

Disruptive Behavior Treatment (Child & Adolescent)

The CEBC defines Disruptive Behavior Treatment (Child & Adolescent) as programs that address the needs of youth with a diagnosis of a disruptive behavior disorder including Oppositional Defiant Disorder (ODD), Conduct Disorder, and Attention-Deficit/Hyperactivity Disorder (ADHD), or youth without a diagnosis who are exhibiting similar behaviors. Common symptoms may include arguing and refusing to obey rules, frequent defiance of authority, aggression towards people and animals, destruction of property, lying, theft, failure to take responsibility for bad behavior or mistakes, regular temper tantrums, hyperactivity, inattention, and impulsivity. In Oppositional Defiant Disorder, the rules broken are usually those in the family and the school, while in Conduct Disorder, the rules broken include the regulations and laws made by society. In Attention-Deficit/Hyperactivity Disorder, there is a persistent pattern of inattention and/or hyperactivity-impulsivity that is more frequently displayed and is more severe than is typically observed in individuals at comparable levels of development.

The CEBC has evaluated only replicable programs that do not use medication as an essential component of treatment. The [Pharmacological Treatments for Children and Adolescents with Mental Health Disorders](#) page has links to reputable organizations that list information on medications used to help treat children and adolescents with disruptive behavior and other disorders.

Disruptive Behavior Treatment (Child & Adolescent) topic area criteria:

- **Target population:** Youth with a diagnosis of a disruptive behavior disorder including Oppositional Defiant Disorder (ODD), Conduct Disorder, and Attention-Deficit/Hyperactivity Disorder (ADHD), or youth without a diagnosis who are exhibiting similar behaviors
- **Services/types that fit:** Typically outpatient services, either individual, group, family therapy or other services that target youth directly or adults (caregivers, teachers, etc.) who work with these youth
- **Delivered by:** Mental health professionals or trained paraprofessionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target the reduction/elimination of disruptive behaviors as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines outcomes related to disruptive behavior, such as changes in symptom levels, behaviors, and/or functioning



The table below provides a summary of the rated programs currently listed in the [Disruptive Behavior Treatment \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Brief Strategic Family Therapy® (BSFT®)	Families with maladaptive interactions resulting in at least one youth aged 6–18 years with externalizing (e.g., substance abuse, delinquency, truancy, bullying) and/or internalizing (e.g., depression, anxiety) symptomatology	1	Medium
Connect: A Trauma-Informed and Attachment-Based Program for Parents and Caregivers	Caregivers (biological parents, foster parents, kinship caregivers, etc.) of preadolescents (ages 8–12) and adolescents (ages 13–19)	1	Medium
Coping Power Program	8- to 14-year-old children whose aggression puts them at risk for later delinquency	1	Medium
Functional Family Therapy (FFT)	11- to 18-year-olds with very serious problems such as conduct disorder, violent acting-out, and substance abuse	1	Medium
GenerationPMTO (Individual Delivery Format)	Parents of children/youth 2–18 years of age with disruptive behaviors such as conduct disorder, oppositional defiant disorder, and anti-social behaviors	1	High
Multidimensional Family Therapy (MDFT)	Adolescents 11–18 with the following symptoms or problems: substance use or at risk, delinquent/conduct disorder, school and other behavioral problems, and both internalizing and externalizing symptoms	1	Medium
Multisystemic Therapy (MST)	Youth, 12–17 years old, with possible substance abuse issues who are at risk of out-of-home placement due to antisocial or delinquent behaviors and/or youth involved with the juvenile justice system and their parents/caregivers	1	Medium
Parent-Child Interaction Therapy (PCIT)	Children ages 2–7 years old with behavior and parent-child relationship problems; may be conducted with parents, foster parents, or other caretakers	1	Medium
The PATHS® Curriculum	Universal populations (all children) including those with more serious behavior problems and/or cognitive challenges	1	Medium

