



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 Osiris Group Model: Why It Works

I have long believed that urban Black and Latino families were not responding well to traditional Euro-Centric models of stabilization. Traditional models had providers going into homes, sitting around the kitchen table and asking family members questions about how they felt or what they were feeling. Most family responses were always the same: "Everything is fine."

Three years ago, I introduced a non-traditional model to the Department of Social Services. My contention was that Black and Latino families would respond best to a task/activities-based model anchored in teaching. It was obvious to me then that the current models could not teach parents new skill sets by visiting them only once a week or once a month; people learn by repetition.

The Osiris Group has designed its support model to work with families who are culturally and environmentally traumatized. It is our realization that many of our parents and children have poor social skills. We realized that many families, which comprise the working poor (often female single-parent households) are forced to raise their children within intra-family violence, community violence, sexual and physical abuse, coercive discipline, emotional neglect, poor education, betrayal, death, over-



Larry Higginbottom
CEO/Founder
The Osiris Group

crowded living conditions, poor communication skills, poor education, high unemployment rates, drugs and gangs; not to mention that many of these families are missing fathers altogether. Any family-wealthy, poor, of any ethnicity, skin color, religion or skill level-would have problems raising their children within these daily conditions.

The Osiris Group model provides comprehensive support services and was created to address the needs of the entire family. By utilizing a team approach, which consists of a Family Clinician for parents and a Family Mentor for children, the Osiris Group model distinguishes itself from all other providers. Unlike many family stabilization models, which only respond to

families once or twice a week, (rarely evenings, weekends or holidays) our flexible schedule allows team members to make themselves available whenever our **families need us**. Parents and children love the fact that if tension or conflict arise, their personal team coach is only a phone call away.

There are three situations in which a parent or referring agent should consider using the Osiris Group: 1) **Stabilization**; If a parent is over stressed or overwhelmed, by a child's behavior, the parent, their Clinician or DSS Social Worker may want to place a stabilization team in the home to assist the parent get a handle on things. 2) **Diversification or Prevent out of home placement**; If a parent is having difficulties with their child and is considering child removal, the parent, their Clinician or DSS Social Worker might need to put a team in place to prevent that child from being removed from the home. 3) **Reunification**; If a child was actually removed from the home, the parent, their Clinician or DSS Social Worker may consider using our services to ensure a smooth transition during the child's return home.

For more information about the Osiris Group, visit us on-line at www.osirisgroup.org. Or call 617.442.2002. Our language capacity is English, Spanish and Haitian Creole.

FATHER'S DAY AT FENWAY



Father & Son at Fenway Park

The Osiris Group firmly believes families that spend time together more frequently will tend to grow healthier and stronger. The OG also believes that the father is a very key ingredient to the family. It is always challenging for a family to flourish without a father in the home, especially in Black and Latino households. All too often, fathers are a missing component. For that reason, June 17, 2007 was a special Father's Day. Osiris members and families spent the after-

noon watching the Red Sox at Fenway Park. It was an opportunity for fathers and sons to bond while enjoying all that comes with the ballpark atmosphere: hotdogs, cracker-jack and of course, baseball.

An added treat for Osiris fathers and sons was the chance to witness mega-icon Barry Bonds play. The National League San Francisco Giants visited Fenway Park for the first time in almost a century. Barry Bonds, who is chasing

baseball's homerun record, did not disappoint Fenway fans, hitting the 748th of his career. Despite Mr. Bonds historic homerun, the Red Sox also did not disappoint fans. The red Sox were victorious 9-5. It was a happy Father's at Fenway indeed.



"Families Do Matter is one of the most important shows on the radio . It's real talk about our people and how we can get better."

