

Quarterly Newsletter

October 1, 2025

Mission Statement

The mission of JCAP at the Whitley County Detention Center is to provide evidence-based treatment, education, and support to incarcerated individuals struggling with substance use disorders. We are committed to fostering personal responsibility, promoting recovery, and equipping participants with the tools needed to overcome addiction and reduce the risk of relapse and recidivism. Through compassionate care and a structured therapeutic environment, we strive to empower individuals to make positive, lasting changes in their lives and successfully reintegrate into society.

JCAP

Recovery is a journey that takes strength, courage, and hope. Faith can be an anchor in the middle of change, reminding us that even when the road feels long, we are never walking it alone. Faith is the belief that tomorrow can be better than today — even when we can't see the whole path ahead. In recovery, faith gives us courage to keep moving forward, strength when we feel weak, and hope when life feels heavy. Faith doesn't remove all our struggles, but it reminds us that we are not walking alone. With faith, every step — no matter how small — is a step toward healing, growth, and new beginnings.

Forgiveness is freedom. It's not forgetting the past or excusing wrongs — it's choosing to let go of the weight that holds us down. Each step of forgiveness lifts us closer to peace, healing, and new beginnings. Forgiveness is one of the greatest gifts you can give yourself in recovery. It doesn't erase the past, but it lightens the load we carry. When we choose to forgive, we release anger, guilt, and shame, and we make space for healing, peace, and hope. Forgiveness is not about excusing what happened — it's about setting ourselves free to move forward.

JCAP is a place where faith and forgiveness are present and practiced every day. For many, faith in the possibility of a better tomorrow becomes the anchor that keeps them steady through the storms. It is the quiet voice that says- Keep going. You can do this. September 22nd began week #8, the halfway point of Class #3 program. This milestone was met with a mix of joy, anxiety and pride. They have begun to prove their strength. Every day of showing up, doing the work, and choosing recovery is a victory. The progress made so far is the foundation for success still to come. Recovery is not easy, but moments like this show that change is possible.



Facilitators

A heartfelt thank you to those that are dedicating their time

Kristen Monier – QCC

Caroline Everidge – Purdue Extension/Noble Co.

Phil Couch -Impact Institute

Luke Neer – Remnant Church

Lindsay Foster – DEKKO

Lindsay Sprunger – Drumming for Joy

Brittney Schori – Purdue Extension/Whitley Co.

Kathreen Price –Yoga

Tim Traxler – Inside Out Dad

Ciara Boling – Allendale

Aisha Diss - ProjectMe

Chelsey Timm– ProjectMe

Carolyn Ross – Lake City Bank

In Their Words...

Week nine marks a midterm come and gone. We are grateful for the tools we have already gained and excited for what is to come. Already we have been given the opportunity to put some of them to use and learned practical use is much more complicated than classwork. This practice has opened our eyes to just how much grace we will need to allow ourselves. For many of us, that might be the most difficult part of all of this. That struggle alone has pushed us to lean hard on God and each other. We are grateful to everyone who donates their time and patience to help us on our journey to Recovery.

What motivates us...

- *For the gate is narrow and the way is hard that leads to life – Santana
- * Every fall is a lesson in standing – James
- *STRENGTH – Sheldon
- *All means all and that's all all means – Josh
- *A broken crayon can still color – Karl
- *Be the best you can be – Austin
- *I won't be afraid of my feelings with the help of my Higher Power. I'll continue in my recovery – Charles N.
- *Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it – Charles S.
- *100% FAITH- David



