



The Osiris Group

THE OSIRIS GROUP

PROVIDING HOME BASED CLINICAL SERVICES

- Behavior Management
- Individual Counseling
- Family Counseling
- Group Counseling
- Psychological Testing
- Case Consultations
- Staff Development
- Cultural Research

FAMILIES Do Matter
WILD AM 1090 Radio
 Join Us Live
 Sunday's at 1:00 pm

Approved by NHP-Mass Health to provide (FST) Family Stabilization Team services for families in Metropolitan Boston, and for the following organizations:

- DMH
- DSS
- Chapter 766 Schools
- Group Homes
- Residential Homes
- Hospital Emergency Referrals

The OG Perspective

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The "Could Have Been" Virus (part II)

Where Does the Could Have Been Virus Come From?

To keep this definition feasible, I'm going to refer to a chapter in my recent work "[Post Traumatic Slavery Disorder](#)" published by [IITE](#) in [2002](#). The Could Have Been virus is a latent stage of "Mentalcide" which is explained as follows: *While it is an acceptable fact that Africans were in the Americas long before Columbus sailed for the new world; for the purpose of this discussion, we are going to begin our time period around 1619. This was when the boom in the mass importation of African's grew the institution of slavery. The first stage in transforming an African tribal member into a slave was to keep him from thinking freely - the beginnings of "Mentalcide" as Mental Homicide. That meant African people could no longer interact with their families and friends using their language(s), [customs](#), [values](#), [norms](#), [beliefs](#), [rituals](#) etc. That period lasted from 1619 until approximately 1865, or 246 years.*

The second developmental stage of "Mentalcide," occurred from 1865 until about 1965, or what I have come to refer as (US Apartheid); the Jim Crow laws and the Black Codes, lasted



another 100 years. The environment Blacks were confronted with the legalization of slavery ended did not end the process of a developing social "Mentalcide," it caused a festering and growth. "Mentalcide" has three modalities as we understand it. 1) a brainwashing that allows one human being to abuse another mildly or extremely; 2) a visualization by one human being seeing different human beings as other than human; 3) and an effort on behalf of human beings to become something other than who they are to protect themselves.

Mentalcide affects everyone! "Mentalcide" defined as "mental homicide" is the most obvious disorder under the umbrella of Post Traumatic Slavery Disorder. Mental homicide is what happens when a person's mind is controlled to the extent that he or she cannot see what is in front of their eyes. It is as though a veil has covered their eyes. Those who are the targets of mental homicide understand what it is they are experiencing, although they have no psychological interpretation. In order to defend themselves from those who maintain and perpetuate the veil, they make themselves as insignificant as they can; as un-intimidating as they know how. These acts are the beginning of mental suicide. In order for a tall/large, brilliant, Black man to become small, insignificant and un-intimidating he will smoke, drink, do drugs, dress down, hunch his shoulders, be unkempt, and be uneducated. A striking,

Black woman becomes insignificant by dressing and acting like a sexual object rather than a competitive, driven person. This behavior begins in school, just around fourth grade.

How is Mentalcide tied to the Could Have Been Virus?

Many of the people the clinicians of the Osiris Group provide services for would have much better lives if they had invested more in their own human capital. A report release by the Boston Redevelopment Authority in 2001, stated "to reside in Boston that family would have to be earning an average salary of \$42,000.00 per- year." A majority of the families The Osiris Group provide services for are employed and earning less than \$30,000 per year. Most of these families work two or three jobs to earn this income and/or just to make ends meet. When members of Osiris suggest or recommend to our neighbors that they should consider returning to school either for vocational training which can lead to a better paying trade or a degree program, our neighbors choose to remain frozen in their position.

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FENWAY PARK
BOSTON

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Osiris Group Families Witness History

April 17th was a magical night at Fenway Park. The rivaled Yankees were in town. New Japanese phenom pitcher, Daisuke Matsuzaka was pitching for the Red Sox.; his first performance ever against New York Those are big enough reasons for a special night. No one could have predicted that in fact

sports history would take place. In the third inning, the Red Sox, down 3-0, hit four consecutive homeruns to take the lead. The Red Sox eventually won the game 7-6 and capped off a three game sweep of the vaunted Yankees. Some families, courtesy of the Osiris Group, were fortunate to witness the history unfold in person, among the Fenway frenzy. “Part of the OG philosophy is that we must share with our families the so-called ‘good-life’,” says Larry Hig-

ginbottom. “So many of our families miss out on life because they worry too much or become stuck in misery but there is a good-life out there for each one of us. Enjoying a nice restaurant, theatre or the Red Sox is part of that.”

