

Behavioral Health Glossary of Terms

504

The 504 Plan is a plan developed to ensure children with disabilities receive accommodations that will ensure their academic success and access to the learning environment. The Individuals with Disabilities Education Act (IDEA) controls the procedures for 504s and IEPs.

A

ACA - Affordable Care Act

The Affordable Care Act, sometimes referred to as Obamacare, intends to make healthcare insurance, including Medicaid, affordable and available to more people.

ACEs - Adverse Childhood Experiences

Adverse Childhood Experiences (ACEs) are potentially traumatic events that occur in childhood, such as exposure to violence, abuse, or substance use, that can change brain development as well as how the body responds to stress. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.

ACT - Acceptance and Commitment Therapy

ACT is a behavioral therapy that balances acceptance and change strategies to teach individuals how to alter their relationships with thoughts, feelings, and physical sensations to become more functional in everyday life.

ADA – Americans with Disabilities Act

The 1990 Americans with Disabilities Act (ADA) is a civil rights law that prohibits discrimination based on disability. ADA requires employers to provide reasonable accommodations to employees with disabilities, and imposes accessibility requirements on public accommodations.

Addiction - see Substance Use Disorder

ADHD - Attention Deficit Hyperactivity Disorder

Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder that includes a combination of persistent problems, such as difficulty paying attention, hyperactivity, and impulsive behavior.

AD - Advance Directive

An Advanced Directive is a written statement by an individual, 18 years or over, which details how they wish medical decisions to be made should they become unable to make informed

decisions. An Advanced Directive allows an individual to choose a person to make health and treatment decisions on their behalf in the event they are unable to do so.

Advanced Practice Psychiatric Nurses (PMH- APRN)

Advanced Practice Psychiatric Nurses assess, diagnose, and treat individuals and families with psychiatric disorders. PMH-APRNs are credentialed to prescribe medication and administer psychotherapy.

Agoraphobia

Agoraphobia is an anxiety disorder characterized by having an extreme fear about actual or anticipated circumstances that may cause embarrassment, vulnerability, or panic. Oftentimes individuals with agoraphobia have fear of open public spaces.

AL – Assisted Living

An assisted living facility offers a home-like setting living option for older adults and seniors with minimal assistance needs. Assisted living helps older adults live independently in a safe environment.

Alcohol

Alcohol is a liquid produced by the natural fermentation of sugars and is the intoxicating constituent of wine, beer, spirits, and other drinks. Alcohol is colloquially referred to as juice, sauce, hooch, booze, suds, liquid courage. Although alcohol is readily available to persons over the age of 21, excessive alcohol consumption can lead to an overdose, fatality, or alcohol use disorder.

AHAR - Annual Homeless Assessment Report

The Annual Homeless Assessment Report (AHAR) is a Housing and Urban Development (HUD) report to the U.S. Congress that provides nationwide estimates of homelessness, including information about the demographic characteristics of homeless persons, service use patterns, and the capacity to house homeless persons. The report is based on Homeless Management Information Systems (HMIS) data about persons who experience homelessness during a 12-month period, point-in-time counts of people experiencing homelessness on one day in January, and data about the inventory of shelter and housing available in a community.

A.A. - Alcoholics Anonymous

Alcoholics Anonymous (A.A.) is an international fellowship for individuals living with an alcohol use disorder or a drinking problem. Membership is free and open to everyone, regardless of age or denomination. Meetings follow the Twelve Steps program and allow members in stages of alcohol addiction and recovery to meet in groups and share their stories confidentially.

Al-Anon - Al-Anon Family Groups

Al-Anon Family Groups, commonly referred to as Al-Anon, is a free support program for families and friends affected by a loved one's alcohol use. Meetings allow people to share their common experiences and provide mutual support.

Alcohol and Drug Trainee (ADT)

Alcohol and Drug Trainee (ADT) is an entry-level position for individuals pursuing careers in alcohol and drug counseling. ADT status is of a limited duration and is not a certificate or a license.

ASL - American Sign Language

American Sign Language (ASL) is the primary language of many North Americans who are deaf and hard of hearing and is used by many hearing people as well. ASL is expressed by movements of the hands and face and has many of the same linguistic properties of spoken language.

Amphetamines

Amphetamines are synthetic, mood-altering stimulant drugs which may be prescribed legally as a prescription drug to treat ADHD and narcolepsy or used illegally as a stimulant. Prescription amphetamines are sold under brand names Adderall or Ritalin in pill form. Individuals may abuse illegally obtained amphetamines by snorting crushed pills or dabbing it onto gums. Amphetamines may also be referred to as speed or uppers.

Anxiety

Anxiety is a disorder characterized by feelings of tension, worry, and intrusive thoughts or concern. Anxiety may also manifest in physical symptoms such as sweating, trembling, dizziness, high blood pressure, or a rapid heartbeat.

APA – American Psychiatric Association

The American Psychiatric Association (APA) is the leading scientific and professional organization representing psychology in the United States. The APA seeks to advance psychological science to promote health, education, and human welfare. The APA publishes the Diagnostic and Statistical Manual of Mental Disorders (DSM).

APS – Adult Protective Services

Adult Protective Services are provided by the Department of Social Services to ensure adults are not abused, neglected, or abandoned.

ACT - Assertive Community Treatment

The Assertive Community Treatment model aims to provide mental health care to individuals with serious mental illnesses that impair their ability to live in the community.

Adolescent Clubhouse

An Adolescent Clubhouse is a community-based safe space for adolescents with persistent mental health or substance use issues. Learn more about the mid-shore's Adolescent Clubhouse program.

ASAM – American Society of Addiction Medicine

The American Society of Addiction Medicine (ASAM) is a professional medical society representing addiction medicine professionals. ASAM works to increase access and improve the quality of addiction treatment, educate physicians and the public, and support addiction research and prevention. Many providers use the ASAM Criteria to develop treatment plans for patients.

ASAM Criteria

ASAM Criteria is a widely used comprehensive set of guidelines to assist in the placement, continued stay, transfer, or discharge of patients with addiction and co-occurring conditions. Patients can move between ASAM levels depending on their unique needs on the addiction spectrum.

Level 0.5 - Early Intervention

Level 0.5 treats patients who may be at risk for developing substance-related problems and not yet diagnosed with a substance use disorder.

Level 1 – Outpatient

Level 1 provides outpatient services consisting of less than 9 hours weekly for adults and less than 6 hours weekly for adolescents to promote recovery and engage in motivational enhancement therapies and strategies.

Level 1 OTP - Opioid Maintenance Therapy

Level 1 OTP provides medication-assisted treatment specific to opioid addiction.

Level 2 - Intensive Outpatient

Level 2 is a structured therapeutic outpatient setting that delivers services for nine or more hours a week, or six or more hours of services a week for adolescents.

Level 2.5 - Partial Hospitalization

Level 2.5 provides 20 or more hours of clinically intensive programming per week based on individual treatment plans.

Level 3 – Residential/Inpatient Treatment

Level 3 patients receive around-the clock care from addiction professionals and clinicians at an inpatient facility.

