



GTH: GATEWAY TO HOPE

# Lunch & Learn: Conduct Disorder

PRESENTED BY

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Community Education Coordinator

# Meeting Agenda

- Who we are – GTH and HHCI
- Today's topic:

## Introduction to Conduct Disorder

- Next Topic: **Introduction to Bullying– August 3rd**
- Questions
- Stay Connected
- Survey



# Hope and Healing Center & Institute

## Our four-part approach



### 01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



### 02. Training

Develop local networks of guidance and support with Gateway to Hope training.



### 03. Clinical Services

Provide personalized mental health care through dedicated professional services.



### 04. Research

Explore and advance new resources and approaches for unmet mental health needs.

# Our Goal

**Community  
Education &  
General  
Awareness**

**Address the  
stigma around  
mental health**

**Provide resources to  
equip you with the  
tools to respond to  
those in mental health  
distress.**



# The Four Rs

**RECOGNIZE** a mental health disorder

**REFER** to a mental health professional

**RELATE** to those in distress

**RESTORE** through supportive community



**RECOGNIZE**

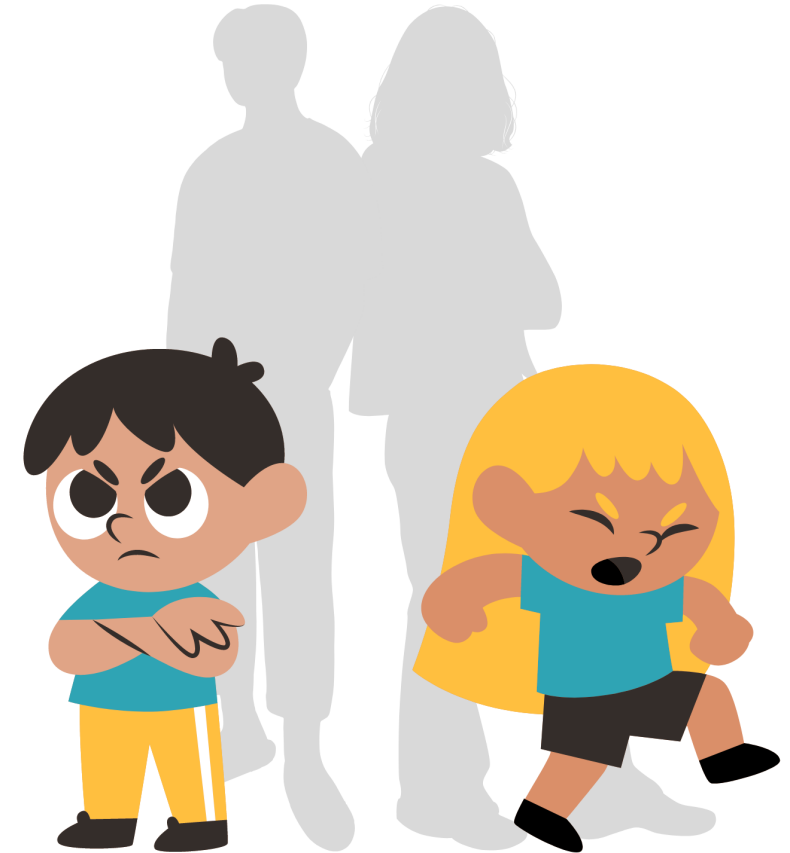