OG Family Mentor and organizer for the outing,, Ray Velasquez, was grateful. “It was truly amazing. I'm just glad the kids I was with were able to experience this...it is something they will never forget.”

The Could Have Been Virus (cont. from page 1)

What health and quality of life issues are affecting our inability to manage lifestyle change? Even with the cutbacks in federal, state and city spending there are a proliferation of programs offered to working class people and their children. A tour of any local community college billboard will demonstrate this. Why does it appear that so many black people choose to accept sub-marginal lives?

The answer lies in the presence of a virus. Webster's definition(s) of a virus can help demonstrate:

1. *Viruses are typically not considered living organisms, they require a host; e.g. small or microscopic ideas; that often cause dis-ease (lack of comfort) grow on an individual and consist essentially of a core concept (can't).* For instance, have you had a social conversation shift to how an individual could have finished college but he/she got caught up in partying, alcohol, drugs, etc. Do those words ring a bell or hold true for you? Have you said or heard them used by family, friends

or strangers? Have you ever heard a student say he/she could have gotten A's or B's or "Could Have Been" better but chose not too?

2. *Something that poisons one's soul or mind: the pernicious virus of racism. Any morbid corrupting quality in intellectual or moral conditions; something that poisons the mind or the soul.* Have you ever heard someone tell the story of how a male let a very attractive, ambitious female slip through his hands because he refused to stop using drugs, stop hanging on the corner or get a job whose comment was I could have had her? Would you consider his mind or soul clean and healthy? Millions of black people suffer from some from of an inferiority complex that can be easily traced back to the slave trade.

3. *A program that searches out other programs and 'infects' them by embedding a copy of itself in them, so that they become Trojan Horses. When these programs are executed, the embedded virus is executed too, thus propagating the 'infection'. This*

normally happens invisibly to the user. Have there been relatives or friends you helped to get an interview for a well paying position, but failed to show up for the interview and didn't bother to call to reschedule for another date or time? Have there been times when you when you reminded them of the opportunity they let slip away and they tell you "I could have been in that position or job if I had wanted it, but I didn't want it." Just how many "what a shame" or "what a waste stories" have we heard in our collective life-times? The lost human potential of those affected by the Could Have Been Virus is immeasurable. Are you beginning to get the picture here? The Could Have Been virus is rampant in the black community because collective psyche of black people has not processed or debriefed from the nearly 400-year orientation within the institution of slavery.

(Continued on back page)

Our Undeveloped Potential by Deborah Higginbottom, President/Co-Founder —The Osiris Group

*I am only one.
But I am one.
I cannot do everything.
But I can do something.*

*What I can do
I ought to do.
And what I ought to do
By the Grace of God I will do.*

By Canon Farrar

As so many of us have walked through our communities, we have become aware of the broken and disoriented lives of people we knew, who were once, gifted, intelligent and aspiring individuals. They, as ourselves, had dreams and aspirations to do great things and to soar beyond the clouds. Today however, they are lost in a web of purposelessness, substance abuse, haphazard decisions and among poorly chosen friends. As a result of this untapped or undeveloped potential, our communities are hemorrhaging at a catastrophic rate... this tragedy grieves me deeply.

As Dr. Myles Munroe says, "What could have been has become what should have been. The wealth of dreams has been dashed into the poverty of discouragement".

Dr. Munroe has also stated that "the wealthiest spot on the planet is not the oil fields of the Middle East, neither the gold and diamond mines of South Africa, or the uranium mines of the Soviet Union. The richest deposits on this planet rest in our local cemetery or graveyard". As a people, too many of us are unaware of the enormous potential we bury daily. The senseless deaths of so many of our youth has denied our communities and the world...great leaders, mentors, role models. There are books that will never be written, ideas that will never be shared, songs that will never be sung. Think about the inventions that will never be born or the lost cures for diseases and illnesses. We are burying potential that remained potential.

