

TIP 01

Investigate the Underlying Cause

A specific diagnosis will guide treatment options.
Rule out normative, medical and environmental causes.
Screening tools and referral for psychological testing can aid in diagnosis.
<https://docassistillinois.org/tools/screening-tools/>



TIP 02

Behavioral Interventions are first line treatment for Unspecified or Unclear Diagnosis

Oppositional Defiant Disorder without co-morbidities should be treated with positive parent techniques.
<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>



TIP 03

Parent Focused Psychotherapies Most Beneficial

Positive parenting intervention focuses on use of positive reinforcement to increase positive behaviors including: Individual therapy, Family therapy, Group therapy, Books.



TIP 04

Importance of School Based Behavioral Interventions

Focus on positive reinforcement.
Consider functional behavioral assessment with a behavioral intervention plan.



TIP 05

Match the Medication Treatment to the Underlying Diagnosis

Utilize the first line treatment for the underlying diagnosis. For example, treat ADHD with stimulants and depression or anxiety disorders with an SSRI.

