

Behavioral Health Clinical Acronyms

Comprehensive website: [Mental Health Acronym Guide - Peg's Foundation \(pegfoundation.org\)](https://www.pegfoundation.org/mental-health-acronym-guide)

Crisis response:

BEST- Boston Emergency Services Team- under the leadership of [Boston Medical Center](#) and with the support of the Massachusetts Behavioral Health Partnership, provides 24/7 crisis response and emergency mental health services to children, adolescents and adults in Boston, Brookline, Cambridge, Chelsea, Revere, Somerville and Winthrop communities. This team includes bilingual responders to serve all the residents in our communities, providing access to a comprehensive, highly integrated system of crisis evaluation and treatment services.

ESP- Emergency Services Program (ESP) Description - There are 21 locally based ESPs covering every city and town across the Commonwealth. Seventeen of the ESPs are managed by MBHP, and four are operated by the Department of Mental Health (DMH) in the Southeast Region. See [Appendix C-6](#) for a link to the ESP/MCI Statewide Directory. It lists the ESP/MCIs, the catchment areas they serve, the cities and towns included in each catchment area, and contact information, such as addresses and phone numbers.

The ESPs provide behavioral health crisis assessment, intervention, and stabilization services, 24 hours per day, seven days per week, and 365 days per year. Each ESP offers the following service components, which make emergency behavioral health services accessible in the community, offering alternatives to hospital emergency departments (EDs) for individuals seeking behavioral health services when use of the ED may be avoided and/or is not voluntarily sought.

- Mobile Crisis Intervention (MCI) for youth (age 20 and younger)
- Adult Mobile Crisis Intervention
- Adult Community Crisis Stabilization
- Community-Based Location Services
- 24/7/365 Crisis Triage

The mission of the Emergency Services Program is to deliver high quality, culturally competent, clinically and cost effective, integrated community-based behavioral-health crisis assessment, intervention, safety planning and stabilization services that promote resiliency, rehabilitation, and recovery. See [Appendix C-5](#) for a link to ESP Performance Specifications.

ESP services are available to individuals of all ages who are uninsured, as well as those covered by the following public payers: MassHealth plans (PCC Plan/MBHP, MassHealth-contracted Managed Care Entities (MCEs), and MassHealth fee-for-service); DMH only; Medicare; and Medicare/Medicaid. Many ESPs are also contracted with various commercial insurance companies to provide similar services.

Diagnoses/ terms:

MDD- Major Depressive Disorder

GAD- General Anxiety Disorder

BPD- Borderline Personality Disorder; also could be Bipolar Disorder -Borderline Personality Disorder – A mental health disorder that impacts thoughts and feeling about yourself and others causing problems in everyday life. It includes self-image issues, trouble managing emotions and behavior and patterns of unstable relationships.

PTSD- Post Traumatic Stress Disorder; see also CPTSD- complex PTSD

ADHD – Attention Deficit Hyperactivity Disorder – Condition or syndrome which means a person has a hard time paying attention, acting in a hectic way, or a lot of physical activity. This condition can lead to learning disorders.

ASD – Autism spectrum disorder

BD – Behavioral Disorders – A pattern of disruptive behaviors in children that last for at least 6 months and cause problems in school, at home and in social situations. Behaviors may include inattention, hyperactivity, impulsivity, defiance, drug use or criminal activity.

DD – Developmentally Disabled – Various conditions such as autism spectrum disorder, cerebral palsy, intellectual disability etc. which are usually noticed during infancy or childhood. Generally, people diagnosed with DD have delayed development and limitations in thinking such as learning, language, communication, behaviors, and sometimes movement.

EBD – Emotional or Behavioral Disorder – A condition characterized by mild to severe disruptive/acting out behaviors that are evident and persistent in different settings and environments.