Level 3.1 - Clinically Managed Low-Intensity Residential Services

Level 3.1 is a structured environment with 24 hour living support with at

least 5 hours of programming provided each week directed towards preventing relapse, applying recovery skills, and reintegration. Level 3.1 can include halfway housing or transitional Housing.

Level 3.3 - Clinically Managed Population Specific High-Intensity Residential Services

Level 3.3 is a structured environment with 24-hour care in combination with residential services and group treatment to support and promote recovery. Level 3.3 is considered long term residential care.

Level 3.5 - Clinically Managed High-Intensity Residential Services

Level 3.5 is a structured therapeutic community environment with 24-hour care in combination with a full active milieu to support and promote recovery and prepare for outpatient treatment.

Level 3.7 - Medically Monitored Intensive Inpatient Services

Level 3.7 is a medically monitored intensive inpatient residential treatment program with 24-hour nursing care, 16-hour counseling and physician availability.

Level 4 – Medically Managed Intensive Hospital/Inpatient Treatment

Level 4 provides patients suffering from severe withdrawal or medical, emotional, or behavioral problems with 24-hour care from addiction clinicians at an inpatient facility.

ASO – Administrative Service Organization

An Administrative Service Organization is under contract with the Mental Hygiene Administration to provide administrative services, including reviewing the utilization of public mental health care, giving authorization for mental health care, processing payment to the mental health care providers, and conducting quality assurance audits and surveys. Optum is the ASO in Maryland.

Autism Spectrum

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges. People with ASD may communicate, interact, behave, and learn in ways that are different from most other people. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some individuals with ASD need extra assistance in their daily lives while others need less.

B

Behavioral Health

Behavioral health is the scientific study of the emotions, behaviors and biology relating to a person's mental well-being, their ability to function in everyday life and their concept of self. Behavioral health is the preferred term to mental health. A person struggling with his or her behavioral health may face stress, depression, anxiety, relationship problems, grief, addiction, ADHD or learning disabilities, mood disorders, or other psychological concerns. Counselors, therapists, life coaches, psychologists, nurse practitioners or physicians can help manage behavioral health concerns with treatments such as therapy, counseling, or medication.

Benefits

Benefits include Medicaid, Medicare, and private insurance provided to people in the form of payment for some or all medical services, medical related services, rehabilitative services, and/or prescription drugs.

Benzodiazepines

Benzodiazepines, sometimes referred to as "benzos", are tranquilizer drugs that slow the activity of the central nervous system. They come as tablets, capsules, injections, or suppositories. Prescribed benzodiazepine medications include Ativan, Valium, Diazepam, and Xanax. Slang terms for benzodiazepines include sleepers, tranx, downers, xannies, roofies. Taking benzodiazepines with alcohol can quickly lead to an overdose.

BHA – Behavioral Health Administration

The Behavioral Health Administration (BHA), part of the Maryland Department of Health (MDH), has oversight responsibility for publicly funded inpatient and outpatient community behavioral health services related to substance use disorders, mental health disorders, co-occurring disorders, and problem gambling disorders. BHA is the entity responsible for regulating and licensing all behavioral health programs in Maryland's Public Behavioral Health System and has oversight responsibility to ensure provider compliance with COMAR 10.63 and state policy.

B-HIPP – Behavioral Health Integration in Pediatric Primary care

The Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP) supports the efforts of primary care clinicians to assess and manage the mental health needs of their patients from infancy through the transition to young adulthood. BHIPP is staffed by a team of professionals with extensive experience in the care and treatment of children and youth with psychiatric disorders. Calls are answered by a licensed behavioral health consultant who can assist with resources, referrals, and general questions regarding children's mental health.

BHSN - Behavioral Health Services Network

A Behavioral Health Services Network (BHSN) meeting focuses on the coordination and integration of local services for better health outcomes for persons with mental health and substance use challenges. Mid Shore Behavioral Health hosts a quarterly BHSN meeting.

Bipolar Disorder

Bipolar disorder is a mental health disorder that causes severe and unusually high and low shifts in mood, energy, and activity levels as well as unusual shifts in the ability to carry out day-to-day tasks.

C

CAC-AD - Certified Associate Counselor-Alcohol and Drug

A CAC-AD is the bachelor-level alcohol and drug counselor credential issued by the Board. With Board approval, CAC-ADs may also supervise other CAC-ADs, CSC-ADs, and ADTs.

Case Management

Case Management is the process by which mental health services and related support services for each consumer are coordinated and monitored.

CARF – Commission on Accreditation of Rehabilitation Facilities

The Commission on Accreditation of Rehabilitation Facilities (CARF) mission is to provide accreditation standards and surveyors for organizations working in the human-services field worldwide. Areas of practice represented in the CARF standards include aging services, behavioral health, psychosocial rehabilitation, child and youth services, durable medical equipment, employment and community services, medical rehabilitation, and opioid treatment programs.

CBHP - Community Behavioral Health Plan

A Community Behavioral Health Plan (CBHP) details the collaborative and integrated work of the local authorities responsible for managing Maryland’s Public Behavioral Health System (PBHS) for a county or counties. The Mid-Shore Community Behavioral Health Plan is created annually through collaboration with all five mid-shore county authorities, which make up the Mid-Shore Planning Collaborative (MSPC).

CBT – Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is a psycho-social mental health therapy that focuses on challenging and changing cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies.

CCO - Care Coordination Organization

A Care Coordination Organization (CCO) arranges comprehensive social and medical services for people with disabilities.

Celebrate Recovery

Celebrate Recovery is an American Christian twelve-step program designed to facilitate recovery from a wide variety of troubling behavior patterns.

CHIP – Child Health Insurance Program

Child Health Insurance Program (CHIP) provides health care insurance to uninsured children. CHIP is a block grant to States and funds may be depleted without providing insurance to all uninsured children. Children who are eligible for Medicaid are not eligible for CHIP.

CHOW - Community Health Outreach Worker

A Community Health Outreach Worker (CHOW) is an entry level position which provides health and disease prevention information to underserved populations in the community and assists them in adopting healthy behaviors.

CIT - Crisis Intervention Team

Crisis Intervention Team (CIT) programs are community-based programs that bring together community partners, law enforcement, mental health professionals, mental health advocates, and individuals with lived experience to respond to mental health crises. The mid-shore CIT is the Eastern Shore Mobile Crisis Response.

Community-Based Behavioral Health Services

Also known as Wraparound Services, Community-Based Behavioral Health Services are designed to help a child handle behavioral health challenge at home, at school, and in the community.

Co-Occurring

Co-occurring is a term that refers to when a person has two or more behavioral health disorders, such as mental illness and addiction. These co-occurring disorders may overlap and begin at the same time, or one may appear before or after the other.

Co-Treatment

Co-treatment is the act of providing care simultaneously for two issues known to have interactive effects with one another.

COC - Continuum of Care

Continuum of Care (CoC) is the local planning body that coordinates housing and support services funding for homeless families and individuals. Mid Shore Behavioral Health, Inc. serves as the lead agency for the five county Continuum of Care (CoC) known as the Mid Shore Roundtable on Homelessness.