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
PAX Good Behavior Game (PAX GBG)	Children in grades Pre-Kindergarten through 6th	1	Medium
Problem Solving Skills Training (PSST)	7- to 14-year-olds with behavioral problems, particularly children who struggle to handle disappointments, frustrations, or problems calmly	1	Medium
Treatment Foster Care Oregon - Adolescents (TFCO-A)	Boys and girls, 12–17 years old, with severe delinquency and/or severe emotional and behavioral disorders who were in need of out-of-home placement and could not be adequately served in lower levels of care, and their caregivers	1	High
Triple P - Positive Parenting Program - Level 4® (Level 4 Triple P)	For parents and caregivers of children and adolescents from birth to 12 years old with moderate to severe behavioral and/or emotional difficulties or for parents that are motivated to gain a more in-depth understanding of positive parenting	1	Medium
4 Rs and 2 Ss for Strengthening Families Program, The	For children, ages 7–11, and their family members (ages 0–99)	2	High
Collaborative & Proactive Solutions (CPS)	Children ages 4–14 who experience oppositional episodes and their parents	2	Medium
Parenting with Love and Limits (PLL)	Children and adolescents aged 10–18 who have severe emotional and behavioral problems and frequently co-occurring problems such as depression, alcohol or drug use, chronic truancy, destruction of property, domestic violence, or suicidal ideation; program also has been used with teenagers with less extreme behaviors and serves both youth in the community and returning home from an out-of-home placement	2	Medium
Positive Peer Culture (PPC)	High-risk youth in public, private, and alternative schools, and in residential settings, including juvenile corrections	2	High

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Treatment Foster Care Oregon for Preschoolers (TFCO-P)	Preschool foster children aged 3–6 years old who exhibit a high level of disruptive and anti-social behavior which cannot be maintained in regular foster care or who may be considered for residential treatment, and their caregivers	2	High
Tuning in to Kids (TIK)	Parents and caregivers of children with disruptive behavior between 3 and 12 years of age; can be used with parents and caregivers of children without disruptive behavior as a preventive or early intervention	2	Medium
Adlerian Play Therapy (AdPT)	Children ages 3–10 who experience disruptive behaviors, depression, anxiety, trauma symptoms, aggression, and co-occurring internalizing and externalizing problems impeding holistic development	3	Medium
Aggression Replacement Training® (ART®)	Aggressive and violent adolescents, 13–18 years of age	3	Medium
Child-Centered Play Therapy (CCPT)	Children ages 3–10 who are experiencing social, emotional, behavioral, and relational problems	3	Medium
Child-Parent Relationship Therapy (CPRT)	Parents of children ages 3–8 with behavioral, emotional, social, or attachment disorders	3	Medium
Collaborative Problem Solving® (CPS)	Children and adolescents ages 3–21 with a variety of behavioral challenges, including both externalizing and internalizing, and who may carry a variety of related psychiatric diagnoses, and their parents/caregivers	3	Medium
Culturally Informed and Flexible Family-Based Treatment for Adolescents (CIFFTA)	Youth 11–18 years of age and their family members of all ages (including siblings)	3	Medium
Defiant Children: A Clinician's Manual for Assessment and Parent Training	Parents of children ages 4–12 years who are defiant or who may qualify for a diagnosis of oppositional defiant disorder (ODD)	3	Medium

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Families First	Families and referred children who are at-risk as a result of family conflict, lack of parenting skills, child abuse, childhood emotional issues, disruptive behavioral problems including criminal misconduct and other at-risk situations children, parents, and families face	3	Medium
Helping the Noncompliant Child (HNC)	Parents of children (age 3–8 years old) who are noncompliant and have related disruptive behavior/conduct problems	3	Medium
I Can Problem Solve (ICPS)	Low- and middle-income students, 4–12 years old	3	Medium
The Incredible Years® Classroom Dinosaur Child Program (Prevention)	Children 3–8 years of age	3	Medium
The Incredible Years® Preschool Basic Parent Training Program (Treatment)	Parents/caregivers of young children (ages 3–6) in higher risk families or who are exhibiting high rates of conduct problems, attention-deficit/hyperactivity disorder (ADHD), or developmental delay	3	Medium
The Incredible Years® Teacher Classroom Management Program	Teachers of children 3–8 years of age and the children in their classroom	3	Medium
Parent-Child Care (PC-CARE)	Caregiver and child (age 1–10 years old) who has or is at high-risk of developing behavior problems or who is adjusting to a new home or family situation	3	Medium
Parenting Wisely	Families with children at risk for or with behavior problems, substance abuse problems, or delinquency	3	Medium
SNAP Boys	Boys 6–11 years old with disruptive behavior problems and their parents/caregivers	3	Medium