



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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Missed Opportunities by Larry Higginbottom

In the last several years I have had the opportunity to travel and see how other people of African descent are living. Two simple words keeps returning to my mind when I compare the opportunities African-Americans have in this country compared to opportunities available to our brothers and sisters who reside in the Caribbean and Africa: Missed Opportunities.

I have been blessed to have visited Jamaica, Trinidad and Barbados, St. Kit...and this past summer I was able to visit Ghana with my family, thanks to the Black Social Workers. What an eye opening experience. I strongly encourage all African-Americans to take the trip back to where it all began, mother Africa.

From the moment I first begin to travel to these countries I started to think that African-Americans were being taught wrongly. We were not being instructed that despite all of the wrong doing White America had subjected us to, the fact remains we live in a country that if you invest in your self-development, you can get yourself out poverty. We live in a country where there is vertical mobility. This is our country and it is ours due to our birth-right. But instead we are being sold on receiving public assistance, hand-outs and free turkeys. We are not sold on becoming highly skilled or marketable, where we could control our own financial destiny. Instead we are being directed to become dependant on a city, state or federal government



program.

What has become very clear from my travels in the last five years is before you can capitalize on an opportunity, you first must be able to recognize one when you see it. So many African-Americans today have been helped through social programs, they are now permanently blinded from recognizing opportunities.

Our visit to Ghana coincided with the country celebrating fifty years of being independent from British rule. We stayed in the capital city of Ghana, named Accra, but for me I was instantly transported back in time to my childhood in Mississippi, Alabama and Tennessee. Although there were modern buildings, most of the dwellings in the capital city consisted of two or three rooms shacks with tin roofs, no indoor plumbing, no electricity, dirt roads, farm animals roaming freely, over-crowded and poor living conditions and many idle adults.

Our visit to Ghana also took place during their school break. However, instead of these children resting, they were out selling arts and crafts trying to earn next semester tuition payment. What was really interesting to see (which really reminded me of my

childhood experience) the Ghanaians, like my parents generation who left the South in search of better opportunity, they were accustomed to making things happen. Because there was no safety net to depend on, if you did not create an opportunity for yourself, there would be no opportunity. What happened that has caused so many African Americans to become psychologically comfortable receiving help from city, state or Federal government?

Perhaps this is an extreme example of misplaced good intentions. The sad truth is when you do for a person or a people the things they must, and should do for themselves, essentially you disable them... you make them a slave to you.

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For more information about



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“Harriet Tubman said it best when she was asked about how many slaves she had freed.... ‘I could have freed thousands more, but they had become slaves’.”

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THE OG PERSPECTIVE

Missed Opportunities by Larry Higginbottom

(continued from front page)

There has never been a better time to be an African-American in America than right now. First of all, thanks to our parents, grandparents and the millions of unknown Blacks, the institution of Jim Crow Segregation was destroyed. As African-Americans living in America today, we are not confronted with that evil. Secondly, in a society where people get rewarded and compensated

based on their skill base, African-Americans should be at the top of the leaderboard... not to dismiss the fact that we were denied access for so long. But why are so many of us not highly skilled? I think Harriet Tubman said it best when she was asked about how many slaves had she freed. Harriet commented that, “I could have freed thousands more, but they had become slaves”.

The late historian Carter G. Woodson who wrote the classical novel, *Mis-education of*

the Negro put it this way: “When you control a man’s mind you don’t have to worry about his actions. You do not have to tell him not to stand here or go yonder. He will automatically find his proper place and stay in it. You do not need to send him to the back door. He will go without being told. In fact, if there is no back door, he will cut one for his special benefit.” A person who has become a slave of another will never recognize opportunities.

The OG Model—Parents as Teachers



We often hear that it’s the parent’s job to teach their children social etiquette and interpersonal skills. The Osiris Group “Parents as Teachers” model starts a process of understanding psychological wounds, which have been left unattended due to their own improper acculturation.

