

## Glossary of Common Terms

Full Name	Acronym/Terminology	Definition
Assertive Community Treatment	ACT	Team-based treatment model that provides multidisciplinary, flexible treatment and support to people with mental illness 24/7. ACT is based around the idea that people receive better care when their mental health care providers work together. (NAMI definition)
Center for Medicare and Medicaid	CMS	Federal agency within the United States Department of Health and Human Services (HHS) that administers the Medicare program and works in partnership with state governments to administer Medicaid, the State Children's Health Insurance Program (CHIP), and health insurance portability standards
Department of Human Services	DHS	The Dept. of Human Services is a state and national governing agency that protects the health and human services for the poor, elderly and disabled.
Department of Corrections	DOC	Department of Corrections (DOC) is a governmental agency tasked with the responsibility of overseeing the incarceration of persons convicted of crimes within a particular jurisdiction.
Electronic Health Record	EHR	An Electronic Health Record (EHR) is an electronic version of a patient's medical history, that is maintained by the provider over time, and may include all of the key administrative clinical data relevant to that persons care under a particular provider, including demographics, progress notes, problems, medications, vital signs, past medical history, immunizations, laboratory data and radiology reports
Eye Movement Desensitization and Reprocessing	EMDR	(EMDR) is a psychotherapy developed by Francine Shapiro that emphasizes disturbing memories as the cause of psychopathology. It is used to help with the symptoms of post-traumatic stress disorder (PTSD).
A computer program	EPIC	EPIC is a computer program used by the University of Iowa and other systems for documentation and record keeping.
Health Insurance Protection and Portability Act	HCBS	HIPAA Privacy Rule provides federal protections for individually identifiable health information held by covered entities and their business associates and gives patients an array of rights with respect to that information.

Health Insurance Protection and Portability Act	HIPPA	HIPAA Privacy Rule provides federal protections for individually identifiable health information held by covered entities and their business associates and gives patients an array of rights with respect to that information.
Iowa Department of Public Health	IDPH	The Iowa Department of Public Health is a partnership of local public health, non-profit organizations, health care providers, policymakers, businesses, and many others working together to promote and protect the health of Iowans.
Integrated Health Home	IHH	A health home (aka Medicaid health home) — as defined in Section 2703 of the Affordable Care Act — offers coordinated care to individuals with multiple chronic health conditions, including mental health and substance use disorders.
Managed Care Organization	MCO	Managed care plans are a type of health insurance. They have contracts with health care providers and medical facilities to provide care for members at reduced costs. These providers make up the plan's network.
Mental Health/Developmental Disability	MH/DD	This category includes persons with mental illness, intellectual disability, brain injury, and other developmental disabilities.
National Alliance on Mental Illness	NAMI	The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
Post-Traumatic Stress Disorder	PTSD	Mental health condition that's triggered by a terrifying event — either experiencing it or witnessing it. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event.
Request for Proposal	RFP	The process by which the Dept. of Human Services solicits bids for services.
Substance Abuse and Mental Health Service Administration	SAMHSA	The agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. <a href="http://www.samhsa.gov/">http://www.samhsa.gov/</a>
Supported Community Living	SCL	Medicaid program. Provides up to 24-hour care based on need. Assists the consumer with daily living needs. May include personal and home skills, community skills, personal needs, transportation and treatment.

Supplemental Security Income	SSI	Government program that provides financial support to blind, disabled or aged; income and resource limits. Must apply for Medicaid and be eligible.
Women, Infant, Children Program	WIC	Provides nutrition education and monthly food vouchers for qualifying women, infants and children in Iowa. Must meet Medicaid and income requirements.
Wellness Recovery Action Plan	WRAP	A self-designed prevention and wellness process that can be used to get well and stay well. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals.
Mental Health America	MHA	Mental Health America is the nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness and to promoting the overall mental health of all Americans.
National Institute of Mental Health	NIMH	The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the largest biomedical research agency in the world. NIH is part of the U.S. Department of Health and Human Services (HHS).
Office of Consumer Affairs	OCA	The Office of Consumer Affairs, or OCA for short, is a federally-funded program that exists in every state. It was created over 20 years ago to provide a voice within state governments for people with serious mental illness and parents of children with behavioral disorders.
Iowa Medicaid Enterprise	IME	The Iowa Medicaid Enterprise (IME) is an endeavor that unites State Staff and "Best of Breed" contractors into a performance-based model for the administration of the Iowa Medicaid program. Medicaid is a state-federal funded program that is administered by the Department of Human Services of the State of Iowa.
Habilitation	HAB	Habilitation can include cognitive, social, fine motor, gross motor, or other skills that contribute to mobility, communication, and performance of activities of daily living and enhance quality of life.
Community Support Program	CSP or CSS	A home/community-based service that is provided by some Community Mental Health Centers, and is an outreach/care coordination program on a level between ACT and IHH.

