

# Glossary of Mental Health Terms

Behavioral health is full of acronyms and buzzwords that can be confusing. The Parents' Place of Maryland has created this guide to help you better understand these terms.

<b>Acronym</b>	<b>What it stands for</b>	<b>Meaning</b>
<b>988</b>	Suicide & Crisis Lifeline	A national 3-digit phone number for immediate mental health crisis support, including substance use and suicidal ideation.
<b>ABA</b>	Applied Behavior Analysis	A way to teach helpful behaviors and skills using rewards and practice.
<b>ABCF-CBT</b>	Alternatives for Families – Cognitive Behavioral Therapy	A treatment model designed to reduce child abuse risk and improve family functioning through cognitive behavioral strategies.
<b>ADA</b>	Americans with Disabilities Act	A civil rights law that prohibits discrimination against individuals with disabilities, including those with mental health conditions.
<b>ADD</b>	Attention Deficit Disorder	Neurodevelopmental disorder affecting attention and focus.
<b>ADHD</b>	Attention-Deficit/Hyperactivity Disorder	A neurodevelopmental disorder characterized by inattention, hyperactivity, and impulsivity, commonly treated in behavioral health settings.
<b>AMA</b>	Against Medical Advice	When a patient chooses to leave care despite medical recommendations.
<b>ANSA</b>	Adult Needs and Strengths Assessment	A clinical assessment tool used to evaluate the needs and strengths of adults receiving behavioral health services.
<b>APA</b>	American Psychiatric Association	The main professional organization of psychiatrists in the U.S., responsible for publishing the DSM (the Diagnostic and Statistical Manual of Mental Disorders) and promoting mental health research and education.
<b>APCC</b>	Associate Professional Clinical Counselor	A pre-licensed counselor (master's required) working under supervision (e.g., Licensed Professional Counselor (LPC) or LPC supervisor) to provide individual therapy for anxiety, depression, relationships, using evidence-based practices.

<b>APN / APRN</b>	Advanced Practice Nurse / Advanced Practice Registered Nurse	A registered nurse with graduate training and national/state certification, qualified to assess, diagnose, and treat psychiatric and behavioral health conditions – including therapy and medication management as a Psychiatric Mental Health-Advanced Practice Registered Nurses or Psychiatric Mental Health-Nurse Practitioner
<b>ARF</b>	Adult Residential Facility	Licensed facilities that provide 24-hour non-medical care to adults with developmental disabilities or mental health conditions.
<b>ASCW / ACSW</b>	Associate Clinical Social Worker	A clinical social worker with a master’s degree, working under supervision to assess, treat, and support clients in behavioral health settings (e.g., primary care integration, crisis intervention).
<b>BAI</b>	Beck Anxiety Inventory	A self-report questionnaire used to measure the severity of anxiety in individuals.
<b>BCBA</b>	Board Certified Behavior Analyst	A trained expert who creates and manages behavior plans.
<b>BDI</b>	Beck Depression Inventory	A widely used instrument for detecting and measuring the severity of depression.
<b>BHA</b>	Behavioral Health Administration / Authority	State-level agency overseeing public mental health, Substance Use Disorders (SUDs), co-occurring, and problem gambling services; responsible for licensing, regulation, and ensuring quality in public behavioral health systems.
<b>BPRS</b>	Brief Psychiatric Rating Scale	A scale used by clinicians to assess psychiatric symptoms such as depression, anxiety, hallucinations, and unusual behavior.
<b>CAF</b>	Community Alternatives Framework	Model for providing community-based behavioral health services.
<b>CANS</b>	Child & Adolescent Needs and Strengths	A multi-purpose tool developed to support decision making, including level of care and service planning for children and adolescents.
<b>CBT</b>	Cognitive Behavioral Therapy	A form of psychological treatment that is commonly used for a range of conditions, including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness.
<b>CCO</b>	Care Coordination Organization	Organization that coordinates care across providers and services.

<b>CFPS</b>	Certified Family Peer Specialist	Trained family member providing family peer support in behavioral health.
<b>CIT</b>	Crisis Intervention Team	Law enforcement program for responding to mental health crises.
<b>CME</b>	Care Management Entity	Entity responsible for managing care for individuals with complex needs.
<b>CPRS</b>	Certified Peer Recovery Specialist	Individual with lived experience providing peer support.
<b>CSA</b>	Core Service Agency	Local agency coordinating mental health services.
<b>DJS</b>	Department of Juvenile Services	Maryland department overseeing juvenile justice programs.
<b>DSS</b>	Department of Social Services	Agency providing social services including child welfare and public assistance.
<b>EBP</b>	Evidence-Based Practices	The use of current best evidence in making decisions about individual patients or populations.
<b>EMDR</b>	Eye Movement Desensitization and Reprocessing	Developed by trauma therapists, EMDR helps the brain process and release traumatic memories through eye movements.
<b>Extended Care</b>	Longer residential care similar to halfway house	Provides extended support and treatment for individuals needing continued care after initial recovery programs.
<b>FFS</b>	Fee for Service	Payment model where services are paid individually.
<b>Halfway House</b>	Transitional residential care	Structured living environments that support individuals transitioning from inpatient treatment or incarceration to independent living.
<b>IFPS</b>	Interagency Family Preservation Services	Services aimed at keeping families together and preventing out-of-home placements.
<b>LBHA</b>	Local Behavioral Health Authority	Local agency managing behavioral health services.
<b>LCSW</b>	Licensed Clinical Social Worker	A professional who has obtained a license to provide specialized clinical therapeutic services. LCSWs possess advanced knowledge and use evidence-based interventions and therapeutic techniques to help clients navigate through issues such as depression, anxiety, trauma, addiction, and relationship conflicts. LCSWs play a vital role in promoting mental health and improving social functioning and overall well-being.

