Thank you for choosing the Jackie Nitschke Center for the beginning of your recovery journey. The purpose of this packet is to welcome you to the program and to make your transition into treatment as smooth as possible.

Please do not hesitate to contact us with any questions that you may have. You can reach us at 920-435-2093 or admissions@jackienitschkecenter.com

History

Beginning as a halfway house called "The Samaritan House," the facility has been providing substance abuse services to the Brown County community since 1971. In 1997, the facility name was changed to the Jackie Nitschke Center, Inc. in honor of Jackie Nitschke, the wife of Packer great, Ray Nitschke. Jackie was a recovering alcoholic and an outspoken advocate in the recovery community, and in the process, she taught our community that the disease of addiction crosses all income levels and families.

Mission Statement

The Jackie Nitschke Center provides a continuum of affordable alcohol and drug recovery services to adult clients with the goal of improving the quality of life for as many clients as possible. Our success results from caring staff's steadfast adherence to the 12-Step Philosophy, and constantly improving our treatment methods in a unique home-like environment while including family members in our client's recovery. We provide co-occurring assessment, individual, and group therapy and psychoeducation with dually licensed and trauma responsive therapists present at all levels of care.

Home-like Environment

Our home-like setting and shared group accountability enhances the sense of community at the Jackie Nitschke Center, which contributes to the environment of growth and opportunity. Clients will obtain the tools that are necessary to live a life substance free which is earned with honesty, open-mindedness, and willingness.

12-Step Group Involvement

We are grounded in the 12-Step Philosophy of Alcoholics Anonymous and Narcotics Anonymous. Our location and involvement with the recovery community gives clients the opportunities to become connected to the Alcoholics Anonymous and Narcotics Anonymous recovery support groups.

Compassionate and Dedicated Staff

Our passionate and supportive staff is focused on fulfilling the mission of the Jackie Nitschke Center. Clients will be treated with dignity, respect, and confidentiality.

Individualized

We utilize a variety of therapeutic techniques, individualized to suit each client's experiences and goals. As no two people are alike, no two treatment experiences are ever alike.

Holistic

As addiction is an all-encompassing disease, we believe that recovery needs to be the same. Therefore, we address all aspects of a person's recovery: physical, emotional, spiritual.

Family Involvement

Family involvement and support are significant components of healthy recovery, so Family Day and a family session are included. An Al-Anon meeting is held on site.

Packing List

Required:

- Enough clothing for approximately one week. ***You are only allowed to bring as much as you can carry in one trip. Please do not over pack.*** There are laundry facilities and detergent on site for you to use.
    - Comfortable/casual clothing. Please see rules below on clothing requirements.
    - Pajamas
    - Exercise clothing/shoes for walking and the YWCA.
    - Variety of weather appropriate clothing (You will be walking outside daily)
- Toiletries such as shampoo, soap, deodorant, toothpaste, feminine hygiene products, razors, etc. You may want to bring a shower caddy for easy transport. Aerosol sprays and mouthwash containing alcohol are not permitted.
- All prescribed and over the counter medication in their original bottles. **ALL** supplements and over the counter medications (including ointments, eye drops, etc.) need to come in a new, sealed, unopened bottle.
- Insurance card, photo identification, payment.

Optional:

- Cigarettes/chewing tobacco. Family members can also bring these to you. (These items **must** be in a new/unopened package.) **No loose tobacco will be allowed within the facility.**
- **Disposable vapor/e-cigarettes only. Refillable vapes will not be accepted.**
- MP3/CD players/radios are allowed but may not have access to the internet. You must listen with headphones.
- Books, coloring items, etc.
- You may bring personal family photos to keep in your room.
- Pillow/Blanket/Towels. These items are provided for you, but if you choose to bring them from home, you may.

