

Managing Psychiatric Disorders in the Classroom

Disorder Definitions

- **Conduct Disorder (CD):** A repetitive and persistent pattern of behavior that violates societal norms or the rights of others.
- **Disruptive Mood Dysregulation Disorder (DMDD):** Characterized by severe temper outbursts that are out of proportion to the situation and a consistently irritable mood.
- **Attention-Deficit/Hyperactivity Disorder (ADHD):** Marked by persistent patterns of inattention and/or hyperactivity-impulsivity that interferes with functioning.
- **Oppositional Defiant Disorder (ODD):** A pattern of angry/irritable mood, argumentative/defiant behavior, or vindictiveness.
- **Intermittent Explosive Disorder (IED):** More extreme tantrums/outbursts, but without the baseline irritability.

Classroom Strategies

- Establish clear rules and expectations.
- Use positive reinforcement to encourage desired behaviors.
- Provide consistent consequences for rule violations.
- Break tasks into manageable steps.
- Use visual aids and schedules to support structure.
- Allow movement breaks and flexible seating when possible.
- Implement behavior charts to track and reinforce positive behavior.
- Offer sensory breaks and create calming corners for self-regulation.
- Use de-escalation techniques to manage conflict and emotional outbursts.
- Incorporate check-in/check-out systems for structure and feedback.

Collaboration with Parents and Professionals

- Schedule regular meetings with parents to discuss progress and concerns.
- Work closely with school counselors and psychologists.
- Share strategies and observations to ensure consistency across environments.