

Acronyms and Phrases Commonly Found in Mental Health World

You may find yourself in a meeting where team members or folks from other programs are blithely throwing around strange terminology. Try to ask them to explain the terminology- this keeps you informed and able to participate in the discussion. It also reminds team members to be aware that their language might not be understood by the family members with whom they try to communicate.

Send your favorite confusing phrases and acronyms to cynthiar@edgewood.org for inclusion in this list!

Acronym/Phrase	Definition
5150	Involuntary commitment to psychiatric hospital for up to 72 hours, based on clinical determination of risk of harm to self or others, or of being gravely disabled
AB	Assembly Bill
ADHD	Attention Deficit Hyperactivity Disorder
AHA	American Hospital Association
AMA	American Medical Association
AOD	Alcohol and Other Drugs
APA	American Psychiatric Association or American Psychological Association
BHRS	San Mateo County' Behavioral Health & Recovery Services (mental health/substance abuse)
Boundaries	This refers to the separation between team members and the youth/family members. Therapists often have very strict boundaries to support the way they work with the youth/family. Family Partners will share more information about themselves, to help families feel less isolated, not judged, able to share their own experiences with an empathetic person.
Bx	Behavior
CACF	California Alliance of Children and Families
CADPAAC	County Association of Alcohol and Drug Abuse Program

CALMHB	California Association of Local Mental Health Boards and Commissions
CAL OSHA	California Occupational Safety and Health Act
CALWORKS	California Work Opportunity and Responsibility to Kids
CAMFT	California Association of Marriage and Family Therapists
CAMHPRA	California Association of Mental Health Patient Rights Advocates
Canyon Oaks Youth Center (COYC)	A locked residential therapeutic environment for county youth ages ?? – 18.
CAO	County Administrative Officer
CARCH	California Association of Residential Care Homes
CASRA	California Association of Social Rehabilitation Agencies
CAYEN	California Youth Empowerment Network
CBO	Community Based Organization
CC	Cultural Competency
CCCMHA	California Council of Community Mental Health Agencies
CD	Chemical Dependency
CDCR	California Department of Corrections and Rehabilitation
CiMH	California Institute for Mental Health
Clt or Ct	Client
C/M or CM	Case Manager
CMHDA	California Mental Health Directors Association
CNMHC	California Network of Mental Health Clients
COD	Co-Occurring Disorder
Continuum of Care	Implies a progression of comprehensive services through which a child/family moves based on need/eligibility. System of Care (SOC) and Wraparound are examples.
COD	Co-occurring Disorder. A person who has both an alcohol/drug problem and an

	emotional/psychiatric problem. At Edgewood, if the child is identified as our client and the sibling has an drug and psychiatric problem, we would say this is a co-occurring disordered family.
COE	County Office of Education
CPS/CW	Child Protective Services/Child Welfare- the county agency that investigates child abuse, and provides support and services to youth and families to improve the home situation
Cultural Competence	Refers to being sensitive and responsive to cultural differences, providing services appropriate to someone's unique culture- this can include race, gender & sexual orientation, ethnicity, religion, age, personal experiences, etc.
C/Y or CY	Child & Youth- program within Edgewood's wraparound program serving children 6-18 years of age
CYA	California Youth Authority
Day treatment (Day Tx)	A school or program lasting at least 4 hours/day, including special education, counseling, vocational training, skill building, crisis intervention, etc. Often multiple agencies are involved.
DIC	Edgewood's Drop In Center in San Bruno, serving youth 15-17 and 18-25
DSM IV (the latest version as of 2011)	The Diagnostic & Statistical Manual of Mental Disorders- used by psychiatrists & therapists to categorize mental health symptoms/behaviors, important for insurance reimbursement, can lead to stigma
DV	Domestic violence
Educational Related Mental Health Services (formerly termed 26.5 services)	In the school setting, a child w/emotional disturbance can receive additional services through this school funding via county mental health dept.
FP	Family Partner – usually folks who have personal experience in raising a child/youth with serious mental illness or