Division of Mental Health and Disability Services	MHDS	MHDS is responsible for planning, coordinating, monitoring, improving and partially funding mental health and disability services for the State of Iowa.
Resilience		The ability to bounce back when faced with challenges.
Self-determination		Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s) towards those goals. Individuals optimize their autonomy and independence to the greatest extent possible by leading, controlling, and exercising choice over the services and supports that assist their recovery and resilience.
Appalachian Consulting Group	ACG	The Appalachian Consulting Group trains and consults in health and behavioral health to promote a national workforce of peer specialists who call forth the potential within each individual to self-manage a healthy life with meaning and purpose.
Iowa Board of Certification	IBC	The Iowa Board of Certification (IBC) grants certification to persons who have met certain standards defined by the organization. Certification is designed to promote and maintain integrity and quality of substance abuse and other behavioral health professionals.
International Association of Peer Supporters	iNAPS	iNAPS mission is to grow the peer support profession by promoting the inclusion of peer specialists throughout healthcare and other community systems worldwide.
Whole Health Action Management	WHAM	Whole Health Action Management (WHAM) is a training program and peer support group model to encourage increased resiliency, wellness, and self-management of health and behavioral health among people with mental illnesses and substance use disorders.
Crisis Stabilization Unit	CSU	Intensive, short-term stabilization for someone experiencing a mental health emergency
Drop-in Centers		Peer-run programs that focus on social skills development and support in an informal setting.
Mobile Crisis Teams		Mental health service professionals who provide on-scene responses in mental health emergencies.
Telemedicine		The delivery of health care via telecommunications (like a computer or TV or computer monitor) by healthcare providers.
Cognitive Behavioral Therapy	CBT	Cognitive behavioral therapy is a type of psychotherapeutic treatment that helps patients understand the thoughts and feelings that

		influence behaviors.
Eye Movement Desensitization and Reprocessing	EMDR	Eye Movement Desensitization and Reprocessing is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.
Alternative therapies		Treatments for mental health challenges other than the traditional mental health, hospitalization, and institution care options. Examples of alternative therapies include yoga, massage, biofeedback, light therapy, etc.
Social Skills Training		Training used to improve social and independent living skills.
Psychoeducation		Education for the person and their family about their illness and how to best to manage it.
Psychiatrist		Medical doctors who specialize in the treatment of mental disorders.
Psychologist		Mental health professionals with advance training who can provide psychological test and evaluation and treat mental health disorders. A psychologist is not a medical doctor.
Advanced Registered Nurse Practitioner	ARNP	An advanced registered nurse practitioner (ARNP) is a registered nurse who completes a graduate-level educational program. An ARNP can have primary responsibility for patient care.
Physician Assistant	PA	A physician assistant (PA) is a professional who practices medicine under a supervising physician.
Registered Nurse	RN	A RN is a nurse who has graduated from a college's nursing program or from a school of nursing and has passed a national licensing exam.
Physical Therapist	PT	Physical therapists help people restore and improve motion.
Occupational Therapist	OT	Occupational therapists help patients develop, recover, improve, as well as maintain the skills needed for daily living and working.
Primary Care Provider	PCP	A primary care provider (PCP) is a health care practitioner who sees people that have common medical problems.
Licensed Marriage and Family Therapist	LMFT	Licensed Marriage and Family Therapist are mental health professionals 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.
PSS	Peer Support Specialist	An individual who is personally living well in recovery from a serious mental illness, serious emotional disturbance, addiction, loss, or trauma. PSS promote skills for improving mental and physical wellbeing and increasing resiliency
Licensed Independent Social Worker	LISW	An independently licensed social worker who is able to bill insurance for therapy services
Case Management		Links a variety of formal and informal services and supports.
Depression and Bipolar Support Alliance	DBSA	The Depression and Bipolar Support Alliance (DBSA) provides hope, help, support, and education to improve the lives of people who have mood disorders.
Center for Mental Health Services	CMHS	The Center for Mental Health Services leads federal efforts to promote the prevention and treatment of mental disorders. Congress created CMHS to bring new hope to adults who have serious mental illness and children with emotional disorders.
International Certification and Reciprocity Consortium	IC&RC	IC&RC promotes public protection by offering internationally-recognized credentials and examinations for prevention, substance use treatment, and recovery professionals.