



SAN JOSE POLICE DEPARTMENT

TRAINING BULLETIN

TO: ALL DEPARTMENT PERSONNEL

FROM: Edgardo Garcia
Chief of Police

**SUBJECT: CIT Tips – OPPOSITIONAL
DEFIANT DISORDER**

DATE: July 13, 2020

BULLETIN #2020-013

Oppositional Defiant Disorder

The majority of officers and communications personnel have attended the Crisis Intervention Training (CIT) Academy. Since some personnel have yet to attend and others have not attended recently, the Department is providing periodic information on various mental health conditions. This Training Bulletin is being published in accordance with the 2017 IPA recommendations.

REMEMBER:

A child or teenager having a frequent and persistent pattern of anger, irritability, arguing, defiance or vindictiveness toward authority figures, may have oppositional defiant disorder (ODD).

Behavioral treatment of ODD involves learning skills to help build positive family interactions and to manage problematic behaviors. Additional therapy, and possibly medications, may be needed to treat related mental health disorders.

DO:

- Pause before you react.
- Be clear, consistent, and fair.
- Present options with clearly defined consequences (example: “You can put the phone away yourself or your parents can take it from you”).

DON'T:

- Take the defiance personally.
- Respond too quickly.
- Present options in a threatening manner (by tone or word choice).

RESOURCE CONTACTS:

Parents Helping Parents php.com	Uplift Family Services [REDACTED]
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Edgardo Garcia
Chief of Police

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