

July 2020

DYNAMIC
HEALTHCARE



Monthly Newsletter

At the root of this dilemma is the way we view mental health in this country. Whether an illness affects your heart, your leg or your brain, it's still an illness, and there should be no distinction. - Michelle Obama

DIAGNOSIS OF THE MONTH - OPPOSITIONAL DEFIANT DISORDER (ODD)

Oppositional defiant disorder [ODD] is a condition in which children display "frequent and persistent pattern of anger, irritability, arguing, defiance or vindictiveness toward you and other authority figures."

ODD is more common in boys than in girls and are more likely to be seen in children who have mood or anxiety disorders, conduct disorders and/or ADHD.

Children and teenagers with oppositional defiant disorder may have trouble at home with parents and siblings, in school with teachers, and at work with supervisors and other authority figures. Source: Mayo Clinic



MENTAL HEALTH TIP

Physical activity can help children with anger and behavior issues expend energy in a positive way. It can help children with ODD channel their negative behaviors and emotions into something positive. Try creating an obstacle course for your child to run through, over and around.

UPCOMING DYNAMIC EVENT!

DHC along with Elev8 and Arundel elementary school will be hosting a summer fun program for kids and families in Arundel's immediate community. This program will give individuals and families opportunities to get out of the house and engage with others in a safe environment while addressing current local and global climate to include; CoronaVirus, Black Lives Matter (protests), School/ Learning, and mental health needs. More information on this program and how to join will be available soon!