a mental health disorder

# Disruptive Conduct Disorder

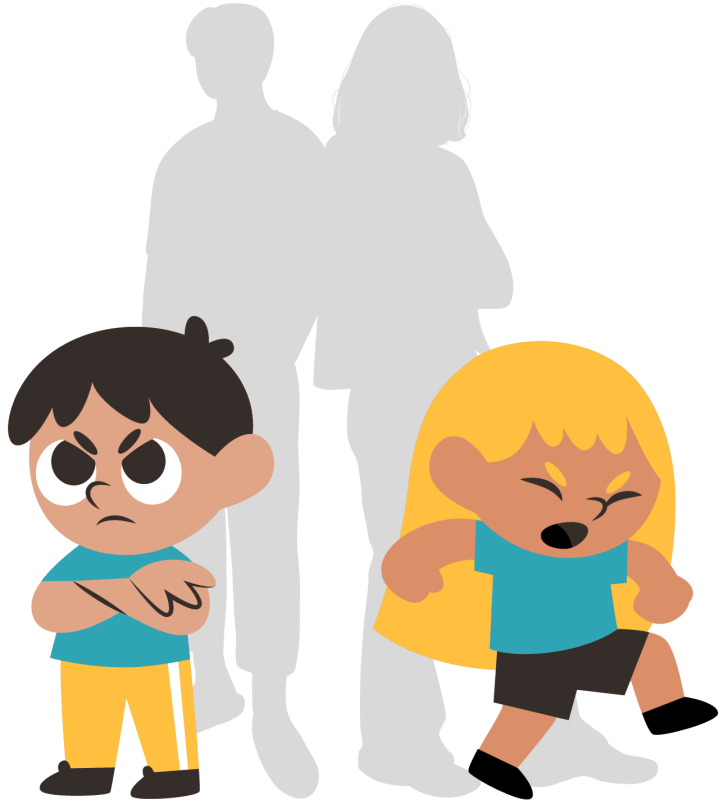
- Intermittent Explosive Disorder
- Oppositional Defiant Disorder
- **Conduct Disorder**

# What is Conduct Disorder?

The most common disruptive behavior disorder. Which is a repetitive and persistent pattern of behaviors in which the basic rights of others or major age-appropriate societal norms or rules are violated.



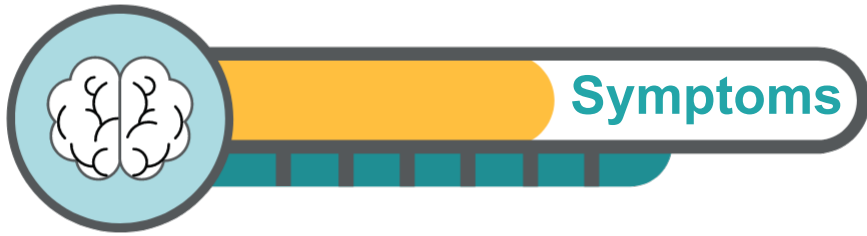
# Commonly in Children,



- They tend to display low self-esteem and throw frequent temper tantrums.
- Unable to see how their behavior hurts others.
- Little remorse about hurting others.

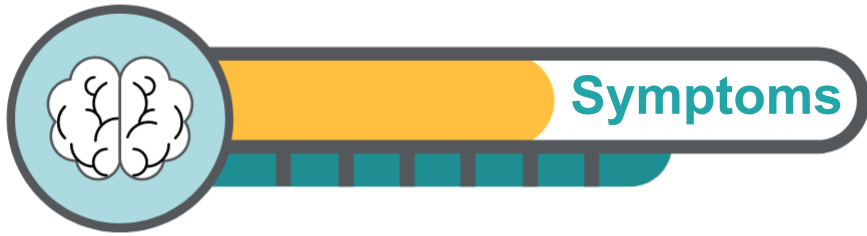
# Four general categories of symptoms:

1. Aggressive Behavior (*physical harm*)
2. Destructive Behavior (*Destruction of property*)
3. Deceitful Behavior (*Lying*)
4. Violation of Rules



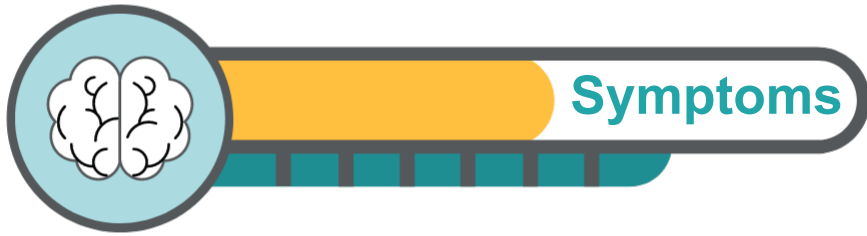
**3 of the 15 symptoms in the last 12 months and at least one must be present in the last 6 months.**

1. Often bullies, threaten, or intimidates others.
2. Often initiates physical fights.
3. Has used a weapon that can cause serious physical harm to others.
4. Has been physically cruel to people.
5. Has been physically cruel to animals.



