

Oppositional Defiant Disorder

Brief Description: ODD is a condition in which a child displays an ongoing pattern of an angry or irritable mood, defiant or argumentative behavior, and vindictiveness toward people in authority.

How it feels: Kars4Kids: This link has a helpful article about ODD giving examples and helpful information.

<https://www.kars4kids.org/blog/oppositional-defiant-disorder-how-do-you-know-its-not-just-normal-teenage-rebellion/>

Helpful Links:

- **The Child Mind Institute:** This an independent, national nonprofit dedicated to transforming the lives of children struggling with mental health and learning disorders.

<https://childmind.org/>

- **American Academy of Child and Adolescent Psychiatry:** The AACAP partners with our members in advocacy efforts at the federal and state levels to improve policies and services for children and adolescents with mental illness.

http://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Oppositional_Defiant_Disorder_Resource_Center/Home.aspx

https://www.aacap.org/App_Themes/AACAP/docs/resource_centers/odd/odd_resource_center_odd_guide.pdf

- **Kids Mental Health:** This website focuses on cognitive behavior therapy for various disorders in children.

<http://www.kidsmentalhealth.org/cognitive-therapy-for-children-with-behavioral-and-emotional-disorders/>

- **Brain Balance Center:** The Brain Balance Center is a non-medical and drug-free approach to overcoming the challenges of various learning differences, including behavior disorders.

<https://www.brainbalancecenters.com/>

- **The ADDitude Magazine:** This online magazine offers a wealth of information inside the ADHD mind and various related disorders.

<https://www.additudemag.com/>

- **Parenting for Brain:** This website offers various strategies on how to discipline your child with Oppositional Defiant Disorder.

<https://www.parentingforbrain.com/oppositional-defiant-disorder-strategies/>

2 Books about:

- Behavior Management by John W. Maag, Ph.D.
- From Defiance to Cooperation by John F. Taylor, Ph.D.