

GLOSSARY OF TERMS

ACRONYMS

(Letters that stand for a longer word)

ACT

Assertive Community Treatment.

ADAMHS

Alcohol, Drug Addiction and Mental Health
Services Board

AIDS

Acquired Immune Deficiency Syndrome

AOSOP

Association of Ohio Substance Abuse
Programs

BDD

Bureau of Disability Determination.

BVR

Bureau of Vocational Rehabilitation

CAP

Client Assistance Program

CMHB

Community Mental Health Board

CMHC

Community Mental Health Center

GLOSSARY OF TERMS

ACRONYMS

(Letters that stand for a longer word)

COS

Consumer Operated Service

CSP

Community Support Program

HAP

Housing Assistance Program

ICF

Intermediate Care Facility

ISP

Individual Service Plan

LOS

Length of Stay

MAO

Monamine oxidase inhibitor

NAMI

National Alliance for the Mentally Ill

NDMDA

National Depressive/Manic Depressive
Association

OAMH

Ohio Advocates for Mental Health

GLOSSARY OF TERMS ACRONYMS

(Letters that stand for a longer word)

OCS

Office of Consumer Services, Ohio
Department of Mental Health

ODA

Ohio Department of Aging

ODADAS

Ohio Department of Alcohol and
Drug Addiction Services

ODDC

Ohio Developmental Disabilities Council

ODJFS

Ohio Department of Job and Family
Services

ODMH

Ohio Department of Mental Health

ODYS

Ohio Department of Youth Services

OEAP

Ohio Employee Assistance Program

GLOSSARY OF TERMS

ACRONYMS

(Letters that stand for a longer word)

OLRS

Ohio Legal Rights Services.

SAMI

Substance Abuse Mentally Ill
(dual diagnosis).

SED

Severely emotionally disturbed
(applied to children)

SMD

Severely Mentally Disabled
(applied to adults).

SSDI

Social Security Disability Income

SSI

Supplemental Security Income

SSRI

Serotonin Selective Reuptake Inhibitors

TDD

Telecommunication Device for the Deaf

TTY

Teletypewriter

GLOSSARY OF TERMS HEALTHCARE

(terms frequently used)

ACUTE

Severe but of short duration; not chronic.

AMENORRHEA

Absence of menstrual periods, which can be a side-effect of some medications.

ANTI-DEPRESSANT

Medication used to treat *depression*, including such medications as Prozac, Zoloft and Paxil.

ANTIPSYCHOTIC

Medication used to *treat psychosis*.

ANXIOLYTICS

Medications used to reduce serious *anxiety*, tension and agitation, including such medications as Klonopin, Buspar and Librium.

CHRONIC

Longer in duration, as in over a long period of time.

CLIENT

A person receiving health services.

GLOSSARY OF TERMS HEALTHCARE

(terms frequently used)

CLAIM

A request by an individual, or his/her provider, to an individual's insurance company for the payment of fees for services obtained from a health care professional.

CO-INSURANCE

Money that an individual is required to pay for services, after a deductible has been paid. In some healthcare plans, co-insurance is called a *co-payment*. For example, an employee may pay twenty percent toward the charges for a service, while the employer pays the remaining eighty percent. A co-payment may, also, refer to the *flat* fee that an individual pays for the healthcare services. For example, some HMOs require a *ten-dollar co-payment*" for each office visit, regardless of the type of services provided during the visit.

DEDUCTIBLE

The amount an individual must pay for healthcare expenses before insurance covers the costs.

GLOSSARY OF TERMS HEALTHCARE

(terms frequently used)

EMPLOYEE ASSISTANCE PROGRAM (EAP)

A program offered by employers to provide confidential assistance in resolving personal problems affecting a person's well-being and job performance.

HEALTH MAINTENANCE ORGANIZATIONS (HMO)

An insurance plan in which individuals or their employers pay a fixed monthly fee for services, as opposed to separate charges for each visit or service. Services are provided by physicians, employed by or under contract with the HMO. Monthly fees remain the same, regardless of the type or levels of service provided.

INDEPENDENT PRACTICE ASSOCIATIONS (IPAs)

A managed care organization with providers, usually paid by fee-for-service, and with relatively weak controls over service utilization. Similar to HMOs, except that individuals receive care in a physician's office, rather than in an HMO facility.

GLOSSARY OF TERMS HEALTHCARE

(terms frequently used)

INPATIENT

Institutional care, such as that provided in nursing homes, hospitals, homes for MR/DD or physically disabled citizens and mental hospitals.

LONG-TERM CARE

Healthcare and/or personal care services required by persons who are chronically ill, aged, disabled or mentally challenged in an institution or at home on a long-term basis.

MANDATED HEALTH INSURANCE

State laws requiring insurance companies to offer or provide minimum mental health benefits.

MEDICAID

Federal program that provides health insurance to low-income families who meet certain categorical and financial criteria.