Prohibited:

- **Electronics including but not limited to: cell phones, smart watches, tablets, gaming devices, laptops, stereos, televisions, portable DVD players, etc.**
- **Food, candy, gum, drinks**
- **Weapons**
- **Refillable E-Cigarettes/Vapor Cigarettes**
- **Perfumes/Colognes,**
- **Aerosol sprays**
- **Ball Caps/Bandannas**
- **We are unable to provide parking for your vehicle while you are in residential treatment**

Family is able to drop off any needed items during the course of your stay.
Staff is unable to furnish any of the above items.
Any items left at the Jackie Nitschke Center will be disposed of after 30 days.

PO Box 1085 Green Bay, WI 54305 P: 920-435-2093 F: 920-435-2580
www.jackienitschkecenter.org

Jackie Nitschke Center Residential Client Responsibility Agreement

YOU ARE WORTH YOUR BEST EFFORT!!!!

Programming

- I will not leave my floor prior to 6 AM.
- I will follow the daily schedule and be on time.
- Phones are to be used in private areas only.
- I may nap during free time on weekends.

Household

- I may not receive mail or packages while in treatment without prior written approval.
- Clients are not allowed in each other's rooms.
- Out of respect for everyone, please keep all living areas clean and pick up after yourself. The kitchen is closed during these times:
    - 7:45 am- 8:30 am (kitchen clean-up/chore)
    - 10pm-6am (sleep hours)
- Music devices may be used while in your room, as long as you utilize headphones.

Medication

- Over the counter medications need to be in an unopened, sealed package.
- Approval is required for all medications that are not on the medication list at admission.

Food/Drink

- Meals and snacks can be eaten in the kitchen or dining room only.
- I may carry a clear, spill proof water bottle, filled with water only.

Safety

- Confidentiality is a key foundation to our program. Violating a peer's confidentiality will lead to discharge.
- The Jackie Nitschke Center does not accept responsibility for lost, stolen, or damaged items.
- The fire exits are to be used ONLY for emergency purposes and fire drills.
- Tobacco use is allowed outside during break times. If you use chewing tobacco, please dispose of it in a disposable cup outside. Partially smoked cigarettes may not be saved.
- We allow unopened, sealed, disposable vaping devices that clearly state the content. Any refillable vaping devices will not be allowed. Vaping will only be allowed outside and during designated smoking times and areas.
- I will not leave JNC fenced in area unless given permission by staff. Permission includes scheduled programming.
- Facility doors must always remain closed. I will not prop doors open and will always be sure the door is shut behind.
- The front door of the residential facility is to be used by staff only.
- I may not approach vehicles or any individuals outside of your peers while on walks or in the parking lot.
- I will shower and wear clean clothes daily.
- All items brought into the facility must be checked in by staff.

- To accept something from a former peer, they will have to be out of the residential program for a minimum of **six months.**

Prohibited For Your Safety

- Weapons
- Electronics
- Perfume or cologne
- Refillable Vapor or E-Cigarettes
- Food, candy, gum, drinks
- No Gambling
- Baseball caps or Bandanas. Winter hats may be worn outside only.
- **Dress code**. Undergarments and private parts should be completely covered. Tube tops, crop tops, and articles of clothing with alcohol or drug slogans or advertisements are prohibited. Shoulder straps should be at least 3 fingers wide and shorts must go to at least mid-thigh. No hoods are worn while in the house and that shoes and slippers are worn at all times.

I am aware that failure to follow these responsibilities may result in consequences, up to and including discharge