ID – Intellectual Disability (formerly Mentally Retarded or MR) – A mild to severe impairment in intellectual ability equivalent to an IQ of 70 to 75 or below. People with ID generally have limitation in social, practical, and conceptual skill. It usually begins before the age of 18-years-old, and people with ID often struggle with communication, reasoning and self-care.

I/DD – Intellectual/Developmental Disabilities – Disorders that are usually present at birth and negatively affect a person's physical, intellectual, and/or emotional development. Sometimes I/DD is also referred to as ID/DD.

LD – Learning Disability – A condition making it difficult to acquire knowledge and skills to the level of people the same age especially when there is no physical handicap.

MI – Mental Illness – A mental illness is a common health condition involving changes in emotion, thinking or behavior. Mental illnesses are sometimes associated with distress or problems and can interfere with social situations, school activities, and family activities.

MI/I/DD – Major Mental Illness, and/or an Intellectual Developmental Disability – includes conditions from each of the different categories.

MMH – Mild-Moderate Mentally Impaired – A person with MMH are slower in all areas of conceptual development and social and daily living skills. These people can learn practical life skill and can function in ordinary life without much support.

MR/DD – Mental Retardation/Developmental Disability – This refers to a person with a group of severe, life long, chronic mental and physical conditions that affect language, learning, mobility and other functions occurring before age 22.

NOS – Not Otherwise-Specified – This term is used as a catch-all term to label symptoms that do not fit well into a well-defined diagnosis but indicates someone is dealing with an illness that is part of a specific family of diagnoses. According to the DSM 5, NOS is considered outdated.

OCD – Obsessive Compulsive Disorder – An anxiety disorder where people have recurring, unwanted thoughts, ideas or sensations that make them feel driven to do something over and over, such as hand washing, checking on things or cleaning.

PTSD – Post-Traumatic Stress Disorder – A mental health condition that is triggered by a terrifying event – either through experience it or witnessing its. People with PTSD may have flashbacks, nightmares, avoidance, hypervigilance, and/or severe anxiety.

SED – Serious Emotional Disturbance – A diagnosable mental, behavioral, or emotional disorder in the past year, which resulted in functional impairment which substantially interferes with or limits the child’s role or functioning in family, school, or community.

SUD – Substance Use Disorder – A disorder which occurs when repeated use of alcohol and/or drugs causes a great deal of impairment, including health problems, disabilities and failure to meet major responsibilities at work, home, or school.

SMI – Serious Mental Illness – Refers to a group of biochemical/neurological conditions of the brain resulting in distorted perceptions, delusions, hallucinations, disordered/confused thinking, unstable emotions and behavior.

TBI – Traumatic Brain Injury – An injury to the brain caused by an external force such as a car accident. A person with a TBI often requires both acute and long-term care rehabilitation. A TBI which occurs before age 22 may result in a developmental disability.

Treatment Options:

DBT- Dialectical Behavior Therapy (style of therapy often used for PTSD, Borderline Personality Disorder)

CBT- Cognitive Behavioral Therapy (style of therapy addressing way to shift thoughts to address mood)

ACT: Acceptance and Commitment Therapy. This form of therapy blends mindfulness and acceptance concepts

CAT: Cognitive Analytic Therapy. This form of therapy brings together Cognitive Behavioral Therapy and psychoanalysis

CFT: Compassion Focused Therapy- using Buddhist principles and evolutionary psychotherapy

ECT: Electroconvulsive Therapy. Tiny shocks of electricity delivered to the brain are designed to assist with treatment resistant clinical depression

EFT: Emotionally Focused Therapy. This is a short form of therapy made for individuals, couples, or families

EFT: Emotional Freedom Therapy. Clinicians using this therapy suggest that unresolved emotional issues are at the root of most mental health concerns. Therapy is designed to resolve those concerns

EMDR: [Eye Movement Desensitization and Reprocessing](#). In this therapy, people recount a difficult episode while following a bright light, the therapist’s finger, or a mild sound with their eyes meant to recalibrate where in brain traumatic memories are stored, reducing reactivity to triggers

ERP: Exposure and Response Prevention. People with phobias are asked to reacquaint themselves with the issues that cause fear in a gentle, calming manner.