Comorbidity

Comorbidity is the existence of two or more illnesses in the same person. These illnesses can be physical or mental.

Cocaine

Cocaine is an addictive drug derived from coca plant, or prepared synthetically, used for its euphoric effects and sometimes medicinally as a local anesthetic. Cocaine is snorted in white powder form and known as coke, blow, dust, snow, powder, pearl, bump.

COMAR – Code of Maryland Regulations.

Code of Maryland Regulations (COMAR) are the compilations of regulations issued by agencies of the state of Maryland.

Counselor

A counselor is a licensed professional in the field of psychology. Counselors help patients change behaviors related to substance use, emotional, and/or behavioral disorders. A licensed counselor will hold a master's degree (M.A.) in psychology or a related field.

CRNP - Certified Registered Nurse Practitioner -

Certified Registered Nurse Practitioners (CRNPs) hold advanced degrees and often have the same skills and abilities as primary care doctors. Many CRNPs are often able to practice without any doctor oversight, but there are some states that require an attending physician to oversee the CRNP.

CRNP-PMH - Certified Registered Nurse Practitioner in Psychiatric Mental Health

Nurse Practitioners in Psychiatric Mental Health (CRNP-PMH) are nurse practitioners that specialize in the treatment of mental health, and can administer psychotherapy, prescribe medication, and manage treatment plans.

CRPS – Certified Peer Support Specialist

A Certified Peer Recovery Support Specialist (CRPS) is an individual in recovery from substance use or co-occurring disorders who are specially trained to provide support and resources to other individuals seeking recovery. To become a Certified Peer Recovery Support Specialist, they must complete a certain amount of training, peer support, and supervision before testing through the Maryland Addiction and Behavioral Health Professionals Certification Board.

Crack Cocaine

Crack Cocaine is a chemically purified, potent cocaine in pellet form that is smoked. The term crack refers to the crackling sound heard when the mixture is heated. It is also referred to as crack, rock, sugar block, piedras, hard rock, cubes, or bunk.

CSA – Core Service Agency

A Core Service Agency (CSA) is a local management entity for public mental health services within a jurisdiction responsible for planning, providing for service provision according to locally

determined needs, and monitoring service delivery and evaluating service outcomes. CSAs are agents of county or city government and may be county departments, quasi-governmental bodies, or private nonprofit corporations. Mid Shore Behavioral Health, Inc. is the Core Service Agency of the mid-shore.

CSC-AD - Certified Supervised Counselor Alcohol and Drug Certification

The Certified Supervised Counselor Alcohol and Drug Certification (CSC-AD) is the associate-level alcohol and drug counselor credential issued by the Board. A CSC-AD may provide only alcohol and drug counseling as an employee of an agency or facility that is certified or licensed by the State under the close supervision of a Board-approved supervisor. A CSC-AD may not provide supervision or practice independently.

CSR - Client Service Representative

Client Service Representatives (CSRs) use the phone and the internet to respond to client queries, resolve client concerns and understand client needs. They focus on providing a sales and service experience for either inbound or outbound calls that best represents the organization's objectives and standards. The role may also involve selling the organization's products and services.

D

DBT - Dialectical Behavior Therapy

Dialectical Behavior Therapy (DBT) is an evidence-based psychotherapy that can be useful in treating mood disorders, suicidal ideation, and changing behavioral patterns such as self-harm and substance use.

DDA –Developmental Disabilities Administration

The Developmental Disabilities Administration (DDA) is a State agency under the Department of Health and Mental Hygiene charged with providing services to individuals with developmental disabilities in Maryland.

Depression

Depression is a mental disorder that causes persistent feelings of sadness, guilt, and worthlessness that can be severe enough to interfere with working, sleeping, and enjoying life.

Disulfiram

Disulfiram, also known as Antabuse, is a medication that treats chronic alcoholism. When taken daily, it will prompt immediate unpleasant side effects if someone drinks alcohol while on the medication.

DHMH –Maryland Department of Health and Mental Hygiene

The Maryland Department of Health and Mental Hygiene (DHMD) is the executive department of the State government responsible for health-related issues.

DHR –Maryland Department of Human Resources

The Maryland Department of Human Resources (DHR) is a department of the State government charged with serving families and individuals who, due to financial hardship, disability, age, chronic disease, or any other cause, need help in obtaining basic necessities of food and shelter.

Doctor of Medicine (MD)

A Doctor of Medicine (M.D.) is a fully licensed physician with a medical degree trained to diagnose and treat illness and other disorders.

Doctor of Psychology (Psy D)

The Doctor of Psychology (Psy D) is a professional clinician who focuses on providing psychological services to patients and the public.

DV - Domestic Violence

Domestic violence (DV) is violent, aggressive, controlling behavior within the home and can include physical, emotional, sexual, financial, and technological abuse. If you are experiencing domestic violence, please call the Mid Shore Council on Family Violence.

DJS –Maryland Department of Juvenile Services

Maryland Department of Juvenile Services (DJS) is a department of the State government charged with providing juvenile justice services to children with suspected involvement in delinquent and/or status offenses.

DORS –Maryland Division of Rehabilitation Services

Maryland Division of Rehabilitation Services (DORS) is a division of the Maryland State Department of Education that focuses on the vocational and rehabilitation needs of persons with disabilities.

DMT - Dimethyltryptamine

Dimethyltryptamine (DMT) is a white crystalline powder derived from plants that produces brief but intense visual and auditory hallucinogenic experiences when injected, smoked, or snorted. Also known as Spirit Molecule, Dimitri, businessman’s trip, Ayahuasca, or fantasia.

DSM – Diagnostic and Statistical Manual of Mental Disorders

The Diagnostic and Statistical Manual of Mental Disorders (DSM) is a guide published by the American Psychiatric Association used by many clinicians to diagnose psychiatric conditions.

Drugs - see Substances

DSS – Department of Social Services

Departments of Social Services (DSS) are local county agencies which provide a range of services including public assistance, medical assistance, protective services, and services to families with children. County Departments of Social Service agencies are under the State Department of Human Resources.

Dual Diagnosis - see Co-Occurring)

E

EAGALA - Equine Assisted Growth and Learning Association

Equine Assisted Growth and Learning Association (EAGALA) is a non-profit with over 500 certified programs in over 40 countries around the world for equine-assisted therapy and credentials.

EAP – Employee Assistance Program

Employee Assistance Programs (EAP) are an employee benefit program often offered free of charge as part of the employee’s benefit package. Employee Assistance Programs can offer free and confidential assessments, short-term counseling, and referrals for employees experiencing personal problems and/or work-related problems that may impact their job performance, health, mental and emotional well-being.

Early Intervention

Early Intervention is the process of diagnosing and treating a mental illness when it first develops.

EBP - Evidence Based Practice

Evidence Based Practices (EBP) are therapies that have been studied academically or clinically, replicated, and proved successful.

ED - eating disorders

Eating disorders are serious conditions that cause persistent eating behaviors that can negatively impact a person’s physical and mental health and ability to function in important areas of life.

