

# understanding ODD

*oppositional defiant disorder*



## WHAT IS IT?

- Opposition in children and youth is a normal part of their development, particularly around ages 2-3 and during adolescence. However this behaviour can become concerning when it is frequent and consistent and affects the child or youth's social, family and academic life.
- In children and youth with Oppositional Defiant Disorder (ODD), there is a regular pattern of uncooperative, defiant, and hostile behavior toward authority figures (e.g. parents, teachers, etc.) which in turn seriously interferes with their ability to function on a day to day basis.
- ODD is typically more common in males although the rate in females increases in adolescence.

## HOW DO YOU KNOW?

**Symptoms of Oppositional Defiant Disorder (ODD) can include the following:**

- Frequent temper tantrums;
- Excessive arguing with adults;
- Often questioning rules;
- Active defiance and refusal to comply with adult requests and rules;
- Deliberate attempts to annoy or upset people;
- Blaming others for their mistakes or misbehavior;
- Often being touchy or easily annoyed by others;
- Frequent anger and resentment;
- Mean and hateful talking when upset;
- Spiteful attitude and revenge seeking.

These behaviours are typically present in multiple settings (home, school and community) and are more noticeable at home and at school. It is important to establish a distinction from Conduct Disorder (CD) in that individuals with ODD do not usually engage in behaviours that transgress societal norms.

## WHAT NOW?

There are different resources available in the community to support parents of children & youth who are dealing with ODD:

### **Children's Hospital of Eastern Ontario & Royal Ottawa Mental Health Centre – Centralized Mental Health Intake Office:**

Intake services for mental health assessment & treatment, (*referrals need to be initiated by the family physician or pediatrician*), **1-866-737-2496** | [www.cheo.on.ca](http://www.cheo.on.ca)

### **Distress Centre of Ottawa and Region:**

confidential emotional & mental health support, crisis intervention, information referral and education services, **613.238.3311** | [www.dcottawa.on.ca](http://www.dcottawa.on.ca)

### **Mental Health Crisis Line:**

crisis intervention services for youth 16 and older, **613.722.6914** outside Ottawa, **1.866.996.0991** | [www.crisisline.ca](http://www.crisisline.ca)

### **Roberts/Smart Centre:**

provide specialized clinical services to improve the lives of youth living with complex behavioural and emotional needs, **613.728.1946** | [www.roberts/smart.com](http://www.roberts/smart.com)

### **Youth Services Bureau of Ottawa:**

support available with a counselor who specializes in working with youth and their families, **613.562.3004** or after hours **613.260.2360** | **1.877.377.7775** | [www.ysb.on.ca](http://www.ysb.on.ca)

*\*If you are concerned about a youth's immediate safety call 9-1-1 or, if you can safely do so, take them to the closest hospital's emergency department*

For further information please visit [www.ementalhealth.ca](http://www.ementalhealth.ca).



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