FAP: Functional Analytic Psychotherapy. This form of therapy uses the client/therapist relationship to encourage change in a person in need.

IBP: Integrative Body Psychotherapy. Clinicians use breath work and poses to help clients deal with difficult memories or emotions.

ISTDP: Intensive Short-Term Dynamic Psychotherapy. This form of therapy lasts for just a few sessions, but homework and home study helps to make the lessons stick.

IFS: Internal Family Systems Model. Idea of multiple ego states/'parts' that influence behavior, uses compassion focused methods to increase insight, understanding and reduce internal conflict relates.

MAT: Medication Assisted Therapy – medical guidance for use of medications under psychiatric care, often in tandem with psychotherapy services, medication targeted for diagnoses and symptoms of patient

MBCT: Mindfulness-Based Cognitive Therapy. Mindfulness, or being aware without feeling compelled to act, is paired with CBT in this form of therapy.

MBSR: Mindfulness-Based Stress Reduction. Stress can cause a variety of negative behaviors, including addiction. This technique uses mindfulness to help people deal with stress, so they won't lean on other substances

MBT: Mentalization-Based Treatment. This form of therapy is often used for people who have borderline personality disorder, assists in increasing self-awareness

MI: Motivational Interviewing. This therapy helps people to prepare to change using strengths based, ego syntonic approach from clinician

PCIT: Parent–Child Interaction Therapy. With this therapy, the relationship of the parent and the child is examined closely

PCT: Person-Centered Therapy. This form of talk therapy is designed to help people examine their feelings, behaviors, and attitudes

PE: Prolonged Exposure Therapy. Spending a great deal of time in the presence of something that causes fear is the focus of this therapy, to reduce reactivity over time, return to baseline levels of functioning

REBT: Rational Emotive Behavior Therapy. This is a comprehensive form of therapy made to help resolve emotional and behavioral problems

SFBT: Solution Focused (Brief) Therapy. Rather than examining all of life and all triggers, this form of therapy homes in on just one issue and one solution

TIC: trauma-informed care- not a treatment but a lens for empowering those with trauma histories to receive evidence-based standards of care aligned with their needs [What is Trauma-Informed Care? - Trauma-Informed Care Implementation Resource Center \(chcs.org\)](https://www.chcs.org/trauma-informed-care-implementation-resource-center/)

Treatment levels:

PHP- Partial Hospitalization Program- A partial hospitalization program (PHPs)—also known as [day treatment](#)—is a type of step-down program offered by Massachusetts rehab centers for patients who have recently completed inpatient treatment for substance abuse and psychiatric disorders.

IOP- Intensive Outpatient Program – like a PHP but with more schedule flexibility. They will still attend the program 3-5 days a week for several hours at a time, often at night. The idea is to incorporate the healing modalities of treatment with the client's everyday life. The IOP phase gives an opportunity to return to work or school in a limited capacity, spend more time with family and/or attend outside support groups.

INP- Inpatient (usually referring to involuntary or voluntary commitment to hospital care for severe self-harm, self-neglect, suicidal ideation or attempt, homicidal thoughts)

RT- Residential Treatment- for those with severe issues, or for step down (changing treatment levels from more intensive/monitored to less intensive/monitored) planning. Care involved residing in residential mental health treatment facility for extended periods of time

Professional titles/terms:

IHT- In Home Therapist (for children: MassHealth service for children and youth with social, emotional or behavioral challenges under the age of 21. It can be delivered anywhere the youth is, including home, school, child care setting, and other places in the community)- can also be found for adults, although harder to find

CM- Case Management

LADC I- Licensed Alcohol and Drug Counselor- can work independently

LADC II- may work under the supervision of a LADC I or Master's Level Clinician in private practice or other licensed health care facility

CADC- Certified Alcohol and Drug Counselor- may work independently under the supervision of Master's Level Certified clinician

CADC II- can work independently with a Master's degree in counseling and an established private practice

LICSW- Licensed Independent Clinical Social Worker – can work independently - the LICSW credential is required for those who want to practice privately in a clinical setting.

