

Quarterly Newsletter

October 27, 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



The last few weeks have focused on self-awareness and accountability. In doing so, we are really getting to the heart of what recovery is all about. Real change starts when we stop looking outward for excuses and start looking inward for understanding.

Self-awareness is being honest enough to notice your thoughts, emotions, and choices — even the uncomfortable ones. It means asking yourself, 'Why did I react that way?' or 'What was I really feeling in that moment?' The more we

understand ourselves, the better choices we can make moving forward.

Accountability is the next step. It's about owning our actions — the good and the bad — and realizing that growth comes from taking responsibility. When we stop blaming others and start taking ownership, we take back our power to change. True growth begins the moment we stop blaming and start reflecting.

I'm proud of the honesty and courage I see in this group each week. It takes strength to face yourself and admit where you've gone wrong, but it also takes strength to forgive yourself and move forward. Every moment of honesty is a step toward freedom.

Our program continues to grow because of the courage and effort our participants show every day. Recovery takes persistence, patience, and humility. It's not easy to face yourself — but every time you do, you take another step toward freedom, healing, and a new kind of peace. These guys are putting in the work: keep going. Their effort matters. Their honesty matters. And their accountability today is building the foundation for a stronger tomorrow. I'm proud of the progress I see, and I'm honored to walk alongside them on this journey.

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

Vicki Cook - 80/20

Megan Gow – 80/20

Lesley Blakely – Bowen
Health

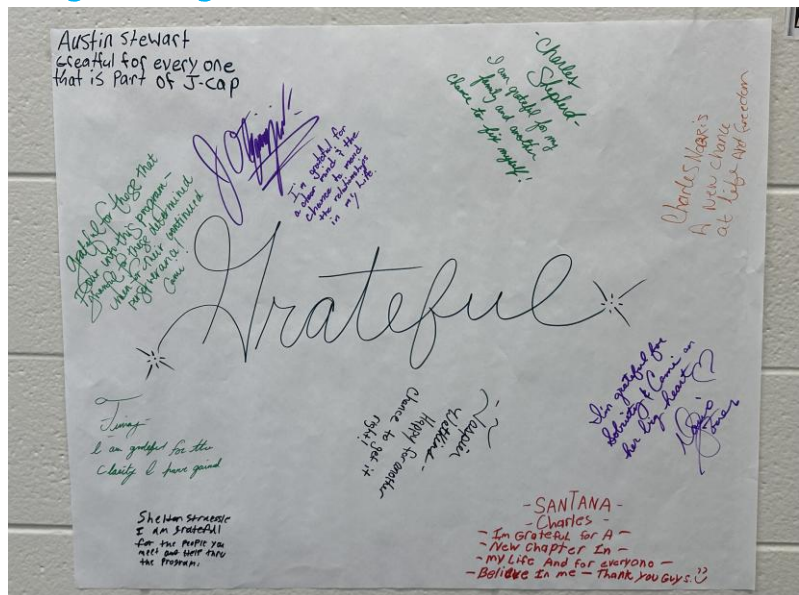
Janna Henney – STAR

Chocca Johnson – STAR

In Their Words...

As we grow in our recovery, we grow as individuals. Our self-worth, our emotional intelligence, and the relationships in our lives are growing like the garden we lovingly tend. As we come to understand who we are in sobriety our goals become clearer. With a clear mind and a hopeful spirit, we have started taking some steps towards what's next. For all of us the first step has been establishing future treatment. Though our journey is far from over and a lifetime of vigilance and hard work lies ahead; we have become nervous and excited about the ever-nearing transition back into society. Releasing the past, focusing on the present, and working towards a better future.

Sharing our gratitude ...



Save the Date

JCAP Graduation December 4th @ 1pm

