



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
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 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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About Post Traumatic Slavery Disorder

It is no secret that mental health professionals are taught traditional European approaches and techniques in regards to mental health treatments.

What has not been discussed frequently enough is that the Euro-American model only fits those for whom it was designed. The authors of [Post Traumatic Slavery Disorder] believe that a number of culturally relevant experiences from a wide variety of ethnic groups must be included with the globally known "traditional therapeutic approaches". Since our expertise is with those of the African Diaspora, we have focused our discussion on the ineffectiveness of traditional Euro-American mental health approaches in treating Nubians who are in need of mental health services.

It is necessary and paramount for mental health workers who work with Nubians to know the definition and have knowledge and understanding of Post Traumatic Slavery Disorder (PTSlaveryD). The traditional Euro-America's schools of social work and psychology have not adequately equipped mental health professionals of all ethnicities to provide effective mental health treatment to descendants of the Afri-

can Holocaust.

Is this failure to adequately prepare students and mental health profes-



sionals with the means to provide adequate and effective, comprehensive mental health services for Nubians intentional or unintentional? That is a question the reader will have to research and answer. Nonetheless, it should be your goal as a mental health provider to provide the best services possible to all clients regardless of their ethnicity and background.

The word "background" is key to developing an understanding of PTSlaveryD; it is used in reference to history. It is important first and foremost that Nubian mental health professionals know the history of the presented complaints, problems, issues and disorders that stem from the displacement (Diaspora) of Africans through the African Slave Trade so they can better help

their clients and assist the affected communities to heal from the massive post trauma caused by the African Holocaust.

In order for medical doctors to effectively treat a medical problem or make an accurate diagnosis, they first need to hear the complaint and explore the medical background of the patient and explore the symptoms. When doctors explore a patient's history and symptoms, it increases their chances of developing an accurate diagnosis. Clinicians

who are equipped with the appropriate diagnoses are able to develop effective treatments. If a medical or mental health patient is misdiagnosed, it is highly probable that the treatment plan will be inadequate and the patient's condition will not improve.

Traditional social work and psychology schools teach mental health professionals how to formally provide mental health services and research techniques. Mental health professionals who compare these academic programs are considered "qualified" to provide mental health therapy.

(continued on page 2)

“Whenever a group depends on another group to define them, then that group will be molded to the specifications of the definer.”



Doreen Wade
Publisher/CEO
The New England Informer
www.neinformer.net

About PTSD (cont.)

(from page 1) However, when we look at America's public schools, incarceration rate, rising rate of suicides and the growing number of dysfunctional families that exist among both White and Nubian-Americans, it seems only intelligent to break away from the traditional mental health disciplines and approaches.

Nubian-American clinicians must begin to think non-traditionally and independently in order to define the pathologies that have historically and continuously fractured Nubian-American's culture and communities. Nubian mental health professionals are in the best position to research their people's experiences, consult with other professionals, objectively

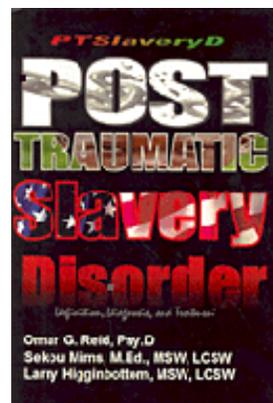
test and sample other models, and use the best and the most effective comprehensive practices that will best serve their client population.

It is an absolute necessity for Nubian mental health professionals to develop curricula and clinical approaches that we know will work. We cannot wait for approval or validation from the traditional mental health establishment. We Nubians must define ourselves; we must move to the forefront and tell our own stories.

Whenever a group depends on another group to define them, then that group will be molded to the specifications of the definer. Don't forget: America only recently deleted from its law books the notion that

Nubians are only 3/5 of a human being.

Excerpts from this article are taken from Post Traumatic Slavery Disorder: Definition Diagnosis and Treatment (Conquering Books, LLC—2005). Authors: Omar G. Reid, Psy.D, Sekou Mims, M.Ed.,MSW, LCSW, Larry Higginbottom, MSW, LCSW



Images Taught to Black Women

by Doreen Wade, Publisher/CEO-The New England Informer

Why do American Black women read articles which tell us why we can't find good Black men? We read these articles and accept its information as gospel; causing us to bring those false images into our own relationships with Black men. Black women, we have to realize no woman, in her right mind, should take these articles seriously. Realistically, who, in white society, can tell us as Black women what we feel and think about Black Men? By accepting these articles and implementing them into our lives, we are allowing others to dictate our feelings.

