



### FACILITATOR SPOTLIGHT

## TRAINER OVERCOMES 2 FLAT TIRES TO ATTEND SELF ESTEEM BOSTON'S FACILITATOR TRAINING PROGRAM

Nancy Sgarzi-Norris, of the High Point Treatment Center Outpatient Program in Plymouth arrived triumphantly to the final day of Self Esteem Boston's Skills For Success Facilitator Qualification Program after getting two flat tires on her way to the training, held last summer in Hyannis. "This program was so important, that I was determined to be at training... My clients have so much to gain from this information," said Norris. Overcoming this unforeseen challenge to participate in the self-esteem facilitator training shows the great determination and commitment of the staff of the High Point Treatment Center.

## Facilitator Qualification Program Update

### AGENCIES SERVED:

Angel House, Hyannis  
Independence House, Hyannis  
South Shore Women's Resource Center, Plymouth  
High Point Treatment Center, Plymouth/New Bedford  
High Point Outpatient Center, Plymouth

Bridge To Hope, Hyannis  
RFK Children's Action Corp., Yarmouth  
Gosnold Detox Unit, Falmouth  
Gosnold Second Offender Program, Falmouth  
Elizabeth Stone House, Jamaica Plain  
St. Francis House Moving Ahead Program, Boston

### Boston 4-Day FQP



### Plymouth 1-Day



### Hyannis 4-Day FQP



### Hyannis 1-Day



## Upcoming FQP Programs

### Self-Esteem Principles and Practices

2 Half-Day Programs – BOSTON

Part 1: January 7, 2008 9:00AM-1:00PM

Part 2: January 14, 2008 9:00AM-1:00PM

### Skills For Success Facilitator Qualification Program

4 Day Program – BOSTON

Day 1: January 11, 2008

Day 2: January 18, 2008

Day 3: January 25, 2008

Day 4: February 1, 2008

For registration and information call (617) 983-1111 x 1

Or email us at [empowermail@selfesteemboston.com](mailto:empowermail@selfesteemboston.com)

FOR INFORMATION ABOUT THESE TRAINING PROGRAMS  
email Self Esteem Boston at [empowermail@selfesteemboston.com](mailto:empowermail@selfesteemboston.com)



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**CONTRIBUTE TODAY! [www.selfesteemboston.com](http://www.selfesteemboston.com)**

**THE GREATEST GIFT IS TO LOVE OURSELVES AND TO HELP OTHERS TO REALIZE THEIR POTENTIAL  
LET'S TAKE THE SELF ESTEEM CHALLENGE!**

**PLEASE JOIN ME BY PLEDGING \$100 ANNUALLY FOR SELF ESTEEM BOSTON**

*–Marcia Burley*

*I believe in the work of Self Esteem Boston.*

*I want to help them become a greater presence in our community.*

For a pledge of \$8.33 per month, you can make a tremendous difference to make sure Self Esteem Boston is in our community for a long time to come!

***\$8.33 each month equals \$100 each year! Everyone can do this! It's easy!***

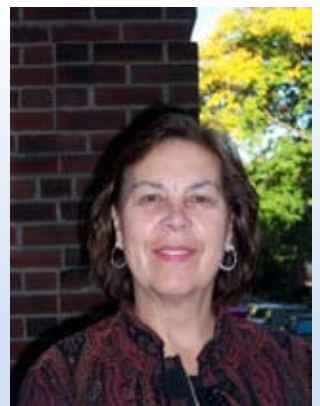
Go to [www.selfesteemboston.com](http://www.selfesteemboston.com) and select "Donate." You can pledge \$8.33 per month for 12 months using your credit card or a checking account! You can also make your pledge by phone by calling (617) 983-1111x 1.

*Email us at [empowermail@selfesteemboston.com](mailto:empowermail@selfesteemboston.com)  
and say you want to take the Self Esteem Challenge!*

Our goal is to raise \$50,000 each year for our new home—a larger office that can become a Center for Self Esteem Boston's administrative operations, programs and activities.

Invest strategically; help create the change you want to see in our community. By helping Self Esteem Boston, you are giving a valuable gift to thousands of women in need, and hundreds of non-profit organizations that provide valuable services for people who need help in our community—because Self Esteem Boston serves both!

Your donations are tax-deductible to the full extent of the law.



***Donate online at [www.selfesteemboston.com](http://www.selfesteemboston.com)***



# DO YOU HAVE EXTREME ESTEEM?

## Self Esteem Boston educates the city on building healthy self-esteem

Self Esteem Boston has just launched its second citywide public service campaign on Building Healthy Self-Esteem. The campaign, entitled "Do you have Extreme Esteem... How do you Measure Success?" consists of the six elements of self-esteem, represented by six women spanning the generations. There are women from their 20's to a woman in her 80's.

The campaign portrays women providing real life examples of the six elements of self-esteem: self-responsibility, self-acceptance, living consciously, acting with integrity, living purposefully and being self-assertive. Since Labor Day, Self Esteem Boston President Marion B. Davis has appeared on regional television and radio shows such as Channel 4 WBZ Television's Sunday with Liz Walker, OLDIES 103FM with June Knight, BNN TV with Carolyn Ingles and Clerk Magistrate Maura Hennigan, and Channel 5 WCVB's CityLine with Karen Holmes Ward.

