The free sixteen-week aftercare program at Jackie Nitschke Center started around 1997. We began with one session on Wednesday evenings from 5:30 to 7:00 p.m. We now have five aftercare sessions, Wednesday morning at 10:00 to 11:30 a.m., three on Wednesday evening at 5:30 to 7:00 p.m., and Saturday morning 8:00 to 9:30 a.m. Clients choose one group to attend on a regular basis, but are allowed to attend any of the groups depending on their schedule.

To participate in the program, clients agree by signature to follow certain rules. They agree to attend a minimum of two AA/NA meetings per week, to participate in random drug screens, to remain out of bars through aftercare, to not use alcohol and illegal drugs, to be an active participant in group therapy, to show for sessions on time, and they are aware that breaking another client’s confidentiality results in immediate discharge.

Through aftercare client’s work off of treatment plans written up during discharge planning at the end of their intensive outpatient treatment programming. Over the sixteen weeks of aftercare these treatment plans are expanded through adding various assignments or activities to meet client treatment goals.

During group sessions, we utilize a variety of therapeutic techniques; individual and group cognitive mappings, art therapy, role-plays, group worksheets, experiential activities, and talk therapy. We also recently began assigning community volunteering experiences.

Clients are allowed to miss three times, but need to attend a total of sixteen sessions. When they get to their third miss, we have them come in with a family member to process how they are doing. If they were to miss a fourth time and want to continue in the program, they would need to start over at the first session and pay $80 ($5 for each of the sixteen sessions) before they could re-start. If they were to miss four sessions after this, they would be discharged with the option of returning for a staffing.

The groups are facilitated by certified alcohol/drug counselors.