

Member meets criteria of ODD per DSM-5TR

Psychosocial Treatments are the “gold standard” \*\*

- **Behavioral Parent Training/Parent Management Training-** programs typically provide weekly behavior management training to parents, ranging from 8-22 weeks in duration.
- **Individual Child-Focused Psychotherapy.** Individual psychotherapy for ODD often uses cognitive-behavioral approaches to improve problem solving skills, communication skills, impulse control, and anger management skills.
- **Group Child-Focused Psychotherapy.** Group therapies are typically provided for adolescents with ODD and often take place within the school setting. These group interventions apply cognitive-behavioral principles and emphasize more effective problem-solving skills and anger control training. Effective group programs typically provide 12-18 sessions of weekly therapy.
- **Medication.** While not considered effective in treating ODD, medication may be used if other symptoms such as physical aggression or co-occurring disorders are present (e.g. ADHD) and responsive to medication.
- \*\*Adopted from the Texas Children’s Hospital.
- <https://www.texaschildrens.org/content/conditions/oppositional-defiant-disorder>
- Enhance services may be considered, must meet CCP.