



The OG Perspective

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AUGUST-SEPTEMBER 2008

PROVIDING HOME BASED CLINICAL SERVICES

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

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ETTIQUETTE

By Larry Higginbottom—Founder/CEO, The Osiris Group

With the start of school upon us, I thought this would be an excellent opportunity to highlight to some of our parents and their children the significance of a funny-sounding little word: etiquette. During the school year members of Osiris are involved in many school conferences with teachers, parents and their respective rude-speaking and misbehaving children. As I sit through many of these conferences a few words keep returning to my mind...every word speaking to socially acceptable behavior: **ETIQUETTE, DECORUM and PROPRIETY.**



Allow me to provide the meaning of each. As defined by the Tenth Edition of Merriam



Webster's Collegiate Dictionary, *Etiquette* is defined as; The conduct or procedure required by good breeding or prescribed by authority to be observed in social or official life. *Decorum* is defined as; Propriety and good taste in conduct or appearance, the conventions of polite behavior. And *Propriety* is defined as; The quality or state of being proper; Appropriateness; A conformity to what is socially ac-

ceptable in conduct or speech; The customs and manners of polite society.

To the parents and children whom for this advice applies, no where in the definitions of these words do vulgarity or profane expressions have validation or merit. Parents, if you want this school year to be complaint free from your childs' teachers or principals you need to introduce your children the meaning of these three words - **ETTIQUETTE, DEOCRUM AND PROPRIETY.**

If not, be sure that you will be attending many unnecessary conferences concerning your child's behavior.





An OG Perspective Testimonial

In early 2008, Gillian Carla, a mother of two teenagers, found herself and her family in a household of transition. Struggling to find a sense of stability, Gillian sought the services of the Osiris Group. Gillian recorded her experience and as a gesture of gratitude forwarded her praise to the founder, Larry Higginbottom. Below is a copy of that message, an excerpt from Gillian's personal journal..

Small Prayer, Big Answer

As a person of faith, a spiritual leader who's counseled and prayed for others, I was not exempt from the woes that touch individuals everyday. When divorce and separation knocked on my door, I was stunned. My immediate response was to pray. I believed that God was going to fix it. I just had no idea how He was going to do whatever it was He was about to do...

In the aftermath of the divorce, my greatest fear was losing my children, not via a court order, but through the disruption of their foundational construct—the absence of what they knew as their family structure. Initially, Lil' man was the most vulnerable and demonstrated his bewilderment with fits of rage and depression. Lil' miss kept it together, seemingly...However, as time progressed, the calls from the school increased and their behaviors became more challenging.

I remembered the Osiris Group commercial that I had heard on WILD a few years back, and although I did not remember the exact script, I could still sense the credibility in the voice of the female spokesperson. I called and spoke to Dr. Higginbottom, who referred me to an affiliate agency while my son was in an inpatient clinic. Six months later, we were yet in another crisis as my son faced expulsion from school. I did what I knew how to do...I prayed and called Osiris. Dr. Higginbottom agreed to meet with my son and I on his day off. That was impressive. By the end of the meeting, he had made three phone calls: one to secure my son's evaluation, one to Harry Harding, a mentor and the other to Sharon Campbell, a clinician. Two days later, we sat in a neighborhood McDonalds; myself, Lil' man, my mother, Harry and Sharon. It was the beginning of something beautiful.

By the end of week one, I felt like Dr. Higginbottom had chosen his top two protégées to handle our case. Harry had been to Lil' man's new school and had taken him to a Red Sox-Yankees game. By the end of week two, Lil' Miss had scheduled Wednesday evenings as her "Sharon time". I felt like pinching myself because this scenario did not seem real! At the beginning of week three, Lil' man is asking for Harry's phone number...this is big. He's building an attachment and can trust Harry. Lil' Miss has been conversing with Sharon regarding the absence of her father, owning her feelings and asking for help on how to release her pain. Each of us were making progress...coming to grips with our reality and learning how to put pieces together to become something new. I would have daily conversations with Harry and Sharon about the effectiveness of their lives upon my children.

