

Oppositional Defiant Disorder/Conduct Disorder Best-Practice Intervention Strategies*

- Train parents in behavior modification techniques
- Confirm diagnosis to rule out similar diagnoses that mimic ODD symptoms
- Review parenting techniques to assess effectiveness of training
- Monitor medications if prescribed for co-morbidity (e.g., ADHD, Depression)
- Develop effective problem-solving skills
- Develop appropriate assertiveness skills
- Increase anger management skills
- Assist parents in developing contracts/reward system for positive behavior
- Increase acceptance of responsibility for behaviors
- Decrease impulsivity and identify alternate appropriate behaviors
- Maintain communication between all contexts: parents, school, and community