GLOSSARY OF TERMS HEALTHCARE

(terms frequently used)

MEDIGAP INSURANCE POLICIES

Offered by private insurance companies designed to pay for some of the costs that Medicare does not cover. Must be sixty-five years or older.

OUT-OF-POCKET MAXIMUM

A pre-determined limited amount of money that an individual must pay before an insurance company will pay for an individual's health care costs.

OUTPATIENT SERVICE

Healthcare services provided on an out-patient basis, meaning they do not require an overnight stay in a hospital or inpatient facility.

PARTIAL HOSPITALIZATION

aka DAY TREATMENT

Structured individual and/or group activities and therapies that are planned, goal-oriented and are specified in a comprehensive individualized service plan (ISP).

GLOSSARY OF TERMS HEALTHCARE

(terms frequently used)

PRE-EXISTING CONDITION

A medical condition that is excluded from coverage by an insurance company because the condition was believed to have existed prior to the individual obtaining a health insurance policy from the particular insurance provider.

PRIMARY CARE PROVIDER

A healthcare professional, usually a physician, who is responsible for monitoring an individual's overall healthcare needs, who can refer an individual to a specialist for specific healthcare services.

REFERRAL

A recommendation to seek or request services and/or evaluations between agencies in order to assist the needs of the person served.

GLOSSARY OF TERMS HEALTHCARE

(terms frequently used)

RESPIRE CARE

A service designed to provide temporary residence for a person with a disability who ordinarily lives with family or friends or to assume temporary responsibility for care of the person in his/her own home environment. Provides back-up support and, in some cases, a “relief” to persons responsible for the care of ill or disabled persons who ordinarily live in the household.

SHORT-TERM CARE

Care and treatment provided for a short duration of time, usually not exceeding thirty days in length.

TRANQUILIZER

A medicine that produces a calming effect.

WAITING PERIOD

A period of time when you are not covered by insurance for a particular problem.

GLOSSARY OF TERMS MENTAL HEALTH

ACUTE SCHIZOPHRENIA

The shortest and most intense period of *schizophrenia* when the most serious symptoms are found.

ADVOCACY

Activities in support of individuals with mental illness, including rights protection, legal and services assistance and system or policy changes.

AFFECTIVE FLATTENING

Limited range and intensity of emotional expression.

AKATHISIA

The medical word for extreme restlessness, including rocking from foot-to-foot, walking in place, pacing, or an inability to sit still.

ANXIETY DISORDER

A disorder characterized by feelings of dread, panic, extreme vigilance, and unrealistic worry.

GLOSSARY OF TERMS MENTAL HEALTH

BI-POLAR DISORDER

An affective disorder characterized by extreme changes in mood ranging from mania to depression.

CATATONIC SCHIZOPHRENIA

A marked disturbance in physical activity which may manifest itself in an extreme lack of reactivity to the surrounding environment, including a long period of staying very still in a strange position, being mute or overcome with uncontrolled excitement.

CHRONIC SCHIZOPHRENIA

The long span of time, following a period of acute schizophrenia, during which symptoms are acutely less serious.

CONSUMER

A person receiving mental health services.

GLOSSARY OF TERMS MENTAL HEALTH

CHRONICALLY MENTALLY DISABLED

Term used to describe persons who suffer certain mental or emotional disorders that erode or prevent the development of basic coping mechanisms and living skills. These areas can include personal hygiene, self-care, interpersonal relationships, job procurement and retention and social transactions.

DELUSION

A fixed belief that has no basis in reality and which is not affected by rational argument or evidence to the contrary.

DEPRESSION

Feelings of sadness, hopelessness, helplessness and worthlessness, also accompanied by a lack of energy and motivation.

EXTRA PYRAMIDAL SYMPTOMS (EPS)

A disturbance of facial or body movements which may be a side effect of anti-psychotic medications.

GLOSSARY OF TERMS MENTAL HEALTH

HALLUCINATION

A false perception of something that is not really there.

MANIA

An emotional disorder characterized by euphoria or irritability, rapid speech, fleeting thoughts, insomnia, poor attention span and poor judgment; usually a symptom of *bi-polar* disorder.

MENTAL ILLNESS

A brain disorder affecting an individual's mental well-being, especially the way one thinks, makes decisions, deals with others or copes with life's situations. A disorder of thought or mood which significantly impairs judgment, behavior, capacity to recognize reality or ability to cope with the ordinary demands of life. It may be due to changes in the brain caused by genetic, toxic, infectious, psychosocial or traumatic influences.

GLOSSARY OF TERMS MENTAL HEALTH

MOOD STABILIZERS

Medications used for *bi-polar* disorder (aka manic depression), including such medications as Lithium, Depakote and Neurotin.

NEGATIVE SYMPTOMS

Reflects a loss of normal functions in individuals with mental illness. Symptoms may include flattening of affect, apathy or withdrawal.

NEUROLEPTICS

Medications with an anti-psychotic effect, used in the treatment of *schizophrenia* and other mental illnesses.