LCSW- Licensed Clinical Social Worker- may work under the supervision of a LICSW certified for the social work profession and can assume non-clinical roles, or work in clinical roles that are supervised by a LICSW social worker

LSW- Licensed Social Worker- cannot work independently

LSWA- Licensed Social Work Associate - cannot work independently

BSW- Bachelor of Social Work - cannot work independently

LMHC- Licensed Mental Health Counselor

LMFT- Licensed Marriage and Family Therapist

CHW- Community Health Workers are public health workers who apply their unique understanding of the experience, language and/or culture of the populations they serve in order to carry out one or more of the following roles: Providing culturally appropriate health education, information and outreach in community-based settings, such as homes, schools, clinics, shelters, local businesses and community centers; Bridging and/or culturally mediating between individuals, communities and health and human services, including actively building individual and community capacity; Assisting people to access the services they need; Providing direct services, such as informal counseling, social support, care coordination and health screenings; Advocating for individual and community needs. CHWs are distinguished from other health professionals because they: Are hired primarily for

their understanding of the populations and communities they serve; Spend a significant portion of time conducting outreach in the categories above; Have experience providing services in community settings

Departments

CBHI- CBHI is an interagency initiative of the Commonwealth of Massachusetts Executive Office of Health and Human Services, whose mission is to strengthen, expand, and integrate state services into a comprehensive, evidenced-based, community-based system of care to ensure that families and children with significant behavioral, emotional, and mental health needs obtain the services necessary for success in home, school, community, and throughout life.

Services:

MCI - Mobile Crisis Intervention is the youth serving component of an Emergency Services Program (ESP) provider. MCI teams provide a short-term service that is a mobile, on-site, face-to-face therapeutic response to a youth experiencing a behavioral health crisis for the purpose of identifying, assessing, treating, and stabilizing the situation and reducing immediate risk of danger to the youth or others consistent with the youth's risk management/safety plan, if any. This service is provided 24 hours a day, seven days a week, and 365 days a year. Between the hours of 10pm and 7am, Mobile Crisis Intervention staff may be on-call and dispatched by pager. Each encounter, including ongoing coordination following the crisis assessment and stabilization intervention, may last up to seven days, based on the individual needs of the youth served.

TM - Therapeutic Mentoring - Therapeutic Mentoring services include supporting, coaching, modeling, and training the youth in age-appropriate behaviors, interpersonal communication, problem solving, conflict resolution, and relating appropriately to other youth and adults while engaged in community-based services and programs

CBAT- Community Based Acute Treatment -provides children and adolescents a level of care to divert from admission to an inpatient psychiatric hospital. The CBAT is a voluntary treatment program to which a client cannot be placed on a section 12 or committed, as is the case with a psychiatric inpatient hospital.

IBHS- In home behavioral services- Any Medicaid-eligible youth who meets established medical necessity criteria can receive IHBS.2 There is no requirement that youth have a "serious emotional disturbance" in order to receive this service, nor is the service reserved for youth whose behavioral challenges arise solely from developmental disabilities. Rather, IHBS has been designed with the clinical flexibility to offer highly individualized behavioral support services to youth with a broad array of emotional and developmental conditions, including those with co-morbid diagnoses

ICP- Individual Care Plan (ICP): An ICP is a care plan that specifies the goals and actions to address the medical, educational, social, therapeutic, or other services needed by the youth and family, that is developed by the CPT as defined above, and incorporates the strengths and needs of the youth and family. The ICP is the primary coordination tool for behavioral health and informal interventions and *Wraparound* care planning.

