Wellness, where she offers education and peer support to mothers struggling with Postpartum Depression and other Perinatal Mental Health Disorders. In addition to her work at the Center, Celeste works as a therapist at Pillars of Wellness and is an active volunteer for Postpartum Support International.


EXPERTISE

- Licensed Mental Health Counselor Associate
- Music Therapist - Board Certified
- Perinatal Mental Health Certified

CONTACTS

 nwimaternalwellness.com

 celestechapko@nwimaternalwellness.com

 219-742-4149

WORK EXPERIENCE

OWNER

2014-Present

Northwest Indiana Center for Maternal Wellness, Crown Point, IN

- Provide maternal mental health support, crisis intervention and referral services to mothers, families and providers
- Lead online and in person peer support groups for mothers
- Provide short term individual peer support to mothers with perinatal mental health disorders through the SHARE Journey program
- Train and supervise SHARE Journey peer support volunteers
- Build a NWI referral and volunteer network for mothers
- Lead a maternal mental health community facebook group
- Offer maternal mental health classes and workshops
- Supervise music therapy practicum students from Valparaiso University
- Conducted individual music therapy sessions with children and adults (2017-2021)
- Provided birth doula services to expecting mothers (2014-2015)

THERAPIST

2021-Present

Pillars of Wellness, Merrillville, IN

- Conduct individual counseling sessions
- Update quarterly treatment plan goals and objectives
- Attend weekly individual supervision sessions
- Intern responsibilities (Aug 2021-Dec 2022)
- Conducted intakes and developed treatment plans
- Completed outreach calls for waitlist clients
- Attended weekly individual and group supervision sessions
- Created client referral resources
- Developed group therapy proposals
- Developed maternal mental health program proposal

MATERNAL MENTAL HEALTH CONSULTANT

2020-2021

Nurse Family Partnership, Merrillville, IN

- Provided maternal mental health and crisis intervention support for new mothers
- Led peer support groups for new mothers
- Presented monthly maternal mental health education for NFP nurses and staff

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EDUCATION

Purdue University Northwest, Hammond, IN Master of Science, Mental Health Counseling	2022
Indiana University Northwest, Gary, IN Master of Science, Education	2008
Saint Mary of the Woods College, Terre Haute, IN Bachelor of Science, Music Therapy	2005

PROFESSIONAL DEVELOPMENT

Neuro Emotional Technique - Basic Seminar Net Mind Body	2023
Perinatal Mental Health Advanced Psychotherapy Perinatal Mood Disorders: Components of Care Postpartum Support International	2018-2021
Music Therapy Online Consultation Services: Working w/Couples Preparing for Birth Postpartum Music Therapy Creative Arts Birthing Music Therapy Assisted Childbirth Sound Birthing	2013-2016

PRESENTATIONS

Navigating Compassion Fatigue as a Healthcare Provider Postpartum Support International Conference	2021
The SHARE Journey: An Individual Peer Support Program for Mothers with Perinatal Mood and Anxiety Disorders Postpartum Support International Conference	2020

PUBLICATIONS

Motherhood & Grief: You Are Not Alone Mom to Mom NWI Magazine	2023
Perinatal Mental Health: Cover Story Mom to Mom NWI Magazine	2023
Silence/Surrender/Not So Picture Perfect Patients Have Power Magazine	2017

AWARD

Influential Woman of Northwest Indiana Finalist Northwest Indiana Influential Woman Association	2018
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CELESTE CHAPKO

VOLUNTEER WORK

Crown Point High School/Taft Middle School Robotics Crown Point Community School Corporation, Crown Point, IN	2023-Present
Youth Minister, Sunday School Teacher St. Matthias Catholic Church, Crown Point, IN	2021-Present
State Coordinator, Online Peer Support Group Leader, Climb Leader Postpartum Support International	2018--Present

ADDITIONAL WORK EXPERIENCE

Music Therapist Innovations in Learning, Merrillville, IN	2009-2010
Early Childhood Special Education Teacher, TEACCH Special Education Paraprofessional Westlake Special Education, St. John, IN	2006-2008
Music Therapist WeeCare Therapy, Dyer, IN	2004-2006

REFERENCES

Kate Taylor, MA, MT-BC - Music Therapist, Birth Doula, Holistic Life Coach - Creative Childbirth Concepts
Katelyn Kapelinski, MA, LMHC - Clinical Director, Therapist - Pillars of Wellness