OBSESSIVE COMPULSIVE DISORDER (OCD)

A disorder in which persistent ideas are experienced as intrusive and cause distress, coupled with repetitive behaviors or rituals.

GLOSSARY OF TERMS MENTAL HEALTH

PARANOIA

A mental illness that includes unreasonable suspicions of people and situations, often accompanied by feelings of hostility.

PERSONALITY DISORDER

A deeply ingrained and maladjusted pattern of behavior that persists over many years, serious enough to cause suffering either to the person involved or to other persons.

POSITIVE SYMPTOMS

Refers to symptoms that reflect an excess or distortion of normal functions, which may include delusions, hallucinations, disorganized speech, and/or catatonic behavior.

POVERTY OF SPEECH

The inability to start or take part in a conversation, particularly “small talk.”
A very common symptom of *schizophrenia* that prevents diagnosed individuals from taking part in many social activities

GLOSSARY OF TERMS MENTAL HEALTH

PSYCHOSIS

A mental disorder which involves changes of personality and loss of contact with reality, usually including delusions and/or hallucinations.

SCHIZOID

This term may be used to describe a person who is unusually shy, aloof, sensitive or withdrawn, including a pervasive pattern of detachment from social relationships and a restricted range of expression of emotions.

SCHIZOPHRENIA

The most common on the list of serious mental disorders. Symptoms include hallucinations and/or delusions, personality changes, withdrawal, and serious thought and/or speech disturbances.

GLOSSARY OF TERMS TREATMENT AND RECOVERY

COMMUNITY MENTAL HEALTH CENTERS

A facility that provides CSP, outpatient and urgent care services, as well as partial hospitalization, consultation and educational services.

COMMUNITY SUPPORT WORKERS (CASE MANAGERS)

Community Support Workers help consumers access services essential to meeting basic human needs, such as housing, medical, social, vocational and educational assistance. Major components of the service include coordinating assessments, treatment planning, crisis assistance services, advocating and monitoring progress.

COUNSELING

A supportive environment in which a consumer may talk with a trained professional, openly and confidentially, about personal concerns and feelings. A counselor helps a client solve problems and develop self-management skills, enabling the individual to cope more effectively in day-to-day situations.

GLOSSARY OF TERMS TREATMENT AND RECOVERY

DAY TREATMENT

A program designed to provide individualized therapy and rehabilitation for persons making a transition from inpatient care, to less-intensive care. *Day Treatment* is designed to treat mental health problems, as well as increase basic coping, and social skills. (Also referred to as *Partial Hospitalization*.)

GROUP HOME

Small community-based, residential housing facility intended for disabled individuals who are capable of living in the community but whose mental health problems and/or other disabilities prevent them from living independently. Usually houses fulltime staff, seven days a week, twenty-four hours a day.

GROUP THERAPY

Several individuals gather to discuss a variety of problems and share experiences and solutions. *Group therapy* sessions are facilitated by a mental health professional.

GLOSSARY OF TERMS TREATMENT AND RECOVERY

HALFWAY HOUSE

Temporary living quarters where assistance with daily living is provided to individuals who require professional supervision.

Individuals are aided in re-adjusting to society, following a period of imprisonment, hospitalization or beginning a recovery process from addiction.

PEER SUPPORT

Services offered by mental health consumers to provide support to one another. Peer support services can include drop-in centers, 24-hour telephone support, peer respite care and support groups.

PSYCHIATRIST

A licensed physician who has satisfactorily completed a residency training program in psychiatry. This professional is licensed to prescribe medications.

GLOSSARY OF TERMS TREATMENT AND RECOVERY

PSYCHOLOGIST

A professional who is licensed according to state laws, and who has completed a graduate program in psychology. This individual is not permitted to prescribe medications.

PSYCHOSOCIAL REHABILITATION

A goal-oriented program for the mentally disabled which provides experiences geared toward improving their abilities to function in the community. The philosophy emphasizes using personal strengths and usually includes vocational and social adjustment services, which are aimed at preventing unnecessary hospitalization.

PSYCHOTHERAPY

Therapy involving psychological treatment of mental disorders. It can include sympathetic dialogue and counseling to achieve a thinking-feeling reorganization

RECOVERY

A personal process of overcoming the negative impact of a psychiatric disability despite its continued presence.

GLOSSARY OF TERMS TREATMENT AND RECOVERY

RECREATIONAL AND SOCIALIZATION SERVICES

Structured activities for consumers that promote the development of appropriate social skills.

REGISTERED NURSE

A professional who provides direct patient care and treatment of the physically ill, mentally ill, emotionally disturbed and/or developmentally disabled.

SELF-HELP

The means through which mental health consumers, their families and friends contact each other to share their experiences and suggest strategies for coping and recovery.

SOCIAL WORKER

A professional who applies his/her knowledge and skills to help people overcome social and health problems and make the most effective use of their own abilities.

VOCATIONAL SERVICES

The interventions directed toward exploration, training and work experience, the purpose of which is to assist in identifying, obtaining and maintaining employment.