



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

VOLUME 1, ISSUE 2

APRIL 2007

## FATHERHOOD: Lessons From My Father

Since our practice is entirely home based, we at the Osiris Group have the opportunity to see exactly why millions of Black and Latino families (headed by mostly Black and Latino mothers) are fighting a losing battle to the city streets, especially in America's ghettos. In most single family homes, it's a fact that most of the children's fathers are missing. I want to share some of my observation from the trenches, let me make it very clear; my issue is not with Black and Latino female's heads of households, particularly those who are waging a gallant battle to prevent their children from becoming the latest urban statistic. My issue is with the males. Children need their fathers in their lives everyday to prepare them for life's journey.

### The Difference a Father Can Make

Everyday clinicians all across America are working with Black and Latino children to help them process issues such as anger, self-esteem, abandonment, rejection, self-image, identity crisis, violence, drugs, gangs, poor education, sexual exploitation, parental / sibling conflict, community violence, home violence, fear, unemployment, poor housing stock and not

to mention the prison complex. As the Founder of the Osiris Group, I want to remind our parents it is during the formative years of a child (from birth to age 12) when



they are more amenable to be taught and instructed. This is a period when a father must be involved. A father's influence is critical to the development and value-shaping period of his children. I would like to share the impact my father, the late Reverend Mark Higginbottom, had on my life. It was my father who taught me the importance of personal hygiene. My father taught me to remove my hat from my head once I entered a building (I never quite understood why but since he and other Black men were doing it I figured it could not be bad). My father taught me to, under no circumstances, refer to Black

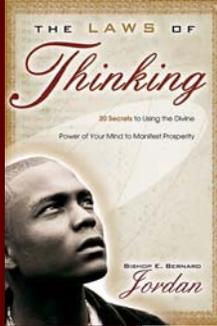
women as whores or bitches. And I was never, ever allowed to fight or hit Black women. My dad also introduced me and six brothers to doing chores around the house- the message was clear: you live here, so you have to pitch in to keep the house clean. It was my father who taught me how to handle failure without perceiving myself as a failure. It was my dear dad who introduced me to the world of competition through the world of sports (I remember my dad taking me to see the Birmingham Barons of the old Negro baseball league). It was my dad who taught me my first lessons on race; I can still hear him telling me as a young kid, "Just because white people call us niggers, does not mean we are supposed to prove them right."

(continued pg. 2)



**Larry Higginbottom**  
CEO/Founder, The Osiris Group

## Recommended Reading: The Laws of Thinking



The Laws of Thinking  
By Bishop E. Bernard Jordan

Bishop E. Bernard Jordan is the founder of Zoe Ministries in New York City, a faith-based initiative devoted to messages of Christ. Bishop Jordan is also the author of *The Laws of Thinking: 20 Secrets to Using the Divine Power of Your Mind to Manifest Prosperity*. Jordan's book is a fascinating and deliberate read, a well-balanced account of scripture and intellect. In the introduction he shares that people ask him, "Why is God angry with me?" He tells them that "God is not

angry with them, frustrated, perhaps." Jordan goes on to write, "...I share with them something many of them are not prepared to deal with: their prosperity or poverty lies not in the hands of God, but in their hands."

The Laws of Thinking is written to stimulate both the spiritual and creative mind. Bishop Jordan is honored as a prophet among clerics and followers alike. He has written more than 40 books, appears live on

the television program *The Power of Prophecy* and his work and ministry can be found online. Overall, the mix of Bishop Jordan's Christian overtones and his ability to connect with the reader is an impressive achievement.

*The Laws of Thinking* is available at most book stores and more information about the book and author Bishop E. Bernard Jordan, can be found on-line :

<http://www.bishopjordan.com>

"Just because white people call us niggers, does not mean we are supposed to prove them right"

## Lessons From My Father

(from pg. 1) It was my dad who taught me about sex and responsibility. My father would always say to me that I should not make him a Grandparent until I could afford it. I guess dad knew from supporting eight kids that you needed more than just love to raise children- you also needed maturity and income. I was thirty-eight when I had my

first and only child. It was my dad who taught me the importance of being an independent thinker, and that lesson kept me out of jail. I believe it is his mentoring that kept me out of prison when so many of my friends lacked the courage to say no when presented with ideas of illegality. By being raised and taught to be an independent thinker,

my self-worth or self-esteem was not dependant on what my so-called friends thought of me. (continued on back page)



## Osiris Members Attend CSI Conference



On March 1st, Osiris members attended a conference at the Reggie Lewis Track and Athletic Center in Roxbury, hosted by Community

Services Institute (CSI). The session was part of an education series , CLINICAL STRATEGIES FOR HOME-BASED THERAPY. The lecture was delivered by Dr, Frank Sacco, President of CSI. The topic of focus was the need for home-based therapy and the

Implications of a federal decision that requires Mass Medicaid to provide home-based therapy rather than in residential/institutional settings. The invited guests included The Osiris Group, DSS and other DSS Lead Agencies. The next session is on April 5th and session three on May 3rd.