**3 of the 15 symptoms in the last 12 months and at least one must be present in the last 6 months.**

6. Has stolen while confronting a victim.
7. Has forced someone into sexual activities.
8. Has deliberately engaged in fire setting with the intention of causing serious damage.
9. Has deliberately destroyed others' property.
10. Has broken into someone else's house, building, or car.



**3 of the 15 symptoms in the last 12 months and at least one must be present in the last 6 months.**

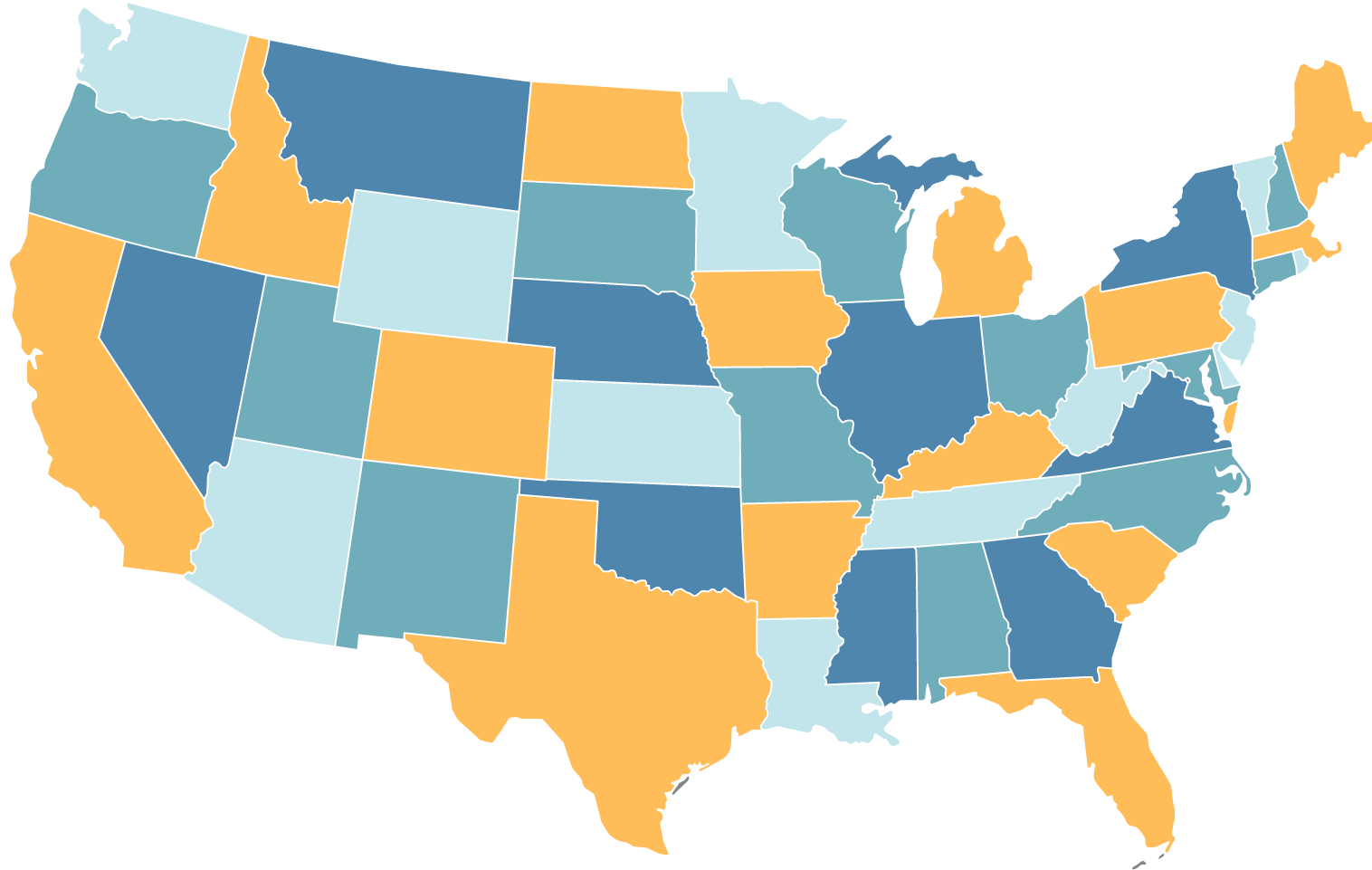
11. Often lies to obtain goods or favors or to avoid obligations.
12. Has stolen items of value without a victim.
13. Often stays out at night despite their parents not allowing it.
14. Has run away from home overnight **A LEAST TWICE** while living with their parent's house or once without returning for a lengthy period.
15. Often skips schools that began before 13 years of age.