Radio Listeners Believe Families Do Matter

The Osiris Group weekly Sunday afternoon broadcast, *Families Do Matter* is garnering thoughtful reviews from listeners. Thankfully, the WILD 1090 AM sister station was not part of the 2006 transaction between media conglomerate Entercom and WILD FM. Particularly enthusiastic are the growing listeners of the Osiris Group radio show. The OG

CEO/Founder Larry Higginbottom hosts the radio program which features an open dialogue format and welcomes live call-in participation. Each week, Larry invites panelists to discuss meaningful topics related to Black and Latino family dynamics and urban life. Subject matter often includes powerful views on parenting, poverty, racism, and sociologi-

cal debates about community and survival. *Families Do Matter*, first aired in early spring 2006. As one listener believes, "Families Do Matter is one of the most important shows on the radio. It's real talk about our people and how we can get better." The show also attracts area fans who acknowledge the virtual void of Black voices on the air .

The Ideal Child by Elizabeth Charles, Family Clinician—The Osiris Group



No child is perfect. Parents will find themselves struggling more and more frequently with their children, particularly adolescents, when they confront behaviors based on ideal expectations. Parents who project such lofty hopes onto their child often yield two results: frustration for the child and disappointment for the parent. Consider a parent who is becoming increasingly irri-

tated with a child's academic performance. The child consistently brings home C's and D's and the parent scolds the child for not receiving A's and B's. The parent is wasting energy by focusing on a reality that may not exist. Although the child's effort is questionable, it is possible that the child's best effort produces average grades. If this is true, the child is not behaving

inappropriately, but to the contrary is being who they are. A parent in this situation is better off recognizing their child's limitations and instead provide the necessary support or encouragement the child needs to survive. The key is that parents must learn to avoid trying to raise perfect children and instead raise the children they have. The ideal child does not exist.

Pressure Situations: 4-Step Technique by Eric Johnson, Family Clinician—The Osiris Group



Sometimes we have to be our own best friend. All of us (and teenagers in particular) will find ourselves in peer pressure situations. It is important to know how to handle one's self when faced with difficult choices. We must do ourselves a favor and think through the situation. Assessing the good outcomes and the bad outcomes is the smartest and strongest way to navigate through any pressure situation.



WWW.OSIRISGROUP.ORG



Use the 4-Step technique and you will find yourself relieved and pressure-free.

STEP 1

FIND OUT WHAT'S REALLY GOING ON

ASSESS: *Where are you? Who are you with? What are they doing? How are they acting? How do you feel about what's happening?* **Being nervous in social situations is normal. Being very nervous or scared is your body's way of warning you that trouble may lie ahead. TRUST YOUR SENSES.** *Your eyes and ears can usually tell you what is going on. Trust them. Once you have figured out what's really going on, ask yourself: Will I be pressured to do something I do not want to do?*

STEP 2

THINK ABOUT THE CONSEQUENCES

How will you feel about yourself tomorrow? Will you feel good about your decision the next day? Could you be harming your health? Could you get in trouble with your friends? Parents? Teachers? The police? What are all of the positive and negative results that could occur? Will people who care about you be disappointed in your decision?

STEP 3

MAKE YOUR OWN DECISION

This means deciding what is right for you. Base your decision on: **The possible consequence.** *Do the positive consequences outweigh the negative ones? Do not assume that nothing will happen to you. Anything can happen. Whatever you decide, you must be willing to face up to all of the possible consequences.*

Think about the **effect on your self-esteem.** *Your decision may affect other people—your parent, brothers, sisters, friends, etc.. But the one person who will definitely be affected is YOU and the way you feel about yourself.*

STEP 4

TELL OTHERS YOUR DECISION

This can be difficult, but you can make it easier on yourself. **Be confident even if you feel nervous or scared.** *Stand or sit up straight. Use direct eye contact. Speak firmly and clearly. Here's what you can say: "No, thanks." "I'm not interested." "This doesn't feel right to me." "I have decided not to do that anymore."*

Inspirational Words of the Month

“To put the world right in order, we must first put the nation in order; to put the nation in order, we must first put the family in order...”

- Confucius

The Osiris Group

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Questions or comments
about The Osiris Group?

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