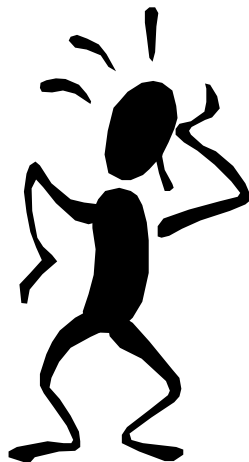
I'm not pretending that everything is peaches and cream in my kitchen; it is not. I can say, however, that three weeks ago, I did not have the peace of knowing what was possible. Change is inevitable and often unwelcome, but change is wonderful when it brings order to chaos and hope to failure. This is what Osiris has been to me; a big answer to a little prayer... "Lord, Help me." -G.Carla

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

Learn From Your Mistakes by Norman Beach, Family Clinician-The Osiris Group

As the saying goes, “To err is human...”. There is not a man, woman or child alive that has never made a mistake. Although errors in judgment and in action are not desired results, these transgressions present opportunities for individuals to learn and move forward.

We should avoid dwelling on our mistakes. For one, dwelling on what we should have, could have or would have done in a particular situation is a waste of time. Thinking of alternative ways to handle a situation or solve a problem is only helpful if these thoughts are part of an action plan to improve and progress. Progress can only be achieved once we have ac-



knowledged that a mistake has been made, accepted the consequences and we believe that we are ready to live our lives again.

Imagine if Michael Jordan had given up his basketball career the first time he missed a game-winning shot? Or what

if Muhammed Ali gave up boxing the first time he was knocked down? What if Johnny Cochran had ditched law after losing his first case? And what if Martin Luther King had abandoned the civil rights movement after his first peace march turned violent? Superstar athletes and celebrities alike have made it to the top of their pedigree not because they did not make mistakes...they learned from their mistakes and used the experience to motivate them toward success. Whether your mistakes in life involve drug abuse, domestic violence, incarceration, etc. it is important that you forgive yourself and move on...you are only human.

“Imagine if Michael Jordan had given up his basketball career the first time he missed a game-winning shot?”

Don't Wait Until It's Too Late by Harry Harding, Family Mentor— The Osiris Group

A young woman called the radio program a few weeks ago and shared a heart-wrenching story. She admitted on the air that she had been molested as a child. She went on to say that she felt her adult life was incomplete and that “she didn't feel like a woman”. She confessed to the audience that her relationships with men never lasted more than several months and that overall she never fully trusted any man since her childhood abuse. Perhaps the most troubling fact the young woman mentioned was how her parents, even to this day, have no idea that she has gone through this horrible trauma. The young woman stated that she could never tell

her parents because she was afraid of their reaction. Moreover, her parents never talked with her openly about sex or sexual issues and therefore it created a need for this young child to remain silent about her abuse. I am sure that this young woman's experience is quite similar to many families in our community. We need to be open with our children about sex, providing a safe and comfortable environment for them to ask questions and express themselves. While this may be an awkward and even embarrassing dialogue to share with our kids, it is necessary. The fact is that with or without our input, children will learn about sex. As parents we need to be at the forefront of this issue with our children,

explaining to them what is appropriate and inappropriate behavior. Talking about sex with our children can give them the language and awareness they may need to recognize and combat abuse. Furthermore, having open and honest dialogues with our kids instills within them the confidence to talk with us about difficult and sensitive subjects. If we avoid conversations about sex and/or sexual behavior we risk the chance of our kids feeling alienated, insecure and afraid to divulge if they are molested. We do not want our children holding on to such confusion and pain for years into their adulthood. Let us be open and real about the possibilities of sexual abuse and save our children the mental torment that goes with coyness and silence around the subject.

Inspirational Words of the Month

“The only place success comes before work is in the dictionary.”

- *Unknown*

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about The Osiris Group?

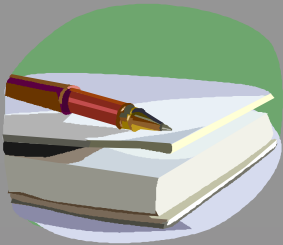
Send email to:
Larry Higginbottom
larry@osirisgroup.org



Larry Higginbottom
CEO/Founder
The Osiris Group

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!

When Love Calls



A Poem by Cody Claiborne
Family Member, Osiris Group

*We fall down but we get up
Like the seasons we change
To Live it's a must*

If not, then, we just

*Get tossed in the wind like the dust
Waiting for seasons to change for us*

The winter, the spring, the summer, the fall

The seasons represent us all

See the trees how they stand tall

Foundation unmoved, but the leaves have a ball

It's divine order, you never walk before you crawl

So get in tune with your soul; please don't stall

You'd want to be ready when love calls...



The OG Perspective

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