EFT – Emotionally Focused Therapy

Emotionally Focused Therapy (EFT) is a psychotherapy model which prioritizes emotions and emotional regulation.

Equine Assisted Psychotherapy

Equine-assisted psychotherapy is a form of experiential therapy that includes horses and a specialist psychologist or counselor with the intent to develop skills such as emotional regulation, self-confidence and awareness, and responsibility.

ESOC - Eastern Shore Operations Center

Eastern Shore Operations Center (ESOC) is the call center for the mobile crisis response for the nine counties of the Eastern Shore. Eastern Shore Mobile Crisis Response is available MD 24/7 to assess and triage mental health emergencies and provide resources and referral.

Evaluation

An evaluation is performed by a medical doctor or a clinical psychologist to evaluate an individual's behavioral health and determine the best treatment plan.

F

Fentanyl

Fentanyl is a synthetic opioid pain reliever, 50-100 times more potent than morphine. Legally, it is prescribed in the form of transdermal or lozenges under the name of Actiq, Duragesic, or Sublimaze. When illegally produced, it may take the form of powder, eye droppers, pill form or nasal sprays. Other drugs such as cocaine and marijuana may be unknowingly laced with Fentanyl. Street names for illegal fentanyl include Apache, China Girl, China White, Friend, Jackpot, Tango & Cash.

Fentanyl Testing

Fentanyl testing strips test drugs for presence of or absence of fentanyl, which can help prevent overdoses or fatalities.

FFS- Fee for Service

Fee for Service is a method of reimbursement in which doctors and other health care providers are paid a set amount for each service performed.

G

Good Samaritan Law

The Maryland Good Samaritan Law provides protection from arrest as well as prosecution for certain specific crimes and expands the charges from which people assisting in an emergency overdose situation are immune. If someone calls 911 in an effort to help during an overdose crisis, or they are experiencing an overdose, their parole and probation status will not be affected, and they will not be arrested, charged, or prosecuted for possession of a controlled dangerous substance, possession or use of drug paraphernalia, or providing alcohol to minors. The law also applies to the victims if the victims receive assistance because someone else sought assistance for them.

Group Therapy

Group Therapy is a type of support session that involves a counselor (or psychiatrist, psychologist, or other behavioral health professional) working with more than one patient at a time.

H

Halfway House

A Halfway House is a state-funded transitional living facility for those in recovery from drugs or alcohol. Many individuals go to a halfway house after completing an addiction treatment program. Halfway houses may offer therapy, psychiatric services, and Medically Assisted Treatment (MAT) to residents.

Hallucinations

Hallucinations involve hearing, seeing, touching, smelling, or tasting things that are not real, and may be induced by psychosis or substance use.

Hallucinogens

Hallucinogens are a group of drugs that change a person's awareness of their surroundings, thoughts, and feelings. Hallucinogens can cause hallucinations and can lead to numbness; disorientation and loss of coordination; and increased blood pressure, heart rate, and body temperature. Long-term effects of hallucinogens can include speech problems, memory loss, anxiety, and depression and suicidal thoughts. Hallucinogens include MDMA, magic mushrooms, and LSD.

Harm Reduction

Harm reduction is a set of practical strategies and ideas aimed at reducing negative consequences associated with drug use. Examples of harm reduction include Narcan, Safe Syringe Programs (SSPs), Safe Consumption Sites, infection disease testing, and prescription drop off locations.

Heroin

Heroin is a highly addictive, euphoria-inducing analgesic drug derived from morphine that comes in a white or brown powder form taken by smoking, injecting, or snorting. Heroin obtained illegally is referred to as hard candy, rush hour, smack, H, Chinese red, Mexican mud and is commonly laced with fentanyl. Heroin can also be a Pharmaceutical Narcotics Lab-created medication that uses the same chemical structure as that found in the opium poppy plant, producing relaxation and pain relief. Common prescriptions include Vicodin, OxyContin, codeine, morphine.

HD – Health Department

Health departments are local governing authorities that oversee the health and often the mental health agencies within its specific jurisdiction. The mid-shore has five county health departments:

Caroline County Health Department
403 S. 7th St. Denton, MD
410-479-8030

Dorchester County Health Department
3 E. Cedar St. Cambridge, MD
410-228-3223

Kent County Health Department
125 S. Lynchburg St. Chestertown, MD
410-778-1350

Queen Anne’s County Health Department
206 N Commerce St. Centreville, MD
410-758-0720

Talbot County Health Department
100 S. Hanson St. Easton, MD
410-819-5600

Health Home Services

Health Home Services is a multi-disciplinary Population Health Management Program to reduce the burden of somatic health in populations with severe and persistent mental illness. The program is embedded with RRP, RRP, or ACT. Staff within these programs are tasked with different aspects of the Health Home program. Health Home includes screening for BMI, smoking cessation, dental, annual blood work. These screenings are part of the client’s Health Rehabilitation Goals. Although Health Home is primarily for Medicaid clients, most PRP, RRP, ACT Programs offer the screenings for all clients.

HHS – U.S. Department of Health and Human Services

The Department of Health and Human Services (HHS) is a department of the U. S. federal government. The mission of the U.S. Department of Health and Human Services (HHS) is to enhance the health and well-being of all Americans, by providing for effective health and human services and by fostering sound, sustained advances in the sciences underlying medicine, public health, and social services.

HIA - High Inpatient Utilizer

High utilizers are a small group of patients who impose a disproportionately high burden on the healthcare system due to their elevated resource use.

HIPAA – Health Insurance Portability and Accountability Act

Health Insurance Portability and Accountability Act (HIPAA) is a federal law that requires the creation of national standards to protect sensitive patient health information from being disclosed without the patient's consent or knowledge.

HMIS - Homeless Management Information System

Homeless Management Information System (HMIS) is a class of database applications used to confidentially aggregate data on homeless populations served in the United States. Such software applications record and store client-level information on the characteristics and service needs of homeless persons

Hoarding

Hoarding disorder involves an excessive accumulation of items regardless of actual value, and/or a persistent difficulty discarding or parting with possessions because of a perceived need to save them. A person with hoarding disorder experiences distress at the thought of getting rid of the items.

HSAM - Human Services Agreement Manual

Human Services Agreement Manual (HSAM) is a manual which specifies administration and fiscal policy for grants and contracts, cost reimbursement contracts, and grant-in-aid and purchase of services contracts for human services funding which are made by the Maryland Department of Health and Mental Hygiene (MDH). This manual does not address programmatic issues. This manual shall, by reference, become part of each MDH grant/contract agreement and the provisions are extended to all sub vendors.

Human Trafficking

Human trafficking involves the use of force, fraud, or coercion to obtain some type of labor or commercial sex act. Traffickers use force, fraud, or coercion to lure their victims and force them into labor or commercial sexual exploitation.

HUD –Department of Housing and Urban Development

The Department of Housing and Urban Development (HUD) is a federal agency responsible for housing programs; in particular, Section 8, a program of housing vouchers for the disabled.

