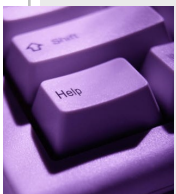


Where can I find additional information?



There are a number of websites that can assist you in learning more about DBDs. Below are just a few of these websites:

American Academy of Child & Adolescent Psychiatry

Facts for families: Conduct disorder
Website address:

http://aacap.org/cs/root/facts_for_families/conduct_disorder

Mental Health Association of Westchester

What are disruptive behavior disorders?

Website address:

<http://mhawestchester.org/diagnosechild/cbehavior.asp>

The Department of Psychiatry University of Pittsburgh School of Medicine Website:

Disruptive behavior disorders.

Website address:

<http://www.wpic.pitt.edu/research/city/FAMILY/Behavior%20Disorders/BP.htm>

Where can I find assistance in Allegheny County?

Allegheny County Telephone Crisis Intervention Line — 24 hours a day
1-888-424-2287

This hotline provides counseling, emergency care, and referrals by professional mental health. You will receive

immediate crisis counseling and/or be referred to a behavioral health provider.

Non-emergency Behavior Health Questions - 412-350-4456

This number connects you to Outpatient Community Treatment Services for individuals who want more information about mental health treatment services.

Warmline

1-866-661-WARM (9276)

This hotline is a peer network, you will be connected to a friendly voice if you just need someone to talk to.

**This informational brochure was created by
Amelia Weishaar**

What can I do to help my child with Disruptive Behavior Disorder?

Assisting your child in finding treatment and interventions that is right for them is one of the best things a parent can do for their child with DBD. Coordinating services for your child may take some time but in the end it is worth for both you and your child.

It is recommended that you speak with one or more mental health professional trained in children's mental health to see what each of their recommendations are for your child at home and school. It is essential to find treatment and interventions that will work best for your child at home, school and other places your child goes to often.

Your child's school is also required under federal law to develop and implement an Instructional Education Plan (IEP) for your child. It is very helpful to be in frequent contact with the people at the school that develop and implement this plan. Parents and teachers working together can make a child's treatment even more successful.

It is recommended that a parent attend parenting class that teach parents effective behavior management techniques. Parental training have shown to successfully change the parent and child's behavior to significantly reduce aggression in the child. Along the same lines you may also find it helpful to join a support group with other parents who have children with DBDs.

Where are some treatment options for my child with Disruptive Behavior Disorder?

Children with DBD often need several interventions encompassing all the areas of the child's life, including family and school. Because of this it may be helpful to discuss a "treatment plan" with a mental health professional that will address treatment and interventions in all the different areas of your child's life. Some of the interventions that have been found to be effective are as follows.

Group or Individual Child Training helps the child develop skills necessary to function successfully at school and home such as anger control, social skills and problem solving.

Parent Training and Therapy with the child has been shown to be effective when done in the family home.

Cognitive Behavior Therapy helps a child to be more aware of their rule breaking thoughts and behaviors and to change them.

School-based Interventions such as special educational services may be helpful for your child. If the regular school setting has not helped you may want to look into a **Day Treatment Facility, Alternative Schools or Residential Setting**. These programs provide children with a highly structured environment and higher staff to students ratios. These type of schools can improve a child's behavior and academics.

Medications may be helpful to some children with DBDs, but they tend to have side effects and need to be monitored carefully.

My child has been diagnosed with a Disruptive Behavior Disorder . . .



- ◆ *What is a Disruptive Behavior Disorder?*
- ◆ *What are the signs and symptoms of Disruptive Behavior Disorders?*
- ◆ *How will a Disruptive Behavior Disorder effect my child?*
- ◆ *What Can I do to help my child?*

Plus more information to help a parent who has a child with a Disruptive Behavior Disorder.

What is a Disruptive Behavior Disorder?

In general, DBDs are considered a consistent pattern of behaviors that “break the rules”. With that in mind, it is also important to remember that all children at one time or another will display some of these behaviors. The difference between an average child and a child diagnosed with a DBD is the frequency and severity of these behaviors. .