The music industry, which money is the power factor, has manipulated the Black man to believe in order to have success he must portray negative expressions about Black

women. Yet, when many rappers and hip hop artist go home, they treat their Black women with love and respect, while continuing to sing to Black men words which harm, belittle and tear down the Black women's self image all for the almighty dollar.

We watch the news and hear about a sports player in domestic legal situation; we then begin to degrade him and all other men. And if that is not enough we turn on some radio station which enforces our conclusion, he has no respect for a Black woman and wouldn't treat his white woman this way. It's all manipulation of what has been implanted, into our minds, through books, articles, stories and other negative stereotypes, widening the gap between

Black men and women.

What Black man, in his right mind, would believe Black women have nothing to do, in life, than to get up every day and degrade the Black man? We have to begin to understand that negative stereotypes are all designed and clearly rehearsed to continue the gap growth and the slave mentality. Black women are not difficult. We are strong, determined and will fight to keep a family together; a proud quality. Struggling, at any cost, to feed her children, whether conventional or traditional is resilience.

Read this article in its entirety and others at www.neinformer.net

An Interview with Tashema Woods Family Mentor—The Osiris Group



Tashema Woods is one of the newest Mentors to join the Osiris Group in 2007. Although the bulk of her previous experience with youth has been in residential/group settings, Tashema is learning to appreciate the close one-on-one approach the Osiris Group model provides. Tashema is from the Mat-tapan community.

Have questions for Tashema?
Email her at:
Tashema.w@osirisgroup.org

Q: How long have you been a member of the Osiris Group?

A: Since June 2007.

Q: What experience in your background led you to the Osiris Group?

A: Previously I worked with the Department of Youth Services. I also have experience working in residential programs.

Q: Why is an organization such as the Osiris Group needed in the community?

A: Because the model itself is needed. We work a lot with families in the inner city, a lot of poor, working families. Many of the families do not think there is a way out. The Osiris Group offers exposure to a better way of life. And because we come from the same places, OG members are helpful because we can relate to the situations the families are in.

Q: What is the biggest challenge in working with Osiris families?

A: Maybe the hardest part is being a mandatory reporter. Having to report abuse or unsafe behavior is tough because after you establish a relation-

ship with a family, you don't want to break their trust. Still if a child is in trouble we have to report that.

Q: What types of interactions do you have with the young women that you mentor?

A: We go to all kinds of places. But a lot of times the best interactions are just talking with young people over ice cream or something. I really try to encourage young women to not be so judgmental of others because you never know what other people are going through. Overall I just try to relay positive messages.

Q: What do you think young women need to have healthy and successful lives?

A: I think they need to be around as many positive people as possible. They need to be around people that have been through the same types of things. They need encouragement from others who have made it through. Young women also need good fathers in their lives. There are too many girls growing up without fathers.

Q: Given the needs you've just described, how does the Osiris group provide answers?

A: Like I mentioned before, Osiris Group members come from the same places. The mentors and clinicians know struggle first hand. Because we know the community and the way things are, we have a more real approach.

Q: What do you enjoy most about being a mentor with the Osiris Group?

A: I'm so glad to be a part of the Osiris Group. There is nothing like enjoying what you do. When you enjoy what you do it doesn't always feel like work. On top of that, I love being in the community and making an impact on young ladies. It humbles me working with these girls. It is also comforting. Working with Osiris Group has made me a more open-minded and patient person.



Watch What You Teach by Harry Harding, Family Mentor-The Osiris



Hold on Mom & Dad...before you start going off on your children for their bad behavior, make sure you consider where they may have learned it. Recently a mom called me frantic,

because she had found her 9 year-old with a cigarette. When she confronted the child, a conflict ensued, and mom was steaming mad. Mom, an avid smoker, could not understand why her son had made such a decision. The Osiris Clinician and I had to point out to mom that it would be hard to convince your child not to smoke with a cigarette firmly from between your lips and smoke billowing through the

living room. We have to remember that we are the first role models for our children. They look to us, the parents, to learn acceptable and unacceptable behaviors. We cannot fool ourselves and believe that children will do what we say just because we tell them to. Children watch us and listen to us more than we acknowledge. They learn many of their habits from us. The good and the bad.



WWW.OSIRISGROUP.ORG



Inspirational Words of the Month

“You have seen how a man was made a slave;
you shall see how a slave was made a man.”

- Frederick Douglass

The Osiris Group

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Questions or comments
about The Osiris Group?

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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 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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