# REFER

to a mental health professional



**AFFECTS BETWEEN 2% AND 10% OF CHILDREN AND ADOLESCENTS IN THE UNITED STATES.**



# Contributing factors

- Trauma background
- Abusive upbringing and neglect
- Brain Structure & Injury
- Environment factors
- Genetics and family history



# Mental Health Provider

- Primary Care Doctor (**Physical Exam**)
- Counselors (LPC)(LCDC)
- Social Workers (LCSW)
- Therapist (LMFT)
- **Psychologist** (PhD, PsyD)
- **Psychiatrist** (MD, DO)
- Hospital & Treatment Facilities



# Treatment

- Psychotherapy (**CBT**)
- Anger Management
- Family Therapy
- School-based Intervention
- Medication\*
- Parent Management Training (**PMT**)

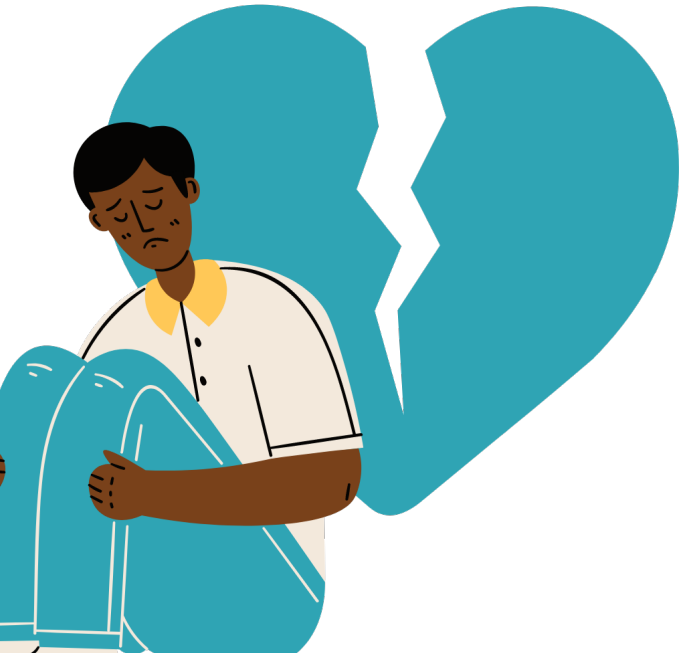
# Parent Management Training

## Behavioral Modification.

- Breaks patterns that reinforce negative behavior by instead teaching parents to reinforce positive behavior.
- Awareness around positive and negative behaviors.
- Monitor and measure the progress and goal of the treatment.

# If left untreated ...

- Increase the risk of developing other mental disorders as an adult.
- Increase the risk of substance abuse.
- Increase the risk of school-related problems.
- Increase the risk of legal problems.



# Early intervention...

- Helps reduce the risk of incarceration.
- Reduce the risk of mood disorders.
- Reduce the risk of substance dependency.



# Hope Line

**The Hope Line**  
**(832) 831-7337**  
**RELIEF. JUST A CALL AWAY.**

Open daily 5-8pm  
\*In case of emergency

 **HHCI** Hope and Healing Center & Institute

**YOU ARE NOT ALONE**



**(832) 831-7337**



**RELATE**

to those in distress

# How to respond



- Nurturing response
- Supportive and consistent home environment.
- Balance of discipline and love
- Empathetic Skills

# THE 4 ELEMENTS OF EMPATHY



1

See their perspective

2

Appreciate them as human beings

3

Understand their feelings

4

Communicate with understanding & Active listening

# Reach out for help

**Accept that you can't do everything alone and you have blind spots.**

- Community support
- Support Groups
- Therapy



**RESTORE**

through supportive  
community

# Strong Community

Individuals benefit from having a strong support system to deal with life challenges and struggles.

- Positive social interactions
- Teamwork mentality
- Encourage Post-traumatic Growth



The positive effects on those who witness the healing, recovery and resilience of individuals who have survived life challenges and trauma.

# Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure



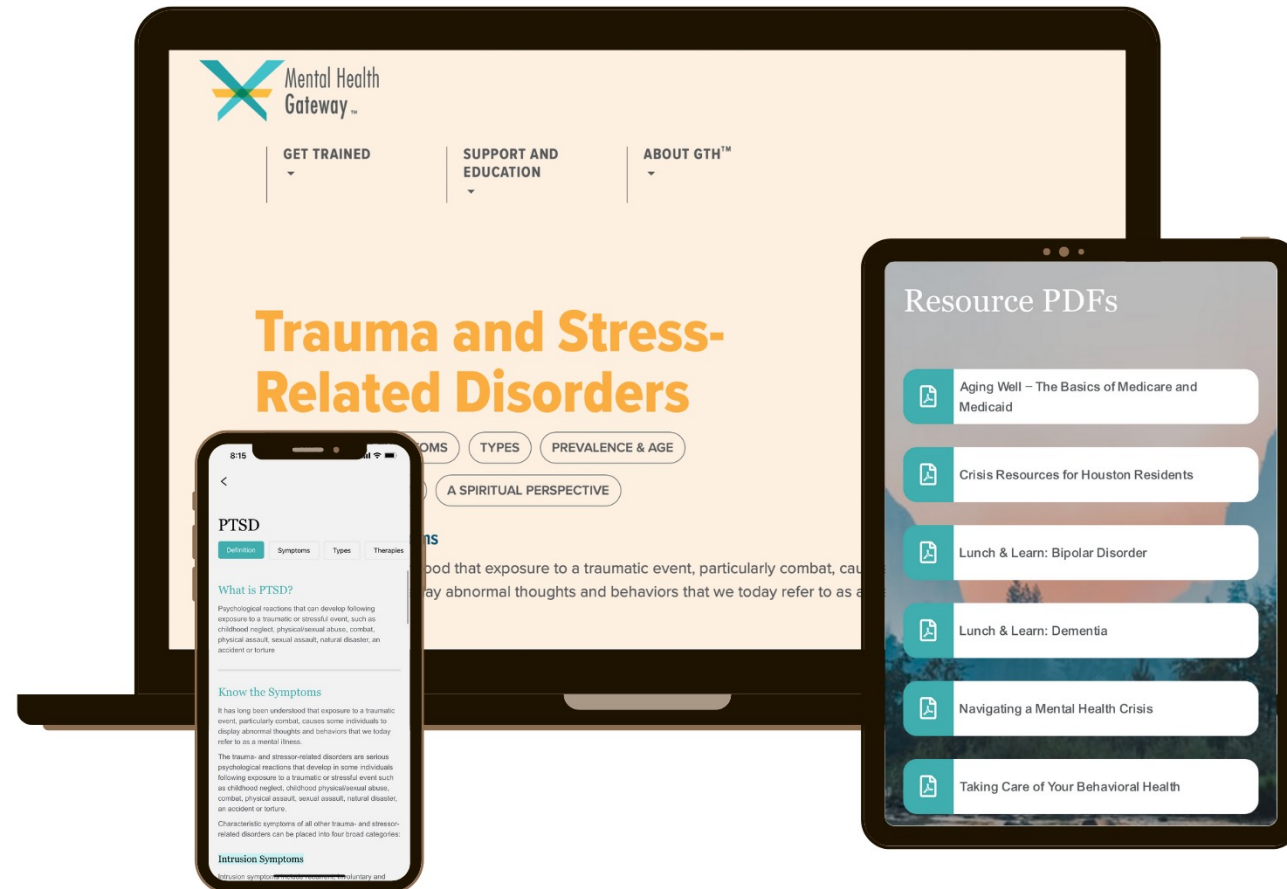
# July



Dear Lord, we ask that those who feel hopeless might come to know the hope we have in Your Son. We pray that those who feel worthless might realize that they are beloved and cherished children of the Sovereign Creator. Make your presence known to those who feel trapped by sadness so that they may experience the joy that comes through fellowship with You. In Your name we pray - Amen

**Psalm 34:17-18**

# MENTAL HEALTH GATEWAY WEBSITE AND MOBILE APP



# Contact Us to Learn About Our Trainings!

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# Stay Up-to-Date

Follow us on social media!

[MentalHealthGateway.org](https://www.MentalHealthGateway.org)

