

Behavioural Disorders

Websites

American Academy of Child and Adolescent Psychiatry

aacap.org | Search for “conduct disorder,” “ODD,” and “ODD: A Guide for Families”

Comprehensive facts and literature on the causes, signs, consequences, and treatment of conduct disorder and oppositional defiant disorder in children and youth.

Canadian Mental Health Association

cmha.calgary.ab.ca/ | Search “children & difficult behaviour”

Information on what difficult behaviour is, why children misbehave and how to help a loved one.

Caring for Kids

www.caringforkids.cps.ca/ | Navigate to “Behaviour & Parenting”

Handouts on behaviour and parenting

Children’s Mental Health Ontario: Behaviour Problems in Children and Adolescents

kidsmentalhealth.ca/ | Search for “conduct disorder”

Information on different types of behaviour problems, length and treatment; as well as multilingual pamphlets, books and additional websites.

Lives in the Balance

www.livesinthebalance.org/

This website contains free Collaborative & Proactive Solutions (CPS) resources. Collaboration is the key to improved relationships, better communication, and solving problems.

MayoClinic: Oppositional Defiant Disorder, Intermittent Explosive Disorder, Kleptomania

mayoclinic.org/ | Search for “oppositional defiant disorder,” “intermittent explosive disorder,” or “kleptomania”

Information on symptoms, causes risk factors, complications, diagnosis, and treatment.

Offord Centre for Child Studies: Centre of Knowledge Pamphlets

offordcentre.com/research/knowledge/ | Download pamphlets in selected language, open

“behaviour” pamphlet

Pamphlet provides an overview of what conduct disorder and oppositional defiant disorder are.

Books & Videos

Cool Down and Work Through Anger (2010)

Cheri J. Meiners

The book teaches preschool and primary-age children concrete skills for working through anger. Children see that when they cool down and work through anger, they can feel peaceful again.

I’m Not Bad, I’m Just Mad: A Workbook to Help Kids Control Their Anger (2009)

Anna Greenwald, Zack Pelta-Heller, & Lawrence Shapiro

This Workbook contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand.

My Mouth is a Volcano! (2008)

Julia Cook

This book takes an empathetic approach to the habit of interrupting and teaches children a witty technique to capture their rambunctious thoughts and words for expression at an appropriate time.

Struggle for Control: Child and Youth Behaviour Disorders (2005)

Melanie Wood, Sharon Barlett, and Maria LeRose. National Film Board of Canada | FSRC

This documentary sheds light on the causes, symptoms, community resources, and treatments of oppositional defiant disorder and conduct disorder.

Superflex: A superhero social thinking curriculum (2008)

Michelle Garcia Winner and Stephanie Madrigal | FSRC

This comic book is aimed at elementary school children to teach them how they can use strategies

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to self-regulate some of their own wayward, not quite so flexible thoughts and behaviours.

The David Books by David Shannon

nodavidshannon.com/

In the David Series *David Goes to School*, *David gets in Trouble*, and *No, David*, David is always causing mischief and sometimes he makes up for it.

The Kazdin Method for Parenting the Defiant Child (2009) by Alan Kazdin

An easy read for all parents dealing with typical parenting issues, from the mild to the extreme.

When Something's Wrong: Ideas for families (2004)

Canadian Psychiatric Research Foundation | FSRC

A quick reference guide of useful coping strategies and resources for parents and caregivers to help them with children who have mood behaviour or thinking problems.

FSRC: Family Support & Resource Centre at BC Children's Hospital. Books and videos can be borrowed at no charge from anywhere in the province, or purchased from the online bookstore.

Tel: 604-875-2345 ext. 5102 | Website: <https://libraries.phsa.ca/fsrc>

Support Services

ConductDisorders.com | conductdisorders.com/

A peer support network for parents with children diagnosed with conduct disorders. Includes an online forum and a video library.

Confident Parents: Thriving Kids

www.cmha.bc.ca/programs-services/confident-parents-thriving-kids/

A family-focused phone-based coaching service effective in reducing mild to moderate behavioural problems and promoting healthy child development in children ages 3-12.

Connect Parent Group | connectparentgroup.org/

Connect is an evidence-based 10-week manualized group program for parents and alternate caregivers of pre-teens and teens who struggle with significant behaviour problems.

BC's Ministry of Family and Child Development: Child and Youth Mental Health

mcf.gov.bc.ca/mental_health/resources.htm

Resources and information on what to expect from community services, physicians, and your child's school.

Kelty Mental Health Resource Centre Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca | keltycentre@cw.bc.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

Offers information, resources, help with system navigation, and peer support to children, youth and families across BC dealing with mental health and substance use challenges. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.

Triple P – Positive Parenting Program

www.triplep-parenting.net/glo-en/triple-p/

The Triple P Positive Parenting Program provides a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them.

Youth in BC (24/7) <http://youthinbc.com> | Toll Free: 1-866-661-3311

Youth in BC run a 24/7 crisis-line, and also offer support via online chat from 12pm-1am. They also have information and resources for youth on their website.