

REPORT TO THE TWENTY-FIFTH LEGISLATURE  
STATE OF HAWAII  
2009

PURSUANT TO HOUSE CONCURRENT RESOLUTION 126, H.D. 1, S.D. 1,  
REQUESTING THE DEPARTMENT OF EDUCATION AND THE DEPARTMENT OF  
HEALTH TO JOINTLY STUDY THE FEASIBILITY OF INTEGRATING  
REHABILITATION PROGRAMS FOR STUDENTS WITH ANGER PROBLEMS,  
SESSION LAWS OF HAWAII 2008

PREPARED BY:

STATE OF HAWAII  
DEPARTMENT OF HEALTH  
CHILD AND ADOLESCENT MENTAL HEALTH DIVISION  
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## RECOMMENDATIONS FOR STUDENTS WITH ANGER PROBLEMS

This report is submitted pursuant to House Concurrent Resolution 126, adopted during the 2008 Hawaii State Legislature, which requires the Departments of Education and Health to jointly study the feasibility of integrating rehabilitation programs for students with anger problems.

The Department of Health (DOH) generally concurs with the Department of Education's (DOE) feasibility study and their assessment that group anger management classes have limited benefits. The DOH Child and Adolescent Mental Health Division (CAMHD) does not recommend group treatment for anger, but recommends that the underlying causes for the anger be addressed in an individualized manner. Mild to moderate anger issues can be adequately addressed by the DOE's school-based behavioral health program. Students with frequent and violent outbursts should be assessed by a mental health professional. Students with significant conduct problems can be referred to CAMHD.

CAMHD has an array of evidence-based services for youth with significant conduct problems, including parent skills training which increases the parent/caregiver's ability to effectively manage the youth's behavior, Multisystemic Therapy which is an intensive family- or community-based treatment that addresses the multiple determinants of serious anti-social behavior, and Multidimensional Treatment Foster Care (MTFC) which simultaneously utilizes trained and supervised foster parents to provide a supportive relationship with the youth while preparing the parents/caregivers to parent the youth in a way that sustains the positive changes made in MTFC.

CAMHD concurs with the DOE's recommendation that schools should routinely review and analyze their discipline data to identify and address problem areas and that the skills of classroom teachers should be enhanced to identify at-risk students with problematic externalizing and internalizing behaviors.

CAMHD would be happy to collaborate with the DOE, and is willing to provide consultation, training and referrals for youth with significant conduct or anger management problems.