### IN THIS ISSUE

- Self Esteem Boston Public Service Campaign
- Annual Appeal-Donate [www.selfesteemboston.com](http://www.selfesteemboston.com)
- Community Impact; Programs Served
- Community Impact; Evaluation Results for 2007
- Community Impact; FQP Update
- Women of Esteem
- Extreme Esteem Community Awards
- Upcoming FQP and Community Programs



Marion B. Davis, President and Founder of Self Esteem Boston (right) made a recent appearance on Clerk-Magistrate Maura A. Hennigan's (left) Suffolk County Criminal Justice Connection TV Show to publicize the Self Esteem Boston's public service campaign (9/6/07).



Self Esteem Boston President Marion B. Davis (right) appeared on Sunday with Liz Walker (left) (10/7/07).



Self Esteem Boston President Marion B. Davis (center) appeared on Channel 5's City Line public affairs program with Karen Holmes Ward.

Self Esteem Boston FQP Program Graduate, Delania McCarter-Marmolejos (Left) of Supportive Care in Lawrence, advocated for Self Esteem Boston's programs.



Self Esteem Boston Program delivered a program series for the women of Watertown Even Start. East Cambridge Savings Bank funded the program series.

# ANNUAL APPEAL

## Letter from Board Chair Audrey Valeriani



### SELF ESTEEM BOSTON IS A PRESENT TO WOMEN IN OUR COMMUNITY

In the lives of the thousands of women Self Esteem Boston serves, a single moment can change everything. As Kate escapes the horrors of domestic violence, she bravely searches for her moment of clarity and dignity. As Mary gets released from a halfway house, she steps forward hoping for her moment of optimism and determination. As Susan struggles through another day of sobriety, she prays for her moment of perseverance and comfort. And as Beth leaves the homeless shelter in search of employment, she is digging deep for the courage and confidence to land a job. These strengths, which most of us take for granted every day, are the priceless gifts that Self Esteem Boston gives to women in our community who are in need of our support.

Self Esteem Boston is now celebrating its 15th Anniversary as the only organization in the United States—and internationally—that develops and delivers self-esteem educational life skills programs as the basis for changing people's lives. We target our services to women with the least access to resources; women who are in homeless shelters, domestic violence shelters, drug and alcohol treatment centers, and pre-release programs. Our programs educate women, who feel worthless and hopeless about their lives, to learn tools that help them to develop the self-confidence, self worth, and essential life skills to help them move forward.

Another important part of our work is the training of group leaders and direct care workers, who lead groups and work one-on-one with at-risk populations throughout our state. I invite you to become involved in this important work. Take this moment to think about all the good you can do by giving those less fortunate a chance to think clearly and positively, believe in themselves and their abilities, and live in the present.

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Casey Mitchell, FQP Trainer, Program Development Team  
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## PLEASE MAKE A GENEROUS DONATION TO SUPPORT SELF ESTEEM BOSTON'S WORK IN THE COMMUNITY!

DONATE ONLINE AT [www.selfesteemboston.com](http://www.selfesteemboston.com)  
OR Mail your donation in enclosed envelope

#### I HAVE EXTREME ESTEEM!

I would like to show my gratitude and appreciation for the life I lead by contributing to help someone else.

- \$1,450 (trains 1 group leader to run self-esteem workshops)
- \$1000 (provides 4 self-esteem workshops for 80 clients)
- \$500 (provides 2 self-esteem workshops for 40 clients)
- \$250 (provides 1 self-esteem workshop for 20 clients)
- \$150 (provides year-long programming for one person)
- \$75 (funds travel to program sites...)
- \$50 (funds the cost of certificates of completion)
- SELF ESTEEM CHALLENGE - PLEDGE \$8.33/ month for 12 months=\$100
- I would like to be on Self Esteem Boston's 15th Anniversary Event Committee

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone Number/ Email \_\_\_\_\_

# PROGRAMS SERVED SUMMER/AUTUMN 2007

## DIRECT SERVICE PROGRAMS BOSTON AREA

### YEAR-ROUND

- Meridian House, East Boston
- Conexions Program, East Boston
- Transitions, Mattapan
- Entre Familia, Mattapan
- Dennis McLaughlin House, Charlestown
- Shepherd House, Dorchester
- New Women's Hope, Dorchester
- Latinas y Ninos, Roxbury
- LARC Program, Jamaica Plain
- Women's Resource Center, Boston
- Rosie's Place, Boston
- Kitty Dukakis Women's Treatment Center, Jamaica Plain
- New England Shelter for Homeless Veterans, Boston
- Waltham Even Start

### SHORT-TERM PROGRAMS

- Germantown Neighborhood Center, Quincy
- Cambridge Women's Center
- Horizon House I, Boston
- Horizon House II, Boston
- The Second Step, Newton
- Horizons for Homeless Children, Boston
- SOAR Program, Long Island Shelter