Jackie Nitschke Center Residential Treatment Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am 7am	6:00-8:00am Breakfast & Chores	6:00-8:00am Breakfast & Chores	6:00-8:00am Breakfast & Chores	6:00-8:00am Breakfast & Chores	6:00-8:00am Breakfast & Chores	6:00-7:30am Breakfast 7:30am LR Floor 8:10am Meditation	6:00-8:00am Breakfast & Chores
8am	8:10am Meditation 8:30am Chore Check	8:10am Meditation 8:30am Chore Check	8:10am Meditation 8:30am Chore Check	8:10am Meditation 8:30am Chore Check	8:10am Meditation 8:30am Chore Check	8:30-8:40am Break 8:40am Walk to AA	8:10am Meditation 8:30am Chore Check
9am 10am	9:00-11:00am Process Group	9:00-11:00am Mental Health Group	9:00-11:00am Rebuilding Self Group	9:00-11:00am Mental Health Group	9:00-11:00am Rebuilding Self Group	9:00-10:00am AA at St. Johns 10:00-10:30am Break	9:00-10:30am Team Building
11am	11:00am-12:00pm Lunch	11:00am-12:00pm Lunch	11:00am-12:00pm Lunch	11:00am-12:00pm Lunch	11:00am-12:00pm Lunch	10:30am-12:00pm Movie and Questions	10:30-11:00am Break 11:00-11:15am Walk to NA 11:15am-12:45pm NA at First United
12pm 1pm	12:00-2:00pm Recovery Enhancement Group	12:00-2:00pm Assignment Group	12:00-2:00pm Recovery Enhancement Group	12:00-2:00pm Assignment Group	12:00-2:00pm Recovery Enhancement Group	12:00-1:00pm Lunch 1:00-2:30pm Major Chore	12:45-2:00pm Walk Back & Lunch
2pm	2:00-2:45pm Break 2:45pm Set up at 621	2:00-3:30pm Break	2:00-2:30pm Break 2:30-2:45pm Walk to Y	2:00pm-2:40pm Break 2:40pm Walk to SMART	2:00-2:30pm Break 2:30-2:45pm Walk to Y	2:30-5:00pm Free Time	2:00-5:00pm Free Time and Visitation
3pm	3:00-4:00pm DAA at JNC	3:30-5:00pm Study Time or Presentation	2:45-3:45pm YWCA 3:45-5:15pm Walk Back and Break	3:00pm-4:30pm SMART Meeting at Gathering Place	2:45-3:45pm YWCA 3:45-5:15pm Walk Back and Break		
4pm	4:00-4:15pm Clean Up 4:15-5:15pm Break	5:00-5:15pm Break		4:30pm-5:00pm Walk back			
5pm	5:15pm Trivia 5:30-6:00pm Dinner	5:15pm Trivia 5:30-6:00pm Dinner	5:00pm Trivia 5:15-5:45pm Dinner	5:15pm Trivia 5:30-6:00pm Dinner	5:00pm Trivia 5:15-5:45pm Dinner	5:15pm Trivia 5:30-6:00pm Dinner	5:15pm Trivia 5:30-6:00pm Dinner
6pm	6:00-6:30pm Clean Up	6:00-7:15pm Clean Up and break	5:45-6:15pm Clean Up	6:00-7:10pm	5:45-6:15pm Clean Up	6:00-6:40pm Clean Up	6:00-6:40pm Clean Up
7pm	6:30-7:30pm Speaker	7:15pm Set Up at 621 7:30-8:30pm AA at JNC	6:15pm Set Up at 621 6:30-8:00pm NA at JNC	Clean-Up, Break 7:10pm Walk to AA	6:15pm Set Up at 621 6:30-7:30pm 12-Step Recovery Meeting at JNC	6:40-7:00pm Walk to NA 7:00-8:15pm NA at St. Johns	6:40-7:15pm Break 7:15pm Set Up at 621
8pm	7:30-10:30pm Free	8:30-8:45pm Clean Up 8:45-10:30pm	8:00-8:20pm Clean Up 8:20-10:30pm	7:30-8:30pm AA at St. Wills 8:30-10:30pm	7:30-7:50pm Clean Up 7:50-10:30pm Free		7:30-8:30pm HA at JNC 8:30-8:50pm Clean Up
9pm	Time	Free Time	Free Time	Walk Back & Free Time	Time	8:15-10:30pm Walk Back & Free Time	8:50-10:30pm Free Time
	10:30pm – In Bedrooms **11pm – Lights Out**						

MEDICATION TIMES: (1) 6-8am, (2) 11am-2pm, (3) 3:15-5:15pm, (4) 8-10pm

Updated: 8/14/25