CANS- Child and Adolescent Needs and Strengths (CANS): The CANS is a tool that provides a standardized way to organize information gathered during behavioral health diagnostic assessments. A Massachusetts version of the tool has been developed and is intended to be used as a treatment decision-support tool for behavioral health providers serving MassHealth members under the age of 21.

ICC- Intensive Care Coordination (ICC): ICC is a service that facilitates care planning and coordination of services for MassHealth youth, with serious emotional disturbance (SED), under the age of 21, and enrolled in MassHealth Standard or CommonHealth who meet the medical necessity criteria for this service.

CSA- community-based organization whose function is to facilitate access to, and ensure coordination of, care for youth with serious emotional disturbance (SED) who require or are already utilizing multiple services or who require or are involved with multiple child-serving systems (e.g., child welfare, special education, juvenile justice, mental health) and their families. In total, there are 32 CSAs: 29 that provide services in the geographic region consistent with the current 29 service areas for the Department of Children and Families (DCF) (previously known as Department of Social Services) and three culturally and linguistically specialized CSAs to address the needs of specific cultural or linguistic groups in Massachusetts.

SAMHSA- Substance Abuse and Mental Health Services Administration- federal 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 - Substance Abuse and Mental Health Services Administration](#)

DMH- Department of Mental Health-DMH Services: Adult Services Offered

Adult Community Clinical Services (ACCS)*

The DMH community service system: Rehabilitation, support, and supervision with the goal of stable housing, participation in the community, self management, self determination, empowerment, wellness, improved physical health, and independent employment. [More Information](#)

*Formerly Community Based Flexible Supports (CBFS)

Respite Services

Respite Services provide temporary short-term, community-based clinical and rehabilitative services that enable a person to live in the community as fully and independently as possible.

Program of Assertive Community Treatment (PACT)

A multidisciplinary team approach providing acute and long term support, community based psychiatric treatment, assertive outreach, and rehabilitation services to persons served.

Clubhouses

Clubhouse Services provide skill development and employment services that help individuals to develop skills in social networking, independent living, budgeting, accessing transportation, self-care, maintaining educational goals, and securing and retaining employment. [More Information](#)

Recovery Learning Communities (RLCs)

Consumer-operated networks of self help/peer support, information and referral, advocacy and training activities. [More Information](#)

DMH Case Management

State-operated service that provides assessment of needs, service planning development and monitoring, service referral and care coordination, and family/caregiver support.

Homelessness Services

Comprehensive screening, engagement, stabilization, needs assessment, and referral services for adults living in shelters.

<https://www.mass.gov/service-details/dmh-adult-services-overview>

DCF – Department of Children and Families- Services for Children, Youth, and Families

DCF provides case management for families who need services and support to keep their children safe and ensure their well-being. These services can be in-home or based in the community, and include mentors, in-home therapists, and transportation services. DCF can also make referrals to immigration and special education services, and can assist families in need of stable housing.

For children who cannot remain in their homes, DCF offers foster care and congregate care placements (group homes). DCF also provides support for families interested in adopting a child or applying for guardianship.

Finally, DCF offers voluntary services for young adults who were in care or custody of DCF, but have turned 18 aged out of the child welfare system. These young people can sign up for voluntary services, which includes support payments.

<https://www.mass.gov/service-details/department-of-children-and-families-dcf>

Levels of care in Mental Health: outpatient treatment, intensive outpatient program, partial hospitalization program, crisis stabilization unit, emergency department, inpatient care (people often referred to PHP or IOP after inpatient stay)

Outpatient mental health services are provided in places like clinics, community health centers, hospital outpatient departments, homes, schools, or other places in the community. These services, which include individual therapy, group therapy, and family/couples therapy, help with a variety of mental health issues such as trauma, depression, anxiety, eating disorders, and adjustment disorders.

