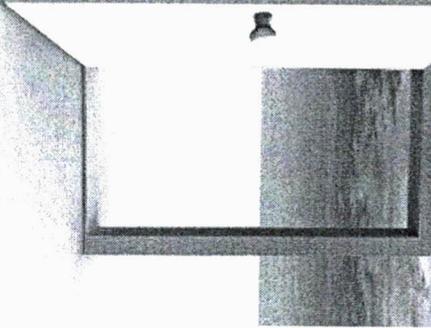


A threshold is the base of a doorway.



The name of our organization was chosen to symbolize the many doorways we pass through in life.

Thresholds was started by Milton "Mickey" Buglass, himself once an inmate in a New Orleans prison. From his experiences in prison, he observed that inmates needed better decision making skills if they were to avoid reacting to situations and to take control of their lives. Buglass believed that every decision becomes a threshold to a new world of possibilities.

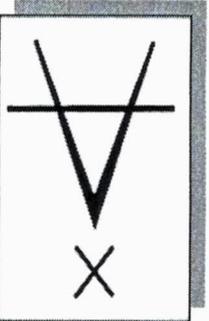
**The Thresholds Decision-Making Program** conducts five cycles per year at Sussex Correctional Institution in Georgetown, Delaware. Each cycle includes eight Monday sessions and three Wednesday sessions from 5:30 to 7:30 P.M.

**Thresholds is a non-profit organization.**

**To make a donation or to volunteer to be trained as a Thresholds teacher,**

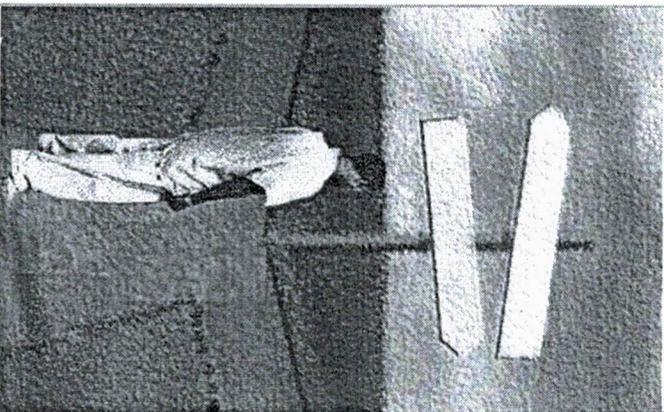
**please call  
302-236-9110**

**or send an email to:  
[thresholdsprogram@gmail.com](mailto:thresholdsprogram@gmail.com)**



## THRESHOLDS PROGRAM

SUSSEX  
CORRECTIONAL  
INSTITUTION  
GEORGETOWN, DE



**Decision-Making,  
Problem-Solving,  
and Goal-Setting Skills**



# THRESHOLDS PROGRAM

## Q&A

**How many inmates are scheduled for each cycle?**  
Twelve inmates are scheduled for each eight-week cycle. An equal number of teachers, which includes fellow inmates and volunteers from the outside community, work one-on-one with inmates in a classroom setting.

**How are the classes structured?**  
"Micro" classes are held on Mondays. They begin with a group exercise, followed by individualized instruction in decision-making, and close with a motivational reading. "Macro" classes are held on Wednesdays and consist of participative group activities to develop and enhance objective self-awareness.

**How do inmates receive verification that they completed the Thresholds Program?**  
A graduation ceremony is held during the final class and Certificates of Completion are presented to inmates who have attended all classes and satisfactorily completed the *Thresholds* workbook.

*The Thresholds Program teaches inmates how to:*

- Set goals and develop action steps to achieve the goals.
- Make sound decisions and solve problems using the six-step decision-making process.
- Gain control over their lives.
- Have a more positive self-image.
- Affirm their worth as individuals.
- Cope positively with life in their communities upon release from prison.

## THE SIX STEPS OF DECISION MAKING

1. Define the Situation.
2. Set the Goal.
3. Develop the Possibilities.
4. Evaluate the Possibilities.
5. Make the Decision.
6. Implement the Decision.

*When I make decisions,  
I am in control of my life.  
When I react,  
I lose control.*