Now you ask yourself, what can "We" do to stop the hemorrhag-

-ing? The answer starts with you. As Michael Jackson sang: *I'm starting with the man in the mirror*

You must ask yourself the following questions: Who am I? Why am I here? How much potential do I have? What am I capable of doing? By what criteria should I measure my ability? Who sets the standards? By what process can I maximize by ability? What are my limitations? Within the answers to these questions lies the key to you having an effective and fulfilling life.

Once we begin to understand our own potential, gifts and purpose. We can reach out and help build that undeveloped potential in ourselves, our families and our communities. There's a wealth of potential in all of us and we must decide if we are going to bless the world with the untapped resources locked away within us or rob the world from them.

Remember....."I am one. I cannot do everything. But I can do something. What I can do, I ought to do.

And what I ought to do, by the Grace of God I will do".

Excerpts of this article was taken and quoted from "Understanding your Potential" by Dr. Myles Munroe



"Thinking is the essential tool in improving your quality of life."

It's Not My Fault by Lemuel Mills, Family Mentor—The Osiris Group

This has become a common mantra for the disenchanting and disenfranchised. It underscores the pervasive pathology of excuses, that many readily opt for, when discussing their existing malaise. Moreover, it has established a debilitating paradigm of mental dysfunction and social stagnation. The people I refer to do not accept responsibility for their words or actions but instead, feebly assign blame to others, i.e. educational systems, social service providers, poverty, lack of parenting/

nurturing, politics and racism. While each of the aforementioned can be valid barriers, still, the question to be answered is. "How do I overcome these obstacles?"

The answer is using the same reservoir of knowledge and action that has allowed for the ending of slavery, civil rights enactment and any other impediment which has impacted our collective quality of life.

The solution lies in "you". "You" have the power of choice...either to become educated and a creative problem solver or to subsist in a depressive state of inaction and accept your fate.

Thinking is the essential tool in improving your quality of life. Remain conscious and positive change will occur...or it will be "your fault".



Inspirational Words of the Month

“Literacy is inseparable from opportunity and opportunity is inseparable from freedom. The freedom promised by literacy is both freedom from ignorance, oppression, poverty and freedom to do new things, to make choices, to learn.”

- Koichiro Matsuura

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Questions or comments about The Osiris Group?

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The Osiris Group has a current staff of forty (40) members which consists of clinicians and mentors who are able to service one hundred (100) families per month. Our clinicians and mentors coach parents and children in techniques such as; behavior modeling, advocacy and support, seeking community linkage, relationship building, social skills, job searching and other self-development methods that enhance whole life skills. Our flexible team can structure its schedule to accommodate each family. All team members reside within the communities served and can respond immediately to a family in crisis. We have an open referral process, encouraging recommendations from social workers, group and residential homes. Coverage options range from Sunday to Sunday for three months to year-round comprehensive services. Have questions? Contact us today!



90 Days by Harry Harding, Family Mentor-The Osiris Group



90 days is not a long time. It might be unreasonable and perhaps impossible to believe that someone could change the course of another's life in only three months. Since working with the OG, I have realized exactly how much impact one can have in such a short time.

Many times when our service team has an initial meeting with a family, there is a noticeable apprehension in the air – a clear sense of uncertainty from parents and children alike. The distrust is

understandable. We are in their homes, their workplaces and their schools and ultimately, in their lives, amidst their conflicts and struggles. We are there to provide a sense of stability and peace, and to assist them rebuild a comfortable family structure. And in most cases, we have 90 days to get it done...

Because the Osiris Group service teams have such frequent and intimate contact with clients, these developments within families become possible. The early tension that families feel begins to dissolve once they have shared their experiences with OG clinicians and mentors. Allowing the service team to challenge their existing habits opens their path to change. The OG team empowers families by helping them review their decision making, and offering them tools to alternatively handle conflict and stress.

Not every family will experience a dramatic shift in only three months. The truth is, some families will only just begin the process of change. This is just as significant as any major adjustments that may occur within a family over the same amount of time. With 90 days to work with, starting the motions of change may be the best thing we can do for a family struggling to find stability and strength.

It is amazing to watch progress take place within a family, week-to-week and even, day-to-

The OG Perspective

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