IAC - Inter-Agency Committee

The Inter-Agency Committee (IAC) addresses situations in which children are causing concern in the community and develops plans to improve their function in these areas.

IDEA – Individuals with Disabilities Education Act

The Individuals with Disabilities Education Act (IDEA) guarantees a free appropriate public education for children with disabilities, including the implementation of IEP and 504 plans.

IEP – Individualized Education Plan

An Individualized Education Plan (IEP) developed for each public-school child in the U.S. who needs special education.

IDD - Intellectual and Developmental Disabilities

Intellectual and developmental disabilities (IDDs) are disorders that are usually present at birth and are characterized by differences with both: intellectual functioning or intelligence, which include the ability to learn, reason, problem solve, and other skills; and adaptive behavior, which includes everyday social and life skills.

IFPS - Interagency Family Preservation Service

Interagency Family Preservation Service (IFPS) is a program that helps prevent unnecessary out-of-home placement for at-risk youth who are at imminent risk of removal from their homes.

Inhalant

Inhalants are volatile substances that produce chemical vapors found in hundreds of products that may induce psychoactive effects when inhaled. Inhalants include:

- **Gases:** butane, propane, anesthetic gases, such as ether, chloroform, halothane, and nitrous oxide.
- **Aerosols:** spray paint, hair and deodorant sprays, whipped cream dispensers, fabric protector sprays, and vegetable oil cooking sprays.
- **Nitrites:** amyl, butyl, and cyclohexyl nitrites and other related organic nitrate compounds commonly known as "poppers" often sold in small brown bottles and labeled as "video head cleaner," "room odorizer," "leather cleaner," or "liquid aroma."

Integrated Care

Integrated Care is an organizing principle based on the integrating coordination of mental health and substance use treatment with primary care services to produce the best outcomes for people with multiple health care needs.

J

K

Ketamine

Ketamine, also called “Special K” or “Super K”, is a hallucinogen and can also be referred to as a “dissociative drug.” High doses can lead to memory loss, seizures, amnesia, psychosis, trouble breathing, and being unable to move.

K2

K2, also called “spice”, is a mix of shredded plant material and laboratory-made chemicals which produce mind-altering effects. K2 is labeled “not for human consumption”, but still misleadingly may be referred to as “synthetic marijuana” or “fake weed” or labeled as incense. The Drug Enforcement Administration has made many of the active chemicals found in Spice illegal as effects of spice can be unpredictable and, in some cases, severe or cause death

Kratom

Kratom is a tropical evergreen tree in the coffee family native to Southeast Asia. Kratom has opioid properties and some stimulant-like effects, but can also induce seizures, high blood pressure, and even death.

L

LAA - Local Addictions Authority

A Local Addiction Authority (LAA) oversees systems public health systems development, management, and contract monitoring, and handling jurisdictional complaints. The LAA is also tasked with supporting community providers to maintain capacity and sustain services.

LBHA - Local Behavioral Health Authority

The Local Behavioral Health Authority (LBHA) is responsible for planning, managing, and monitoring public behavioral health services at the local level.

LCADC - Licensed Clinical Alcohol and Drug Counselor

A Licensed Clinical Alcohol and Drug Counselor (LCADC) holds a doctoral or master’s degree in a health and human services counseling field from a regionally Board- accredited educational institution. An LDADC practices clinical alcohol and drug counseling and provides services

involving methods in the diagnosis, prevention, treatment, and amelioration of psychological problems, emotional conditions, or mental conditions of individuals or groups.

LCDC - Licensed Chemical Dependency Counselor

A Licensed Chemical Dependency Counselor (LCDC) is a licensed chemical dependency counselor who helps people with substance use disorders better understand and cope with addiction.

LCPAT - Licensed Clinical Professional Art Therapist

A Licensed Clinical Professional Art Therapist (LCPAT) has a clinical art therapy license enabling them to practice art therapy for diagnosis, prevention, treatment, and amelioration of psychological and emotional or mental conditions.

LCPC - Licensed Clinical Professional Counselor

A Licensed Clinical Professional Counselor (LCPC) is a professional who has been qualified to provide psychotherapy and other counseling services. LCPCs are trained to work with individuals, families, and groups to treat mental, behavioral, and emotional problems and disorders.

LCT - Local Care Team

A Local Care Team (LCT) works to ensure that community alternatives have been exhausted before a child is placed in institutional care.

LCSW - Licensed Certified Social Worker

A Licensed Certified Social Worker (LCSW) is a master's-level social work license that allows an individual to practice non-clinical social work independently and to provide clinical social work services under supervision.

LCSW-C - Licensed Certified Social Worker - Clinical

A Licensed Certified Social Worker - Clinical (LCSW-C) level allows an individual to have a private practice, perform clinical social work, and train LCSWs as their supervisor through the contractual agreement process.

LDAAC – Local Drug and Alcohol Abuse Council

The Local Drug and Alcohol Abuse Council (LDAAC) develops the plans, strategies, and priorities of the county for meeting the identified needs of the public and the criminal justice system for alcohol and drug abuse evaluation, prevention, intervention, and treatment.

Least Restrictive Care

Least Restrictive Care refers to a patient's civil rights and their right to their choice of care. As a matter of ethical obligation, in all cases a behavioral healthcare provider should attempt to

provide care to their clients in a way that is least restrictive in the community, but that also provides an adequate quality of care while ensuring the safety of the client and the community.

LGBTQ+ - Lesbian, Gay, Bisexual, Transgender, Queer/Questioning,

LGBTQ+ is an acronym for lesbian, gay, bisexual, transgender and queer or questioning. The plus may refer to asexual, cisgender, intersex, nonbinary, gender nonconforming, or Two-Spirit Pan-Indigenous American identity. These terms are used to describe a person's sexual orientation or gender identity.

LGPC - Licensed Graduate Professional Counselor

A Licensed Graduate Professional Counselor (LGPC) is a licensed graduate professional counselor who may practice graduate professional counseling for two years under the supervision of an approved supervisor while fulfilling the two year post graduate supervised clinical experience. LGPC is a temporary license before the acquisition of an LCPC.

LMB – Local Management Board

A Local Management Board (LMB) is the coordinating board for local jurisdictions to ensure the implementation of the interagency service delivery system for children, youth, and families. LMBs were formally known as Local Planning Entity (LPE.)

LMFT - Licensed Marriage and Family Therapist

A Marriage and Family Therapists (MFT) is a mental health professional trained in psychotherapy and family systems and licensed to diagnose and treat mental and emotional disorders within the context of marriage, couples, and family systems.

LSD - Lysergic Acid Diethylamide

Lysergic Acid Diethylamide (LSD) is a potent, mood-changing, synthetically manufactured chemical that can be taken orally as tablets, small squares of paper, a liquid, or pellets. LSD is also known as acid, alice, doses, blotter, lucy, tab, strip, or L.

M

MA – Medical Assistance or Medicaid

Medical Assistance, also referred to as MA or Medicaid, is the federal-state program that pays medical costs for very low-income people. Recipients of need-based cash benefit programs such as SSI, AFDC, and PAA are automatically covered by Medicaid in Maryland.

