What is oppositional defiant disorder (ODD)?

ODD is a behavior disorder where the person is described as angry, defiant, uncooperative, and irritable. They also have a difficult time with authority figures like parents and teachers.

ODD develops almost always before the early teen years, typically by age 8, but may develop later.

**What does it mean to have ODD?**

Different people have different symptoms. Some common symptoms include:

* Often and easily loses temper
* Is frequently touchy and easily annoyed by others
* Often actively defies or refuses to comply with adult’s requests or rules
* Regularly argues with adults or people in authority
* Always blames others for their mistakes or misbehaviors
* Often deliberately annoys or upset people
* Is spiteful or vindictive
* Easily frustrated, and struggle with low self-esteem
* Swear or use obscene language or say mean and hateful things when upset

Reference: American Academy of Child & Adolescent Psychiatry (AACAP). Retrieved on June 25, 2019. <https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Children-With-Oppositional-Defiant-Disorder-072.aspx>

**Are there other problems from ODD?**

Yes. ODD can interfere with family activities, learning, making and keeping friends, and work performance. Some people with ODD turn to alcohol and drugs to try and manage their behaviors. However, using alcohol and drugs can make the symptoms worse. Some people can develop other mental health conditions.

**How can I help myself if I have ODD?**

In Job Corps, our goal of treatment for ODD is to help you understand and manage your condition so you can move toward finding employment. It may include brief cognitive behavioral therapy, medication and participation in groups and activities.

* Talk with your counselor and health and wellness staff
* Ask for reasonable accommodations, if needed
* Find and encourage your talents
* Try positive new things
* Participate in problem-solving, healthy relationship and anger management groups
* Prepare to better handle upcoming frustrating or difficult situation
* Engage in physical activity
* Develop heathy eating habits
* Keep good sleep practices
* Stop negative thoughts
* Alert the health and wellness staff if your medication makes you feel strange or bad
* Avoid skipping medicine dosages or abruptly stopping medication
* Limit the use of digital technologies and connect in positive ways
* Stay on your medication, if prescribed

**I know someone who has ODD. What can I do?**

* If they are thinking about hurting them self or someone else get help immediately
* Do not leave the person alone
* Let the nearest Job Corps staff member know NOW!
* If not able to find a staff member, call 911 or go to the nearest emergency room
* Access the Job Corps Safety Hotline (844-JC1-SAFE) via text, email, phone, mobile app or web site
* Call the National Suicide Prevention Lifeline
(800) 273-TALK (8255)
TTY: (800) 799-4TTY (4889)