



FACTSHEET: CARE OF CHILDREN AND YOUTH WITH OPPOSITION DEFiant DISORDER AND CONDUCT DISORDER (ODD AND CD)

EARLY DIAGNOSIS AND TREATMENT IS IMPORTANT

CONFIDENT PARENTS, THRIVING KIDS PROGRAM

Confident Parents, Thriving Kids is a no-cost telephone-based coaching service for parents offered by the Canadian Mental Health Association BC Division. It is proven effective in reducing mild to moderate behavioural problems in children ages 3-12.

- ▶ Please [click here](#) for more information on the program.
- ▶ Please [click here](#) for the physician referral form.

MCFD CHILD AND YOUTH MENTAL HEALTH SERVICES

MCFD Child and Youth Mental Health Services offer some assessment and treatment services for children and youth with ODD and CD. However, local services have varying degrees of readiness to treat patients with this diagnosis. Contact your local Child and Youth Mental Health Team to learn more about these services.

- ▶ Please [click here](#) for information on the location of your local Child and Youth Mental Health Walk-in Intake Clinic.

ASSESSMENT AND TREATMENT THROUGH YOUTH FORENSIC PSYCHIATRIC SERVICES

If your patient is involved with the forensic system you can request that they be referred for mental health assessment and treatment. This includes youth who:

- ▶ Have had legal charges laid but have not yet been sentenced
- ▶ Are in custody
- ▶ Are under community supervision

This service is offered in 8 outpatient clinics and at the Burnaby Inpatient Assessment Unit.

WHAT IS OPPOSITIONAL DEFiant DISORDER AND CONDUCT DISORDER?

- ▶ ODD and CD involve severe and persistent patterns of disruptive behaviour that fall well outside expected norms and that interfere with healthy development.
- ▶ ODD is a less severe form of behaviour disorder and usually diagnosed in childhood. The global prevalence rate is 3.6%.
- ▶ CD is a more severe form of behaviour disorder, often diagnosed in teens and often with involvement of the legal-justice system. Global prevalence rate is 2.1%.
- ▶ There are effective prevention and treatment programs for ODD and CD.
- ▶ Effective psychosocial treatment is recommended as a first line treatment for children with ODD/CD.
- ▶ Medications should be a last resort given associated adverse events and given only short-term evidence of benefit.

Source: Waddell C, Schwartz C, Andres C, Barican JL and Yung D. (2018). Fifty years of preventing and treating childhood behaviour disorders: a systematic review to inform policy and practice. *Evid Based Mental Health* May 2018 Vol 21 No 2 45 p 45-52.

For family-focused information on supporting a child with ODD, CD or other behaviour disorder, please [click here](#).



TRANSITION TO ADULT MENTAL HEALTH SERVICES

Youth receiving services through MCFD Child and Youth Mental Health services will be transitioned to adult health services in accordance with the Youth Mental Health Transition Protocol Agreement.

► Please [click here](#) to see the agreement, or [click here](#) for more information.

Youth involved with Youth Forensic Psychiatric Services will be transitioned to adult services as appropriate. This can include youth agreements, planning, job placement, transitioning to Community Living BC, and supportive housing access.

IS YOUR FIRST NATIONS PATIENT HAVING DIFFICULTY ACCESSING NEEDED SUPPORTS AND SERVICES?

Jordan's Principle is a federal program to ensure all First Nations children can access the products, services, and supports they need, when they need them. It can help with a wide range of health, social, and educational needs. This program applies to supports and services for First Nations youth age 19 or younger.

For more information, please [click here](#).