

HOW DOES THE PROGRAM WORK?

Participants are screened for participation in the program by RSVP staff.

Each participant attends 12 weekly group sessions taught by Thresholds classroom teachers.

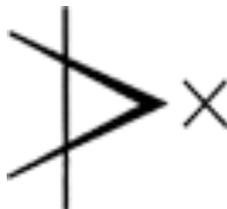
Program participants meet one-on-one with their assigned trained volunteer counselor once a week to discuss and reinforce the material discussed in that weeks group session.

Graduates of the **Thresholds Program** learn what it takes to create better lives for themselves and safer, more productive community for all of us.



Interested in learning more about Thresholds and Decisions Making Program?

Call the SNHS—RSVP office to learn more.



Thresholds and Decisions:
(603) 634-1169
**Call for services in
Manchester and Nashua, NH**

Learn More at:
www.snhs.org

TTY: 800 877 8339



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Thresholds and Decision Making Program

RSVP

Lead With Experience

Volunteers 55+ Serving Our Local Communities



A decision making program offered to individuals currently involved with the criminal justice system in NH.

Sponsored locally by:

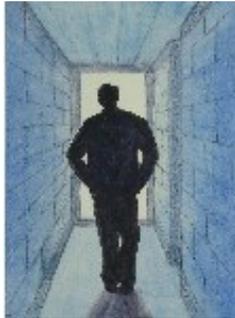


WHAT IS THE THRESHOLDS AND DECISION MAKING PROGRAM?

Thresholds is a critical thinking and decision making program offered to individuals currently involved in the criminal justice system in New Hampshire by trained volunteers.

Sessions are led by trained **RSVP (Retired and Senior Volunteer Program) volunteers** and equips participants with critical thinking and decision-making skills so that they can be successful.

What's in the name?



A threshold is the sill of a doorway of a house or building. The goal is that participants, after completing the course, will **cross over the threshold** into a new beginning in their lives as they start to make better decisions.

Thresholds' 5 Steps to Decision Making

The **Thresholds and Decision Making Program** is designed to teach participants that decision making is a skill that can be learned. This is presented in 5 steps:

1. **See the situation clearly:** In this step participants learn to isolate and define situations, separate external events from internal feelings, and to see their real limits and the real possibilities in their lives.
2. **Know what you want:** The emphasis in this step is on finding a direction or setting a specific goal. It is about what you want from a given situation.
3. **Expand the possibilities:** Participants learn to identify alternatives and to create new ones. Ultimately the desire is to develop more than one way of reaching a goal.
4. **Evaluate and decide:** The skill learned in this step is to project possible outcomes, consider the risks, the probability of success, and the overall desirability of each alternative. Awareness of personal and social values is emphasized.
5. **Act:** The participant learns to map out goals, strategies, and tactics for actualizing decisions. Self-monitoring devices are developed and encouraged as a means to attaining individual goals.

YOU CAN HELP!

No previous experience is needed to change a life.

YOU can become one of our trained volunteer counselors to help change the life of an Thresholds participant!

- Volunteers commit to meeting with program participants for one hour per week for a 12 week session.
- Training and materials are provided to all volunteers prior to the start of new session.
- Ongoing training, support, and materials to teach the program are provided to volunteers by RSVP staff.