(from Mass Behavioral Health Partnership MBHP <https://www.masspartnership.com/> but often used widely)

Services offered:

- Applied Behavior Analysis (ABA)
- Assessment for Safe and Appropriate Placement (ASAP)
- Dialectical Behavioral Therapy (DBT)
- Outpatient Services
- Opioid Replacement Therapy
- Psychological Testing
- Recovery Coach (RC)
- Recovery Support Navigator (RSN)
- Telehealth
- Urgent Outpatient Services (UOS)
- Intensive Care Coordination (ICC)
- Children:
 - Family Support and Training (FS&T)
 - In-Home Behavioral Services (IHBS)

- Therapeutic Mentoring (TM)
- In-Home Therapy (IHT)

Diversification services are mental health and substance use disorder services that provide intensive support upon returning to the community a hospital stay. These services can be provided in a 24-hour facility, or in a non-24-hour setting.

(from MBHP but often used widely) Services offered:

- Acute Treatment Services (ATS) for Substance Use Disorders
- Clinical Stabilization Services (CSS) for Substance Use Disorders
- Community-Based Acute Treatment (CBAT) for Children and Adolescents
- Community Crisis Stabilization
- Community Support Program (CSP)
 - A CSP can work with PCC Plan Members with psychiatric or substance use disorders and/or complex medical issues that put them at risk for medical hospitalization for which they have been unable to get appropriate treatment due to issues including transportation, linkages to community services, housing, or access to mental health treatment.
- Enhanced Acute Treatment Services (E-ATS) for Individuals with Co-occurring Mental Health and Substance Use Disorders
- Intensive Community-Based Acute Treatment (ICBAT) for Children and Adolescents
- Intensive Outpatient Program (IOP)
- Residential Rehabilitation Services (RRS)
- Partial Hospitalization Program (PHP)
- Program of Assertive Community Treatment (PACT)
- Psychiatric Day Treatment

Emergency services are available 24 hours a day, 7 days a week, 365 days a year to anyone who is experiencing a mental health crisis. These services help reduce the immediate risk of danger to oneself or others. Emergency services, available for both youth and adults, are provided within community-based locations or at emergency departments of hospitals. Services offered:

- Mobile Crisis Intervention (MCI)
- Emergency Services Program (ESP) Encounter

Inpatient services are provided in a 24-hour hospital setting and offer evaluation and treatment of acute mental health or substance use disorders. Services offered:

- Inpatient Eating Disorders Services
- Inpatient Mental Health Services
- Inpatient Mental Health Services for Children/Adolescents with Intellectual Disabilities/Pervasive Developmental Disorders/Autism Spectrum Disorders (ID/PDD/ASD)
- Inpatient Mental Health Services for Individuals with Intellectual Disabilities (ID)
- Inpatient Substance Use Disorder Services (Level IV Detoxification Services)
- Observation/Holding Beds

Levels of care in Substance Abuse: early intervention, outpatient, intensive outpatient/partial hospitalization, residential/inpatient, and medically managed intensive inpatient.

ATS- Acute Treatment Services - are medically monitored detoxification services. Programs provide 24-hour nursing care, under the consultation of a medical director, to monitor an individual's withdrawal from alcohol and other drugs and alleviate symptoms. Eligibility and Priority Populations: Individuals, 18 years and older, who are at risk for acute withdrawal from alcohol and other drugs. High-risk priority populations include injection drug users, homeless individuals, pregnant women, and individuals with chronic medical diagnoses.

TSS- Transitional Support Services are short-term residential, support services for clients who need a safe and structured environment to support their recovery process after detoxification. These programs are designed to help those who need services between acute treatment and residential rehabilitation, outpatient or other aftercare. Eligibility: Only those age 18 or older who are referred by a publicly funded ATS (detox) program, a homeless shelter, or homeless outreach worker.

All other Substance Abuse treatment services MA:

<https://www.mass.gov/service-details/substance-addiction-services-descriptions>

<https://www.mass.gov/orgs/bureau-of-substance-addiction-services>