The Reggie Lewis Track and Athletic Center in Roxbury

## Like My Family by Harry Harding, Family Mentor—The Osiris Group

People often ask me, what makes the Osiris Group special? One of my clients answered that question while venting during a recent family session. Her answer was better than I could ever explain. My client, a single-parent of two small children, described how service agencies she had dealt with prior to working with the OG had been less than effective. Principally, my client believed that the previous workers had little knowledge of the local community and had little or no experience

with behaviorally challenged kids. She felt they were not best suited to offer specialized assistance. "One of the case workers was no more than 21 or 22 years old and from out-of-state," she remembers. "The woman didn't even have kids of her own and she was telling me what was best for my child?" I did not consider her words as criticism of social workers or traditional models. Instead I found it as a compliment for the relationships that the OG are able to build. There is substance

in practicing theory. Theory and rhetoric, however, can only do so much. My client went on to say that working with the Osiris Group was different because of the people. "People from the Osiris Group relate to me," she said. "They are like my family." I told you. Her answer was better than I could ever explain.



## Self Care by Salesia Hughes, Family Clinician—The Osiris Group

As providers and social workers it our profession to absorb the emotions of others. Often times we expend enormous amounts of energy offering support and taking care of other people. Knowing this, it is our responsibility to make sure we are always taking care of ourselves **first**. What good are we to anyone else if we are not in the best mental and physical shape? The same principle applies to parents with challenging kids (aren't they all?) Too often I work with parents who are under tre-

mendous amounts of stress and part of the reason is that they do not take time out for self care. It is natural to worry about your child and have some anxiety when they are struggling. However, it is unnatural and unhealthy to constantly worry about your kids and neglect your own needs. I enjoy having sessions with mothers while getting our hair and nails done. Afterwards they are

smiling and feeling good about themselves. I encourage parents to schedule time for self care at least once or twice a month, just to refresh. Get a spa treatment, go to a concert or take long walks if you need too. Just don't forget about you.

*"It is our responsibility to make sure we are always taking care of ourselves first."*

## What Am I Supposed To Do Now? by Reynaldo Velasquez, Family Mentor—The Osiris Group



There is a real crisis among some of our immigrant communities. I cannot tell you how many times I have heard, young men say, "What am I supposed to do now?" I

hear this so often, I have begun to refer to it as the "What am I supposed to do now?" virus. One of my clients, a young Latino father, wants to work to support his family and he

is unable to do so. Here is a young man who goes to school, stays out of trouble and wants to work. But because of his residency status, he cannot apply for summer jobs or positions that require a social security number. Kids, like my client, are often denied opportunities that most young people take for granted. Without social security identification, immigrant teens are left out from getting jobs, obtaining a

driver's license or applying to college. The best example is Mario Rodas, a 19-year-old who immigrated to Chelsea from Guatemala when he was 12. In 2006, Mario graduated Chelsea High with honors. Rodas, who wanted to go to Harvard, was arrested and subject to deportation. Some may think cracking down on immigrants is good. I would just remind those people

that everyone in this country, other than the Native Americans, come from immigrant families too. This form of modern day oppression, or in the words of my colleague Lemuel Mills "economic terrorism", limits the opportunities of talented youth like Mario Rodas and prevents them from achieving financial independence. What are they going to do now?

## Inspirational Words of the Month

“Our lives begin to end the day we become silent about things that matter.” - Martin Luther King, Jr.

### The Osiris Group

PO Box 190259

Roxbury, MA 02119

Phone: 617.442.2002

Fax: 617.442.4002

<http://www.osirisgroup.org>



Questions or comments about The Osiris Group?

Send email to:  
Larry Higginbottom  
[larry@osirisgroup.org](mailto:larry@osirisgroup.org)

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!



## Lessons From My Father

(continued from pg. 2) And finally, it was my dad who taught me the importance of being an entrepreneur. My dad would always say to me: Larry, a fool can get a job if he follows these five simple-minded rules: **1.** Do not scare white folks when you go in for the interview, white folks are already afraid of you so don't have to add to their fear **2.** Be well dressed, white shirt, pressed slacks, shined shoes **3.** Speak your best version of Standard English **4.** Make sure your hair is well groomed **5.** Be on time

These five 'simple-minded rules' have served me well since 1967 when I went for my first summer job as a counselor. Today, some of you might refer to these simple-minded rules as 'soft skills'. It's a shame. We are forced to spend billions of dollars trying to teach youths today, something our fathers taught my generation before we went into the world on our own.

It is clear to me, and should be to most of you, that fathers are sorely missed.



Rev. Mark Higginbottom and son, Larry Higginbottom

## The OG Perspective

PUBLISHER

**The Osiris Group**

**Larry Higginbottom**

**CEO/Founder**

**Deborah Higginbottom**

**President/Co-Founder**

EDITOR-IN-CHIEF

**Harry Harding**

CONTRIBUTING

WRITERS

**Larry Higginbottom**

**Harry Harding**

**Salesia Hughes**

**Reynaldo Velasquez**