	other disabilities. FPs provide support and collateral services to family members and caregivers.
FRED meeting	Edgewood managers plus county “stakeholders” who meet twice monthly to discuss youth in the program– progress & challenges
FTE	Full-time equivalent employee
GM	Grandmother
Graduation (from wraparound)	When the youth (and family) have met their identified goals, we plan for a celebration or graduation!
HIPPA	Health Insurance Privacy & Portability Act- legislates the need to obtain written approval before sharing personal/medical information, the security methods used to keep the info safe in our office, why you don’t take client files home and don’t keep client info on your home computer....
HSA	Human Services Agency- includes CPS/CW.
IEP	Individualized Education Plan- a planning process led by the school district. Parents MUST agree to plan! Mental health services can be part of an IEP.
ILS	Independent living skills- skills needed for someone to live as independently as possible out of their family home. Ex: money management, transportation, jobs, housing, health and self-care, getting along with peers and others.
Interagency Placement Review Committee (IPRC)	Meeting where children and youth are presented for review for ‘placement’ by a committee of San Mateo county providers. ‘Placement’ can mean residential treatment, wraparound, group home or other treatment options
LGBTQ	Lesbian, Gay, Bi-Sexual, Transsexual/Transgendered and Questioning
Mandated reporter	Folks working in a position where we are mandated by law to report suspected child

	or elder abuse.
MFT	Marriage & Family Therapy/Therapist
MHAC	Mental Health Association of California (aka MHA)
MHP	Mental Health Plan
MHSA	California's Mental Health Services Act (Prop 63) – a tax on millionaires that funds community-based mental health services
MHSARC	Mental Health Substance Abuse and Recovery Commission for San Mateo County
MOU	Memorandum of Understanding
MSW	Masters in Social Work
NAMI	National Alliance on Mental Illness- an advocacy group for folks with mental illness and their families/friends. Local branches often have support groups. NAMI gets involved in public policy at all levels, and provides educational classes for consumers, families and providers.
NIMH	National Institute of Mental Health division of the National Institute of Health
NOS	Not otherwise specified. Used in the DSM-IV
NPS	Non-public school
OAC	Oversight and Accountability Commission for the Mental Health Services Act (also called MHSOAC)
OCD	Obsessive compulsive disorder
OD	Overdose
On Call	At Edgewood, we all take one evening/month 5-8 PM to work the crisis response phone
OT assessment	Occupational Therapy assessment, provides info on youth's stage of proficiency in various ILS. Needed to support housing options.
PEI	Prevention and Early Intervention
Plan of Care	This is the document used by family/teams to keep track of the strengths/goals/signs of success/action steps we are all working on

PTSD	Post-traumatic stress disorder
QA	Quality assurance- In our world, QA tries to ensure that our portal notes will pass an audit by Medi-Cal
Referrant	The person/agency who referred the youth to TP
RFP	Request for Proposal
Residential treatment	A setting where the patient lives full-time in a therapeutic setting. There are different levels of security (locked vs. unlocked) depending on the perceived safety need.
Rx	Prescription
Safe	Therapy-speak for feeling emotionally or physically safe, or in a supportive environment that allows someone to talk about difficult topics
SAMHSA	Substance Abuse and Mental Health Services Administration Block Grant (Federal)
SED	Seriously Emotionally Disturbed
SMC	San Mateo County
SSI/SSP	Supplemental Security Income/State Supplemental Payment
Splitting	Splitting is when an individual tells pieces of the situation or their experience, and leaves gaps in communication.
Sx	Symptom
TAY	Transition Age Youth, ages 16-25. Programs in San Mateo county working with this population include: Edgewood's wraparound, YAIL (Young Adult Independent Living), DIC
TBI	Traumatic Brain Injury
TBS	Therapeutic behavior services- an intensive, time-limited one-on-one coaching to support the youth in changing behaviors that put them in danger of being removed from their home/community.
TDS	Therapeutic Day School
Title 9	Portion of California Code of Regulations

	Community Mental Health Services related to specialty mental health services provided to Medi-Cal recipients by county mental health plans
Tx	Therapy or treatment
UACF	United Advocates for Children and Families, a non-profit advocacy group
VRS	Vocational Rehabilitation Services
“What’s that look like?”	Therapy-speak for “if we are successful in reaching this goal, what will be happening, how will you feel, what will others be doing?”
WET	Workforce Education and Training
WRAP	Wellness and Recovery Action Plan
Wraparound/Full Service Partnership	These are programs that provide a wide range of supports and services for youth and their families/caregivers, to create the best possible environment for resilience/recovery from mental health disabilities. Can include case management, individual and family therapy, behavior coaching, TBS coaching, family and peer partners, housing support. Services are not confined to the office, but include community-based work.
Youth Services Center (YCS)	Juvenile Justice Center for San Mateo County