MABHA - Maryland Association of Behavioral Health Authorities

The Maryland Association of Behavioral Health Authorities (MABHA) is the non-profit organization of Maryland's Core Service Agencies, Local Addictions Authorities, and Local

Behavioral Health Authorities. MABHAs are responsible for planning, managing, and monitoring public behavioral health services at the county level.

Marijuana

Marijuana is a psychoactive dried resinous flower buds and leaves of the female hemp or cannabis plant, which contain high levels of THC. When smoked, vaped, or ingested, marijuana can cause euphoria or relaxation, as well as anxiety, paranoia, and in extreme instances, psychosis. Slang terms for marijuana include weed, pot, dope, grass, reefer, ganja, hash, MJ, herb, chronic.

MAT – Medication Assisted Treatment

Medication Assisted Treatment (MAT) are doctor-prescribed medications which relieve withdrawal symptoms and psychological cravings caused by substance use. MAT combines behavioral therapy in conjunction with medications to treat substance use disorders. Medications include Subutex, Sublocade, Suboxone, Vivitrol, Buprenorphine, Methadone, and Disulfiram.

MCHP – Maryland Children’s Health Program

Maryland Children’s Health Program (MCHP) provides health care to children and adolescents, under the age of 19, and pregnant women of any age whose family income is up to 200% of the federal poverty level.

MCCJTP - Maryland Community Criminal Justice Treatment Program

Maryland Community Criminal Justice Treatment Program (MCCJTP), a multiagency collaborative established by the Maryland Department of Health that provides shelter and treatment services to mentally ill offenders in their communities.

MCO - Managed Care Organization

A Managed Care Organization (MCO) is an organization that has a contract with the State Medicaid agency to provide health services to consumers for a monthly capitation rate, or fixed rate, for each consumer.

MCSS - Maryland Crisis Stabilization Services

Maryland Crisis Hotline - 1-800-422-0009

Maryland Crisis Stabilization Services (MCSS) are a State-wide, 24-hour crisis intervention and supportive counseling hotline for situations that include suicide, family and relationship problems, shelter needs, violent or threatening domestic situations, loneliness, depression, chemical dependency issues, and others.

MCT - Mobile Crisis Team

A Mobile Crisis Team (MCT) is a community-based mobile crisis services that provide 24/7 availability of -face-to-face professional and peer intervention, deployed in real time to the location of a person in crisis, whether at home or wherever the crisis may be occurring, to begin

the process of assessment and definitive treatment outside of a hospital or health care facility. The Eastern Shore Mobile Crisis Team can be reached at 808-407-8018.

MDH - Maryland Department of Health

The Maryland Department of Health (MDH) is an agency of the government of Maryland responsible for public health issues.

MDoA – State of Maryland Department of Aging

State of Maryland Department of Aging (MDoA) is an independent State agency charged with serving the needs of Marylanders age 60 or older who meet financial eligibility. Along with local Agencies on Aging, MDoA oversees various programs statewide.

MDOD – Maryland Department of Disabilities

Maryland Department of Disabilities (MDOD) oversees the restructuring and reorganization of government delivery of services and programs for people with disabilities in Maryland, through collaboration with all state agencies.

MDMA - Methylenedioxy-methamphetamine

Methylenedioxy-methamphetamine (MDMA) is a synthetic drug that alters mood and perception. Once popular among rave-goers, it is now commonly referred to as Molly or Ecstasy. MDMA comes in capsules, tablets, or powder form, and can be snorted or swallowed.

Medically Managed Intensive Hospital/Inpatient Treatment- IV

Medicare

Medicare is a nationwide federally administered program that covers the costs of hospitalization, medical care, and some related services for the elderly and other individuals with select disabilities.

Mental Health

Mental Health is the state of a person’s emotional, psychological, and social well-being.

Methadone

Methadone is a synthetic opiate prescription primarily used in the detoxification and maintenance of patients who are dependent on opioids. Methadone is commonly used as part of Medication-Assisted Treatment and reduces opioid craving and withdrawal and blocks the effects of opioids, so the brain thinks it’s getting high, but the person feels normal.

Methamphetamine

Methamphetamine is a powerful, highly addictive stimulant that affects the central nervous system. Also known as meth, crank, blue, ice, and crystal, among many other terms, methamphetamine takes the form of a white, odorless, bitter-tasting crystalline powder that can be snorted, smoked, or injected.

Mental Health Parity Act

The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) is a federal law that requires mental health or substance use benefits be comparable to medical and surgical benefits in health insurance plans.

MHFA - Mental Health First Aid

Mental Health First Aid (MHFA) is a course that teaches participants how to identify, understand, and respond to signs of mental illness and substance use disorders. MHFA is available for adults and youth.

Mood Disorder

Mood disorders are mental disorders primarily affecting a person's mood. Examples of mood disorders include major depressive disorder and bipolar disorder.

MSPC – Mid Shore Planning Collaborative

The Mid Shore Planning Collaborative (MSPC) includes regional partners, persons in recovery, family members, natural supports, providers, and community leaders who work together to develop the Mid-Shore Community Behavioral Health Plan (CBHP).

MSBH - Mid Shore Behavioral Health, Inc.

Mid Shore Behavioral Health, Inc. (MSBH) is the mid-shore regional Core Service Agency responsible for the development and implementation of community planning, management, and accountability mechanisms for the delivery of mental health services. MSBH conducts regular public mental health systems needs assessments and develops an annual strategic Community Mental Health Plan.

MTS - Mobile Treatment Services

Mobile Treatment Services (MTS), also referred to as Mobile Treatment Team (MTT), is an integrated multi-agency team providing clinical and case management services for individuals with persistent mental illnesses who are at greatest risk of relapse and hospitalization, or who repeatedly utilize emergency services. MTS provides outreach, psychiatric rehabilitation, treatment, and support in the individual's natural environment (i.e., home, street, shelters for the homeless, etc.).

Multi-D - The Multi-Disciplinary Team

The Multi-Disciplinary Team (Multi-D) team reviews cases from Child Protective Services or the IAC that have multi-agency involvement.

N

NA - Narcotics Anonymous

[Narcotics Anonymous \(NA\)](#) is a fellowship of men and women for whom drugs, and opioid use have become a major problem. NA attendees meet regularly to help each other stay abstinent or work towards recovery from drugs and opioids.

Nar-Anon Family Groups

[Nar-Anon Family Groups](#) is a fellowship for individuals affected by a loved one's opioid or other drug addiction problem. Like NA, Nar-Anon holds regular meetings to share experience, strength, and hope.

Narcan

Narcan, or Naloxone, is an opioid reversal drug used to resuscitate individuals who have overdosed on opioids. Narcan is non-habit forming and safe for pregnant women. Many local health departments offer free Narcan and Narcan training.

Nicotine

Nicotine is a highly addictive organic compound derived from tobacco plants that is found in cigarettes, cigars, pipe tobacco, chewing tobacco, snuff, and vaping devices.

