



The OG Perspective

VOLUME 1, ISSUE 15

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PROVIDING HOME BASED CLINICAL SERVICES

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



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 POWER OF WORDS

By Larry Higginbottom—Founder/CEO, The Osiris Group

Many of our parents, caregivers and teachers are unaware of the power words have on shaping the identity, self-confidence and self-worth of many of our children. I want to bring to the attention of these adults who are responsible for parenting and working with our children the language that many use to describe children's behavior and to express their own frustration:



- A. Overwhelmed
- B. Emotionally Unstable
- C. Easily Frustrated
- D. Easily Distracted
- E. I Can't Handle it!
- F. Behavioral problem
- G. Disrupts my class
- H. I can not teach!
- I. Prevents others from learning
- J. Did you take your meds?
- K. Take space
- L. Leave my room
- M. Sit over there by yourself
- N. Go to the principal/disciplinarian
- O. You cannot speak to me like that!
- P. Good / Bad

- Q. Inappropriate behavior
- R. Inappropriate language
- S. I am sick of this!
- T. I've had enough!
- U. I am tired
- V. Why do you act like that?
- W. I am going to put you back into residential
- X. I am going to call DSS to come and get you
- Y. This is too much on me
- Z. I am not going to let you ruin my health

NOTE: What mental impressions came to your mind after reading these expressions? These are the words many adults use everyday when reacting to the behavior of kids' ages 5 and up. Words have the power to shape a child's future—be careful of the language you use.

Cape Cod: Reflections of Beauty

By Glendora Bowman

On Friday, August 22nd, Elizabeth (my Osiris Family Clinician), picked up my daughter, Hanifah at the Burlington mall. When she dropped Hanifah off at home, Elizabeth mentioned that her and three other clients would be going to Martha's Vineyard. On the day of the trip, I met Elizabeth in Mattapan Square and it was then she mentioned that two clients had cancelled and that we were going to go with another client named Lucy. So now it was just the three of us...driving to Cape Cod to catch the ferry to Martha's Vineyard...



Glendora Bowman, Lucy Barbosa, Elizabeth James-Divens en route to Martha's Vineyard

What a beautiful journey! We took a cab to Inkwell and from there we walked up to Circuit Street which reminded me of Downtown Boston. You have everything in walking distance...restaurants, Inns, rental shops for bikes and mopeds, gift shops and more. We had seafood for lunch...it was so good! There was plenty for us to share. After a filling lunch we took pictures, went shopping and admired the gorgeous white sand beach. The day went by so quickly...I enjoyed

every minute. That was my first time on such a beautiful, serene and tranquil island. My plans are to take my children so that they can experience such a wonderfully classic, antique, colonial era. I had an amazing time with Elizabeth and Lucy at Martha's Vineyard. I will never forget the beautiful weather— the warm sunshine reflecting off the clear, blue water...

Thank you Elizabeth...That trip was exactly what I needed at the time. I needed to feel love!

-Glendora Bowman

**Share your experience with the Osiris Group!
Email the editor @ Harry.h@osirisgroup.org**

Are We Really Helping Our People?

By Al Simpson, Clinical Practitioner/Founder—Alternative Visions

Taking clients to the zoo, museum or arcade is a great way to bond with them. The question is, the next week when the same student sits down to take a math test is he/she going to be better prepared because of the trip to the zoo or museum? As a people, we are so far behind in academic performance and effort that we do not have the luxury of wasting time. Spending lots of time and money on food, recreation and entertainment is our history. Visiting clients at school provides an opportunity to find out how they are doing in school, sure, but how are we really helping them in this area? Providing tutoring or doing it ourselves seems more useful. What do we do after those visits that make a difference? I am sure we all realize how academics impact our lives and the



potential for success. Where is the help with education, which we desperately need?

I want to challenge all of us to look at how we are really helping and be honest with ourselves. If we discover that we are truly sup-

porting our people to improve, then be proud and keep on repeating that pattern. If you find that you are not helping, then you are responsible for continuing to do so, if you choose. If taking people out to eat (when they can't pay their bills) is the answer to their problems, that's great. If we put that same money toward helping with a bill, they are that much less behind. I believe that exposing our people to new things is helpful, but not when they need help today. It is hard to stay motivated and enthusiastic, when you come home to an empty refrigerator or no electricity. I am sure we all are familiar with the saying, "If I give you fish you can eat for today, but if I teach you to fish you can eat for a lifetime". In order to truly help our people, we need to teach.

Securing Our Economic Future by Harry Harding, Family Mentor— The Osiris Group

I am by no means wealthy, nor do I consider myself a financial expert of any kind. That said, I have personally made large strides with my ability to manage money. As we watch the news, we see that major financial institutions and mega-corporations are failing left and right. Wall Street is seeing it's most fragile times since the days of the Great Depression. If multi-million dollar establishments are crumbling and going bankrupt, what does that mean for you and I, members of the working-class who have very little savings and largely depend on check-to-check income? It means that we have to be seriously



aware of our own economic futures. We have to be proactive in thinking about gen-

erating steady streams of income, smart investing and plans for retirement. Perhaps the first step in this process is becoming more financially literate and educating ourselves about the economy, investment

options and credit. Another idea is developing a disciplined approach to saving. For me, this was one of the hardest habits to maintain. Especially with the price of gas, the price of food and prices of practically everything else skyrocketing (seemingly by the day) the dollar only stretches so far. Still, it is always in our best interest to find those areas in our spending where we can cut back a little so that we can save a little more. Whether we make \$500 a month or \$5000 a month, a certain percentage of that income **MUST** be put away for the future. If we want to secure our own economic future, improving the way we handle money is not an option, it is required.

Inspirational Words of the Month

“Shallow understanding from people of good will is more frustrating than absolute misunderstanding from people of ill will.”

- Martin Luther King, Jr

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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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