### STAFF DEVELOPMENT, PARENT & COMMUNITY PROGRAMS

- Dimock Shelter, Roxbury
- Dimock Community Health Center, Roxbury
- Beacon House, Boston
- Chelsea Square Apartments, Chelsea
- Neighborhood Network Learning Center, Dorchester
- Jamaica Plain Head Start
- Twelfth Baptist Church, Roxbury
- Chinese Church Head Start, Boston
- Frisoli Youth Center, Cambridge
- Lena Park Head Start, Dorchester
- Underwood After School Program, Newton
- Washington Heights Housing, Roxbury



Self Esteem Boston President Marion Davis (left) presents the Extreme Esteem Award to Self Esteem Boston Program Graduate Mellisa Herren (center).

Mellisa is now part of the staff of the Massachusetts Organization for Addiction Recovery (MOAR). Maryanne Frangules, MOAR Project Coordinator, is pictured (right).

addiction led to a tangle with the courts. She spent ten months in treatment at Meridian House from late 2005 to October of 2006. While there, she attended more than 20 weeks of Self Esteem Boston groups and earned a ten-hour and a twenty-hour certificate. Today she is working at Massachusetts Organization For Addiction Recovery and she is thriving! In November, she celebrates her second anniversary of being drug free and sober!

Mellisa acknowledged that she "didn't have high self-esteem to begin with" and that "this contributed to her substance abuse problems" along with other factors. While in the Self Esteem Boston program, she worked on building her communication skills. Mellisa said, "in Self Esteem Boston's program, I learned to be positive and assertive." Additionally, I learned effective goal-setting; by breaking things down into manageable steps. I now set goals by starting small and knowing that I don't have to fix everything at once." In the Self Esteem Boston groups, Mellisa learned to select a specific problem to work on, get feedback on it, and plan the steps necessary to get there. Mellisa said, "when I left the Meridian House, I used these skills to create a new schedule and a new structure for my life."

Mellisa began volunteering at the Massachusetts Organization For Addiction Recovery (MOAR), and was hired as a paid staff member. She took part in planning the Statewide Recovery Day held at the State House in Boston. Mellisa has a future goal to continue with school and earn her bachelor's degree.

Mellisa Herren is being honored for her achievements with Self Esteem Boston's 2007 Extreme Esteem Award. Her struggle with heroin

## Extreme Esteem Awards

Boston City Councilor  
Stephen Murphy



State Senator  
Stephen A. Tolman



# COMMUNITY IMPACT REPORT

## 2007 SKILLS FOR SUCCESS EVALUATION RESULTS – REPORTED BY MT. AUBURN ASSOCIATES

### AS A RESULT OF OUR DIRECT SERVICE PROGRAMS, IN FY 2007, PARTICIPANTS REPORTED:

- Improving parenting skills (91.8%)
- Becoming an effective advocate for myself (98.4%)
- Making good decisions (98.8%)
- Developing and maintaining positive relationships (96%)
- Communicating more effectively (95.6%)
- Developing personal and career goals (96.8%)
- Feeling worthwhile as a person (96.4%)
- Working cooperatively with others (98%)
- Resolving conflicts (96.8%)
- Developing and maintaining positive relationships (96%)
- Setting priorities (98.4%)
- Handling life's challenges (98.8%)
- Success in avoiding negative behaviors (96%)

- Managing anger and stress (95.6%)
- Dealing with people in positions of authority (95.1%)
- Taking care of one's health (95.5%)
- Avoiding negative behaviors (96%)

### PARTICIPANTS ALSO REPORTED

- Staying drug and alcohol free (93.8%)
- Advocating for themselves to find permanent housing (81.3%)
- Meeting the goals of treatment and transitional program (97.8%)
- Their ability to successfully reintegrate into the community (91%)
- Advocating for needed services for themselves and their family (87%)
- Getting and keeping a job (83.8%)

**Consistency is the key to Skills For Success**

### Thank you to our Contributors

Ms. Philomena Armstrong  
Bank of America  
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BMC Healthnet Plan  
City of Boston Trust  
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The Clipper Ship Foundation



Marie B. Croake, Relationship Specialist at Sovereign Bank, and Treasurer and Founding Member of Self Esteem Boston, presents a check to fund 10 of Self Esteem Boston's programs in homeless shelters and transitional programs in the City of Boston. Pictured are: (2nd Row) Board Chair Audrey Valeriani, (1st Row Left to right) Clerk Carmella Natarelli, Treasurer Marie B. Croake, and Self Esteem Boston President Marion B. Davis.

## Extreme Esteem Awards



**Peter Meade Executive Vice President, Corporate Affairs, Blue Cross Blue Shield of Massachusetts**



**Self Esteem Boston President Marion Davis (right) presents the Extreme Esteem Community Award to Kelly Nevins, Community Relations Director of BMC HealthNet Plan (left).**

**Self Esteem Boston is recruiting members for our fundraising committee and board of directors  
Call 617-983-1111**