O

OCD – Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) is a mental health disorder characterized by repetitive actions that seem impossible to stop.

OHCQ – Office of Health Care Quality

[The Office of Health Care Quality \(OHCQ\)](#) is the agency within the Maryland Department of Health charged with monitoring the quality of care in Maryland's health care facilities and community-based programs.

OIT - Opioid Intervention Team

[Opioid Intervention Teams](#) (OITs) are multi-agency coordination bodies set up in each of Maryland's 24 jurisdictions led by the emergency manager and health officer that coordinate, complement, and integrate with the statewide opioid response effort.

OMHC – Outpatient Mental Health Clinic

An Outpatient Mental Health Clinic (OMHC) is a nonresidential program for persons with mental illness that work to restore more effective functioning, prevent regression, and provide evaluation, diagnosis, medical services, and psychotherapy.

OMPP - Opioid Misuse Prevention Program

[Maryland Opioid Misuse Prevention Program](#) (OMPP) is administered by the Division of Population-Based Behavioral Health within BHA and utilizes funds provided to jurisdictions to strengthen and enhance local overdose prevention plans and implement evidence-based opioid misuse prevention strategies.

OCCC – Opioid Operational Command Center

The [Maryland Opioid Operational Command Center](#) (OCCC) was established by Executive Order [01.01.2017.01] as part of the Hogan Administration’s 2017 Heroin and Opioid Prevention, Treatment, and Enforcement Initiative. The Center provides an overarching picture of Maryland’s Heroin and Opioid crisis to help build upon ongoing community-based approaches to address the Maryland opioid crisis by increasing collaboration between state and local public health, human services, education, and public safety entities.

Opioid

Opioids are a class of drugs that include the illegal drug heroin, synthetic opioids such as fentanyl, and pain relievers available legally by prescription, such as OxyContin, Vicodin, codeine, morphine, and others. Opioids are highly addictive and have depressant effects on the central nervous system.

OUD - Opioid Use Disorder

Opioid use disorder is a substance use disorder relating to the use of prescription, synthetic, or natural opioids.

P

PA-C - Physician Assistant - Certified

A physician assistant-certified (PA-C) is state-licensed to practice medicine, diagnose mental illnesses, and prescribe medicine with a supervising physician.

PASRR - Pre-Admission Screening & Resident Review

The Pre-Admission Screening and Resident Review (PASRR) program ensure that individuals with Serious Mental Illness (SMI), Intellectual Disabilities (ID), or related condition (RC) are not unnecessarily institutionalized but can live in the least restrictive environment where their needs may be met.

PATH – Projects for Assistance in Transition from Homelessness

Projects for Assistance in Transition from Homelessness (PATH) is a formula grant providing community-based services for people with serious mental illness who are homeless or at imminent risk of becoming homeless

PCP - Phencyclidine

Phencyclidine, or PCP, is a dissociative hallucinogen that can be sniffed, swallowed, smoked, or injected, and can cause psychosis. PCP also known as Angel Dust, Love Boat, and Peace Pill.

PCP – Primary Care Provider

A Primary Care Provider (PCP) serves as the initial interface between the consumer and healthcare system. The PCP is usually a physician selected by the consumer upon enrollment in an insurance plan, who is trained in one of the primary care specialties and can refer to other behavioral and somatic health specialists.

Peer Specialist

Peer specialists are specially trained individuals, otherwise known as Peer Support Specialists, who have a shared, lived experience with the population they are serving. Peers provide resources and support to individuals struggling with addiction or mental health conditions.

PFL - People First Language

People First Language is an intentional language that is mindful of putting the individual before their health condition. PFL uses phrases such as “person with a disability” or “individual living with bipolar disorder” as opposed to phrases that identify people based solely on their disability, such as “they are disabled” or “they are bipolar.”

Personality Disorder

A personality disorder is a type of mental disorder that involves a rigid and unhealthy pattern of thinking, functioning, and behaving. A person with a personality disorder has trouble perceiving and relating to situations and people, causing significant problems and limitations in relationships, social activities, work, and school.

PHP – Partial Hospitalization Program

PMH-C - Perinatal Mental Health Counselor

A Perinatal Mental Health Counselor PMH-C provides care and treatment for women with complex mental health needs to support and plan for the developing relationship between parent and baby.

PMHNP-BC - Psychiatric-Mental Health Nurse Practitioner - Certified

Psychiatric-Mental Health Nurse Practitioner - Certified (PMHNP-BC) are advanced practice registered nurses certified to diagnose, conduct therapy and emergency psychiatric services, and prescribe medications.

PMHS – Public Mental Health System

Maryland’s Public Mental Health System (PMHS) coordinates policy development, resource allocation, statewide planning, and quality improvement. PMHS is jointly administered by the

Mental Hygiene Administration, Core Service Agencies, and the contracted Administrative Service Organization.

Postpartum Depression

Postpartum Depression is a mood disorder that occurs in mothers after the birth of a baby and is usually a short-term disorder.

PPO – Preferred Provider Organization

Preferred Provider Organizations (PPO) are doctors, hospitals, and other health care providers, and hospitals that belong to the plan's network whose services will cost less than providers out of network.

PRP – Psychiatric Rehabilitation Program

Psychiatric Rehabilitation Program (PRP) is a community-based rehabilitation program for adults with serious mental illnesses and children with serious emotional disorders which provides training, socialization, and support to reduce the symptoms of the individual's psychiatric disability while maximizing the person's ability to function successfully in the community.

Psilocybin

Psilocybin, also known as magic mushrooms, is a naturally occurring compound found in certain species of fungi which can have hallucinogenic and euphoric effects.

Psychosis

Psychosis is a condition that affects the mind and causes a person to lose contact with reality, causing the person to have difficulty with differentiating what is real and what is not. Symptoms of a psychotic episode may include delusions (false beliefs) and hallucinations (seeing or hearing things that others do not see or hear.)

Psychotherapy

Psychotherapy, also known as talk therapy, is a behavioral health treatment method that can help eliminate or control the symptoms of mental illnesses and emotional difficulties.

PTSD – Post Traumatic Stress Disorder

Post-traumatic stress disorder (PTSD) is a mental disorder that develops in some people who have experienced a traumatic event, resulting in heightened feelings of anxiety or fear.

Q

R

RBHAC – Regional Behavioral Health Advisory Committee

The Mid-Shore Regional Behavioral Health Advisory Committee (RBHAC) assists in the planning and evaluation of the publicly funded mental health and substance-related disorder services for the five mid-shore counties, and is regionally governed by Mid Shore Behavioral Health, Inc.

Recovery

Recovery is when a person is actively treating and managing a behavioral health disorder, such as a mental illness or addiction. For a substance use disorder, recovery may also be referred to as sobriety and abstinence.

Recovery House

A recovery house is a privately owned and operated, drug and alcohol-free residence where individuals in recovery pay rent to reside, oftentimes after graduating from a halfway house.

Relapse

Relapse is the return of illness or substance use disorder symptoms.