Children who have been diagnosed with a Disruptive Behavior Disorder (DBD) have shown a persistent pattern of severely disruptive, aggressive, rule breaking behavior that is well above the range of what is considered normal in children of the same age for six months or more. These children are usually diagnosed with more specifically with Oppositional Defiant Disorder (ODD) or Conduct Disorder (CD).

Symptoms of a child diagnosed with ODD are lose temper easily, often argue with adults, actively defies adults request or rules, deliberately annoy others, blames others for their own misbehavior and mistakes, may seem touchy or easily annoyed and angry.

Symptoms of a child diagnosed with CD are aggression toward people and animals, destructions of property, deceitfulness or theft and serious rule violations such as stays out after curfew set by parents, runs away from home and is truant from school all before the age of 13.

How many other children are diagnosed with Disruptive Behavior Disorder?

DBDs are the most common mental health disorder among children with a rate of 4-9% of all children from birth to 18 years old. DBDs are not diagnosable in babies, but characteristics of this disorder can be seen in children as early as 4 to 5 years old. Symptoms of ODD are likely to occur in early to late childhood compared to symptoms of CD which are more likely to appear in adolescence.

What are the causes of Disruptive Behavior Disorders?

Experts agree that there is a broad range of factors that may lead to a DBD in a child. Although more research needs to be done experts believe that DBDs can be caused by both neurological and environmental factors.

Neurological factors are conditions in the child’s brain where the brain has very small impairments that causes the brain to function differently compared to how average child’s brain may functions. Other mental health disorders such as depression, anxiety and ADHD are thought to have neurological impairments as well.

Environmental factors are conditions in the child’s life that effects how the child functions. Environmental factors that have shown to cause DBDs are rejection of the child from the mother, separation from parent without an adequate caregiver, continued neglect from the family, abuse and violence in the home and/or community, large family size and poverty.

Parental behaviors that have shown to increase the likelihood of DBD include inconsistent/harsh discipline, poor monitoring/ supervision, low levels of warmth/nurturance, high numbers of negative verbalizations towards the child.

How will a Disruptive Behavior Disorder effect my child?

Symptoms of DBDs can make it very difficult for children function successfully with family members, peers and in school settings. The earlier DBDs are identified and treated the more likely it is that your child will learn how to become more successful in all areas of their life.

DBDs like other mental health disorders are real, painful and can be severe. The mental health of your child is a serious matter that can effect all areas of you and your child’s life. The good news is that DBDs can be treated and the earlier treatment for DBDs the more likely your child will be able to overcome his or her DBD and be able to function normally at school and home.

Will my child have Disruptive Behavior Disorder the rest of their life?

DBD are disorders that are only identified in children and adolescence. As a child grows into adulthood and the same severe behaviors continue to exist the adult will probably meet the criteria for antisocial personality disorder, which can be looked at as an adult diagnosis of CD. Often adults with antisocial disorder will demonstrate delinquent behavior that end up in jail.

Good news, not all children diagnosed with a DBD will be effected later in life by the disorder. Treatment of your child when you identify that your child has a DBD will help in preventing your child from developing more severe disorders that will effect their lives as adults. Research has shown that only one-third of cases of CD will persist into adulthood.



What else I should know about Disruptive Behavior Disorder?

It is very common for children who have been diagnosed with DBD to also have other disorders such as Attention Deficit Disorder, learning difficulties, communication disorders, mood disorders, anxiety disorders, Post Traumatic Stress Syndrome, or substance abuse. When considering different treatment options it is important to consider if your child is displaying any signs or symptoms of these other disorders. If there are other behaviors that are concerning to you it is advisable to speak with a doctor or a mental health professional about the other symptoms.

Treatment of other disorders may be necessary before you can effectively address your child’s DBD. If the other disorders are not addressed and treated as well the treatment of your child’s DBD may be slowed down.