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Inside: New Castle Girls Soccer claims Sectional Title. **Page B1**

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‘I’m learning to live different’

JRAP teaches change is possible

By TRAVIS WEIK
For The Courier-Times

NOTE: This is the second article in a series.

The Oct. 7 graduation had tears, laughs, fist bumps, Bible verses and one original rap song.

Fifteen men and women were celebrating the work they completed in the Henry County Jail Rehabilitation Assistance Program (JRAP). They were not celebrating alone, either.

The graduates’ smiles were reflected in the faces of local and state officials, public health leaders, law enforcement and attorneys and community supporters seated in the jail classroom.

Henry County JRAP has helped more than 100 people understand the trauma underneath their addictions. The program includes intensive cognitive behavioral health therapy, anger management training and regular AA meetings.

‘The Last Promise’

JRAP graduate Jonathan Lodge passed photos around the room as he started talking.

“These are my kids, my sister and her kids and my mom,” Lodge said. “These are the main people in my life. The reason why I’m trying to get sober, but mainly I’m trying to get sober because of me.”

While the photos circulated, Lodge read the Sept. 21 entry from the Alcoholics Anonymous Daily Reflections. It is titled “The Last Promise.”

“The Last Promise says we will suddenly realize that God is doing for us what we could not do for ourselves,” Lodge said. For him, that promise came true on his very first day of sobriety.

“The biggest part – He won’t do for me what I can do for myself,” Lodge said.

Although God is working within him, Lodge knows he is personally responsible for doing the hard work in the outer world.

A phone call home put a lot of things in perspective for Lodge: His mother had suffered a medical emergency and there was nothing he could do to help from jail.

“If I don’t straighten my life out and start doing better for me, I’m not gonna be able to be out there where she needs me,” he said. “I’m not gonna be able to help her, see my kids, my nephews, my sister. And that’s hard for me.”

The photos had made their way around the room by the time Lodge finished speaking.

“I’m doing what I can to get back to them,” he said.

The will to change

Joseph Huffman has been in JRAP for a year. Before that, he spent 40 years stuck in addiction.

During his time in JRAP, Huffman has learned a lot about addiction.

“The first thing is that I have a problem, but also that I have the will to change it,” he said. “It is a disease, but a curable one.”

Huffman knows that people do not plan to be addicts or alcoholics when they are growing up. He learned that some people fall into addiction after trauma and get stuck in it because of shame.

“I’m thankful for this program and the chance to become a better person for society, my family, and loved ones, as well as myself,” he said. “And when I’m released, I want to give back and help others that are suffering and stuck in addiction.”

‘I want to have a good life’

At 19, Hayden Belk is the

See **JRAP**, page A9



Travis Weik / C-T photo

JRAP graduates Jonathan Lodge, Joey Huffman, Hayden Belk, Robert Robinson, Matthew Mowery, Anthony Hopkins and Tyler Ward with their JRAP support staff, AA leaders and State Rep. Cory Criswell.

‘Hope for the Next Generation’

Henry County Women’s Recovery Center utilizes equine therapy

By KATIE CLONTZ and HANNAH SUNDARAM
editor@thecouriertimes.com



Katie Clontz / C-T photo

Meagan Kraus is the founder of Henry County Women’s Recovery Center. She is pictured with Sky, a 3 year-old American Quarter Horse.



Photo provided

Henry County Women’s Recovery Center utilizes equine therapy for its women and teen programs.

Horses have always been a part of Meagan Kraus’ life. She grew up around them and her daughter, Emily, began taking lessons and showing at a young age.

Kraus also knows that horses can be therapeutic and incorporates equine therapy into her work at the Henry County Women’s Recovery Center. Kraus founded the Christian-based organization a few years ago as a way to help women who struggle with substance and alcohol abuse. This summer, she also began working with at-risk teenage girls.

Amazing Grace Stables is located on Kraus’ private property, in a barn that is over 100 years old. Renovations are currently underway to build new stalls, create an office space and put new metal on the barn’s roof and sides.

Equine therapy utilizes interactions with horses as another way to support women and teens through their healing process.

“I think we all know how bad our teens are right now and how much darkness that they’re in with anxiety and depression,” Kraus said. “It’s almost normalized now … I don’t think the alarm is going off like it should be. This is not ok. It’s not normal for so many of our teens to be suicidal or experience hopelessness. There’s nothing like bringing them out of that and into hope and joy … They all want it, they just don’t know how to get it.”

Henry County Women’s Recovery Center brings healing and hope through mental health coaching and programs, brain rewiring, nervous system regulation, inner healing ministry and equine therapy.

“I never thought I would say the horses minister to people, but they literally minister to people,” Kraus said. “Seeing women healed and delivered and closer to God motivates me.”

The Henry County Women’s Recovery Center hosted a “Hope for the Next Generation” fundraiser Oct. 10 at the Henry County Saddle Club in New Castle. Participants gathered to walk around Cardinal Field. Fall drinks, t-shirts and nail sets were available to purchase, with proceeds befitting the organization’s teen program.

Kraus’ three horses, Abby, Rainy and Sky, were on-site for guests to meet.

“I think horses really help create a safe place for women and for teens to open up,” Kraus said. “They have a natural ability to help people regulate and kind of come out of anxiety. A horse’s electromagnetic field goes 20 feet. So when you are just in the presence of them, your heart rate will already start lowering and then when you are actually grooming them and touching them, your heart rate can sink with their heart rate. So they just have that natural ability to bring you into a sense of peace and calmness.”

Abby is an 18 year-old American Quarter Horse. She’s the lead mare with a calm and steady personality.

Rainy is a 9 year-old Arabian Quarter Horse who takes time to build trust, but once that is established, she connects well with people.

Sky is a 3 year-old American Quarter Horse who is young, curious and often serves as the organization’s “welcoming committee.”

“You have to know your heard and know what horse to use for what person and for what need,” Kraus said. “It’s good to have a diverse heard … I like to use the personalities of the horses and the differences in the horses to help

See **THERAPY**, page A10

Knightstown weighs hybrid management plan for Glen Cove Cemetery

By MEGAN HAYNS
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Knightstown officials are considering a hybrid management system for Glen Cove Cemetery. After a 90-day audit, the Cemetery Advisory Board recommended splitting administrative and maintenance duties.

During the Sept. 24 Knightstown Town Council meeting, Cemetery Advisory Board member Stephanie White and Jakeob Dobbins from JDE presented the completed 90-day cemetery operations and budget analysis.

White proposed a hybrid management system in which the town maintains responsibility for record-keeping and cemetery data. She proposed the town hire a part-time cemetery operations coordinator at 20 to 25 hours a week.

“We do recommend that the routine grounds maintenance

See **CEMETERY**, page A10

Pick of the volunteer patch

RSVP participants recognized, Mayor York provides flood response update

By KATIE CLONTZ
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Retired Senior Volunteer Program (RSVP) participants were recognized Oct. 9 during a pumpkin patch-themed luncheon at Grace Baptist Church in New Castle.

RSVP is part of Interlocal Community Action Program’s (ICAP) Senior Services. The program has been around for more than four decades and exists to support and encourage individuals 55 and older to volunteer in the community.

Senior Services Coordinator Heather Dunsmore welcomed those attending the luncheon and thanked program volunteers for

See **RSVP**, page A10



Katie Clontz / C-T photo

Olene Veach was recognized for 20 years of RSVP service. Also serving 20 years was Artie Ratliff, who is not pictured because he was not at the banquet.

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