Respite Services

Respite Services provide adults who have a Serious and Persistent Mental Illness (SPMI) or a child/adolescent who has Serious Emotional Disturbance (SED), with a temporary alternative living situation to temporarily relieve the caregiver from the responsibility of care and support.

RN - Registered Nurse

A registered nurse provides patient care and educates patients and the public about various health conditions.

RRP – Residential Rehabilitation Program

A Residential Rehabilitation Program (RRP) provides rehabilitation services in a structured home setting to individuals with serious mental illness.

RTC – Residential Treatment Center

A residential treatment center (RTC), sometimes called a rehab, is a live-in health care facility providing therapy for substance use disorders, mental illness, or other behavioral problems.

S

Safe Stations

Safe Stations are sites where individuals who are ready to accept help for their addiction can go, without an appointment, to wait in a safe, monitored environment while treatment is arranged. The Eastern Shore has five safe stations that are free and open to anyone who needs them.

Salvia

Salvia is a plant common that produces hallucinogenic effects when ingested and may be referred to as Diviner's Sage, Sally-D, and Magic Mint.

SAMHSA – Substance Abuse Mental Health Administration

Substance Abuse Mental Health Administration (SAMHSA) is the division of the United States Department of Health and Human Services tasked with measuring mental health and substance use nationwide and acting as a central resource of evidence-based, best practices to treat, manage and improve behavioral health.

SBIRT - Screening, Brief Intervention and Referral to Treatment

Screening, Brief Intervention and Referral to Treatment (SBIRT) is an assessment tool used by providers to determine the severity of substance use and the appropriate level of treatment.

Schizophrenia

Schizophrenia is a mental health condition characterized by symptoms of hallucinations or delusions.

SDoH - Social Determinants of Health

Social Determinants of Health are the conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life-risks and outcomes.

SEP – Supported Employment Program

Supported Employment Program (SEP) are services provided to individuals with disabilities to assist with obtaining and maintaining employment.

Sexual Disorders

Sexual disorders are a group of dysfunctions characterized by a person's inability to fully engage in and derive pleasure from sex.

SMART Recovery

Self-Management and Recovery Training (SMART) Recovery is an abstinence-oriented support organization for individuals with addictive problems.

SMI - Serious Mental Illness

Serious Mental Illness (SMI) is defined as someone over the age of 18 who has, or has had within the past year, a diagnosable mental, behavioral, or emotional disorder that causes serious functional impairment that interferes with major life activities.

SOAR - Social Security Disability Income (SSDI) / Social Security Inform (SSI) Outreach Access and Recovery

Social Security Disability Income / Social Security Inform Outreach Access and Recovery (SOAR) is a strategy to help states and communities increase access to SSI/SSDI benefits for individuals who are homeless, or at risk of homelessness, and diagnosed with a severe mental illness. Mid Shore Behavioral Health, Inc. can assist with eligibility assessments and referrals to the SOAR program.

SOR - State Opioid Response

The State Opioid Response (SOR) is a grant-funded program which aims to address the opioid crisis by increasing access to medication-assisted treatment, reducing unmet treatment needs, and reducing opioid overdose related deaths through the provision of prevention, treatment, and recovery activities for opioid use disorder (OUD), including illicit use of prescription opioids, heroin, and fentanyl.

SSA – U.S. Social Security Administration

The United States Social Security Administration (SSA) is an independent agency of the U.S. federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivor benefits

SSDI – Social Security Disability Insurance

Social Security Disability Insurance (SSDI) is a disability program of the Social Security Administration that provides benefits to eligible persons considered medically disabled and who have worked and paid social security taxes (FICA) for a specific number of years.

SSI – Supplemental Security Income

Supplemental Security Income (SSI) is a disability program of the Social Security Administration that provides benefits to eligible persons considered medically disabled who have little or no income or resources to meet basic needs for food, clothing, and shelter.

SSP - Safe Syringe Program

Syringe services programs (SSPs) are community-based prevention programs that can provide a range of services, including linkage to substance use disorder treatment; access to, and disposal of, sterile injection equipment, vaccination, disease testing, and linkage to care and treatment for infectious diseases.

Strength-Based Approach

Strengths-based approaches build on a recognition of an individual's inherent strengths to develop ways that better serve the individuals by enhancing self-determination and sense of individual power.

SUD - Substance Use Disorder

Substance use disorder (SUD) is a chronic disease of the brain that causes an inability to control the use of a legal or illegal drugs, alcohol, medications, or other substances, including:

- **Depressants** - Alcohol, Benzodiazepines, Marijuana
- **Hallucinogens** - DMT, K2, Ketamine, MDMA, PCP, Psilocybin, Salvia
- **Opioids** - Fentanyl, Heroin
- **Stimulants** - Amphetamines, Cocaine, Methamphetamine, Nicotine
- **Inhalants**

Supported Employment

Supported employment services help clients return to work or school and achieve personal goals. Emphasis is on rapid placement in a work or school setting, combined with coaching and support to ensure success.

Suboxone

Suboxone is a partial agonist prescription medication that combines buprenorphine and naloxone, used to treat opioid addiction.

Suicide

Suicide is the act of intentionally causing one's own death.

Suicidal Ideation

Suicidal ideation refers to a person's thoughts, ideas, or ruminations about the possibility of ending one's life. Active suicidal ideation includes thoughts and planning for the act of taking one's life. Passive suicidal ideation is wishing to die, but not having a plan to complete the ideation.

T

TAY – Transition Age Youth

Transition Age Youth are defined as young adults aged 14-25 transitioning from child services to adulthood.

TBI - Traumatic Brain Injury

Traumatic Brain Injury (TBI) is an injury to the brain caused by an external physical force which results in an impairment of cognitive abilities and/or physical, emotional, and behavioral functioning.

Telehealth

Telehealth, or telemedicine, refers to the use of telecommunications technology to support virtual clinical physical and behavioral healthcare.

TIC - Trauma-Informed Care

Trauma-Informed Care is an approach to human services in which staff are trained to recognize trauma symptoms and adapt systems to lessen or eliminate systematic retraumatizing.

U

UCC - Urgent Care Clinic

An urgent care center is a walk-in clinic that focuses on caring for individuals who need immediate care but are not having a life-threatening emergency.

Underinsured

Underinsured refers to situations in which a person's public or private medical insurance does not pay for all the person's needed health care.

V

Vaping

Vaping is the inhaling of a vapor from an electronic cigarette (e-cigarette), or other vaping device created by a cartridge filled with liquid that contains nicotine, flavorings, and chemicals

Vivitrol

Vivitrol, also known as Naltrexone, is a prescription injection that blocks the effects of opioids for one month at a time.

W

WIC – Women, Infants & Children

Women, Infants & Children (WIC) is a federal grant food program for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five at nutritional risk.

Withdrawal

Withdrawal is the acute physiological substance-related withdrawal symptoms which can occur 24 to 48 hours after a person quits the use of a substance.

Wraparound Services - See Community-Based Health Services

Wraparound services are provided to children and adolescents with serious emotional disturbances which include an individualized plan for the minor and the family.

X

Y

Z