The Osiris Group works with the whole family to help them fully understand the significance of the term “Family.” Within a strong nuclear family parents have certain roles: the male when appropriately acculturated brings: leadership, provisions, protection and love; women when appropriately

acculturated nurture, acculturate, love acculturated nurture, acculturate, love and knit cohesion. Using this standard we understand that historically, men have been seen as the family provider, however often today mothers are the family providers. With constantly changing roles coupled with inappropriate acculturation - parenting has become a lost art. Parenting is totally lost when parents enter the arena of parenthood with convoluted (unhealthy or unproductive) notions of parenting which they then unintentionally pass onto their children (as it has been unintentionally passed onto them).

Clinical practitioners at the Osiris Group recognize that all traumas must be confronted face to face in order for psychological healing to begin. That is why we have created the “Parents as Teachers” model. The Osiris Group starts with examining the lessons we learned from our parents. Although we love, appreciate

and respect our parents, we must now examine the job our parent(s) did or did not do with us...then we must begin to face the truth about those experiences. We teach our parents to look at the issues of: discipline and limit setting; the importance of introspection, culture at home and other child development tools; anger management, behavior modeling, exposing children to too much too soon. parents as educational advocates; parents as career advocates; the culture of alcohol and drugs; financial literacy; adult relationships and child rearing; a strategic life plan.



Editor’s Note: Read *Parents as Teachers* in its entirety and other Osiris Group philosophies @ www.osirisgroup.org.

Family Budgeting by Marcus Williams, Family Mentor —The Osiris Group



holds with several working adults struggle budgeting their finances on a weekly basis. It is important to have a sound budgeting system so that food is always on the table and bills are always paid.

It may not always be a fun task but keeping track of finances, incomes and expenses, is never a disadvan-

tage. Bills...we all have them. We know what bills are important to us. I have included a "bill chart" for both working and non-working families. I am not saying that a bill chart can end all the bad ways we spend our money but these budgeting tools are a really good start to developing better spending habits.

**The Chart below is just an example. Expenses can also be subdivided for better tracking. For example, "transportation" could breakdown to "insurance", "gas", "maintenance". Other categories could include "taxes" or "savings/investments", etc.*

As part of my experience working with inner city families for the past 8 years or so...and the past 6 months working with the Osiris Group, it has come to my attention that our people still have a major issue with how we spend our money. A lot of our people have very poor habits when it comes to family household budgeting. Many of these families spend money on things they want but do not need. Studies have proven that both households with one working adult and house-

MONTHLY	September	October	
Rent			Income 1
Home Phone			Income 2
Cell Phone			Extra Income
Electricity			Total Monthly Income
Gas			
Cable			Income
Transportation			Total Costs/ Expenses
Other Expenses			Balance

My Experience With Osiris by Rakeen Baker- Mentee, 16

The Osiris Group was good. Working with my mentor was cool. I'm grateful for what he's done for me. He helped me get a very nice job and that kept money in my pocket. Plus I met new people that were cool.

My mentor was also there when I needed him. When I feel mad he'll come take me out to eat and we'll have a talk. That makes me feel like everything will be fine.



"Working with my mentor was cool. I'm grateful for what he's done for me"



Inspirational Words of the Month

“All I demand for the black man is, that the white people shall take the heels off his neck, and let him have a chance to rise by his own efforts.”

- William Wells Brown

“Try and fail, but don't fail to try.”

- Stephen Kaggwa

The Osiris Group

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The Osiris Group has a current membership which consists of Family Clinicians and Family Mentors who are able to service more than one hundred (100) families per month. Osiris Group members specialize in reunification and stabilization of the family unit. Mentors and Clinicians coach children and parents techniques in 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!

Who is The Osiris Group?



The Osiris Group was formed to offer Black and Latino communities culturally competent mental health practitioners who practice their craft by relating to the shared knowledge and values of Black and Latino societies as well as urban issues and paradigms. The Osiris Group believes that certain psychological, emotional and spiritual needs can best be served by individuals who reflect the ethnicity of the client served. The practitioners of the Osiris Group teach family members to focus on living in the present without allowing past human deficits to become permanent stumbling blocks in self-development.



The OG Perspective

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