<b>LCT</b>	Local Care Team	Team coordinating services for children with intensive needs.
<b>LMB</b>	Local Management Board	Board coordinating services for children and families.
<b>LMSW</b>	Licensed Master Social Worker	LMSWs work with individuals, groups, families and communities to provide case management and advocacy services. LMSWs can only offer clinical social work services under the direct supervision of a licensed mental health professional.
<b>LPC</b>	Licensed Professional Counselor	A mental health professional who helps individuals, couples, families, and groups to cope with and understand a wide range of mental health issues and emotional problems. They use a variety of therapeutic techniques, such as cognitive-behavioral therapy, psychoanalytic therapy, and humanistic therapy, to help clients overcome mental health challenges and achieve optimal well-being.
<b>MABHA</b>	Maryland Association of Behavioral Health Authorities	Association representing local behavioral health authorities.
<b>MCCJTP</b>	Maryland Community Criminal Justice Treatment Program	Program providing treatment to justice-involved individuals.
<b>MCO</b>	Managed Care Organization	Health plan managing services for Medicaid recipients.
<b>MCSS</b>	Mobile Crisis Stabilization Services	Services providing immediate crisis intervention in the community.
<b>MCT</b>	Mobile Crisis Teams	Teams responding to behavioral health crises in the community.
<b>MDH</b>	Maryland Department of Health	State agency overseeing public health programs.
<b>MH /SA</b>	Mental Health / Substance Abuse	Common abbreviation used in place of 'Mental Health and Substance Use'.
<b>MHA</b>	Mental Health America	National nonprofit focused on education, prevention, early intervention, advocacy, and policy reform.
<b>MHFA</b>	Mental Health First Aid	Training program teaching how to help someone experiencing a mental health crisis.
<b>NAMI</b>	National Alliance on Mental Illness	Advocacy and support organization for mental health.
<b>NEDA</b>	National Eating Disorders Association	Supports people affected by eating disorders through education, resources, and advocacy.

<b>NIMH</b>	National Institute of Mental Health	Primary federal research agency for mental disorders. Supports basic and clinical research and disseminates mental health information.
<b>OMHC</b>	Outpatient Mental Health Clinic/Centers	Facilities providing outpatient mental health services.
<b>OMS</b>	Outcome Measurement System	System for tracking outcomes of behavioral health services.
<b>PHP (or PH)</b>	Partial Hospital Program	A structured, part-time treatment program designed for individuals with mental health or substance use disorders. It provides intensive care while allowing patients to keep up their daily responsibilities, as they can live at home instead of a hospital. PHP offers structured therapy and group support without the need for full-time hospitalization.
<b>PRP</b>	Psychiatric Rehabilitation Program	Program helping individuals with mental illness develop skills for daily living.
<b>PTSD</b>	Post Traumatic Stress Disorder	Mental health condition triggered by traumatic events.
<b>RDI</b>	Relationship Development Intervention	A program that helps families teach social and emotional skills at home.
<b>RRP</b>	Residential Rehabilitation Program	Program providing residential support for individuals with behavioral health needs.
<b>RTC</b>	Residential Treatment Center	Facility offering intensive residential behavioral health treatment.
<b>SAMHSA</b>	Substance Abuse and Mental Health Services Administration	A U.S. government agency that leads public health efforts to advance behavioral health and reduce the impact of substance abuse and mental illness.
<b>TCM</b>	Targeted Case Management	Service model that provides individualized support and coordination of care for people with complex behavioral health needs, helping them access necessary medical, social, and educational services.
<b>TIC</b>	Trauma-Informed Care	Approach to care that recognizes and responds to trauma.
<b>TIP</b>	Treatment Improvement Protocol	Guidelines published by SAMHSA to improve treatment practices for behavioral health conditions, including co-occurring disorders like problem gambling and substance use.
<b>WRC</b>	Wellness and Recovery Center	Facility supporting recovery and wellness for individuals with behavioral health needs.