

Glossary of Law Enforcement and Mental Health Terms

Affordable Care Act (ACA): A federal statute that was signed into law in March 2010 under the title of the Patient Protection and Affordable Care Act (PPACA) to ensure that Americans have access to affordable and quality health insurance. The Act includes several provisions to increase health insurance coverage by expanding Medicaid coverage, developing state health insurance exchanges, and prohibiting insurers from denying coverage due to pre-existing medical conditions. The law also contains several provisions to reform healthcare delivery and financing through pilot programs and demonstration projects. <http://www.nasmhpd.org/node/1394>

Anxiety Disorders: Chronic feelings of overwhelming anxiety and fear, unattached to any obvious source, which can grow progressively worse if not treated. The anxiety is often accompanied by physical symptoms such as sweating, cardiac disturbances, diarrhea or dizziness. Generalized anxiety disorder, panic disorder, agoraphobia, obsessive compulsive disorder and posttraumatic stress disorder are considered anxiety disorders (<http://www.mentalhealthconnection.org/pdfs/glossary.pdf>)

Assertive Community Treatment (ACT) / Program of Assertive Community Treatment (PACT): A team-based approach to the provision of treatment, rehabilitation, and support services. ACT/PACT models of treatment are built around a self-contained multidisciplinary team that serves as the fixed point of responsibility for all patient care for a fixed group of patients. In this approach, normally used with clients with severe and persistent mental illness, the treatment team typically provides all patient services using a highly integrated approach to care.

Assisted Outpatient Commitment (AOC) / Involuntary Outpatient Commitment (IOC) / Assisted Outpatient Treatment (AOT) / Outpatient Commitment (OPC): is court-ordered treatment or commitment ordered by a judge for those individuals who meet strict legal criteria to follow a court-ordered treatment plan, usually requiring the individual to take medication, while living in the community. Most commonly, they are too ill to recognize their own need for medical care. Assisted outpatient treatment is known by different terms in different states, e.g., "involuntary outpatient treatment" or "mandatory outpatient treatment."

Attention Deficit Disorder (ADD): A biologically-based disorder that includes distractibility and impulsiveness. Recent research suggests that ADD can be inherited and may be due to an imbalance of neurotransmitters (chemicals used by the brain to control behavior) or abnormal glucose metabolism in the central nervous system. (<http://www.mentalhealthconnection.org/pdfs/glossary.pdf>)

Attention Deficit Hyperactivity Disorder (ADHD): A form of ADD that includes hyperactivity. Children with ADHD are unable to sit still. They may walk, run or climb around when others are seated, and often talk when others are talking.

Behavioral Health (BH): programs or providers of mental health and/or addiction services. Services are provided by an array of practitioners in a variety of settings, including community-based providers, hospitals, clinics, and even jails and prisons.

Bipolar Disorder: A serious illness that causes shifts in a person's mood, energy and ability to function. Dramatic mood swings can move from "high" feelings of extreme euphoria or irritability to depression, sometimes with periods of normal moods in between. Manic episodes may include such behaviors as

prolonged periods without sleep or uncontrolled shopping. Each episode of mania or depression can last for hours, weeks or several months. (<http://www.mentalhealthconnection.org/pdfs/glossary.pdf>)

Borderline Personality Disorder: A mental illness marked by a pattern of unstable personal relationships and self-image, as well as marked impulsivity. Individuals with Borderline Personality Disorder often have a strong fear of abandonment and may exhibit recurrent suicidal behavior, gestures or threats or self-mutilating behavior. They also may have inappropriate, intense anger or difficulty controlling anger. (<http://www.mentalhealthconnection.org/pdfs/glossary.pdf>)

Case Management: A range of services provided to assist and support patients in developing their skills to gain access to needed medical, behavioral health, housing, employment, social, educational, and other services essential to meeting basic human services; linkages and training for patient served in the use of basic community resources; and monitoring of overall service delivery. This service is generally provided by staff whose primary function is case management.

CFR 42: Title 42 of the Code of Federal Regulations covers Public Health. Part 2 of Title 42 addresses the confidentiality of client alcohol and drug abuse records. <http://www.nasmhpd.org/node/1394>

Cognitive-Behavioral Therapy (CBT): A manual-driven, common type of talk therapy working with a counselor or therapist in a structured setting aimed toward increasing awareness of one's negative thoughts, behaviors and actions, and the consequences of them to respond in a more clear and effective way. CBT is often used to address specific problem areas such as anger management, moral reasoning, criminal thinking, addiction, relapse prevention, and relationships.

Co-occurring Disorders (COD): An individual with both a mental health and substance use disorder. They may have one or more mental health or one or more substance use disorders. Formerly known as dual-diagnosis.

Co-occurring / Integrated Treatment: Targeted for people with co-occurring disorders, services are organized in an integrated fashion. For example, assessments screen for both mental illness and substance use. Practitioners providing integrated or co-occurring disorders treatment develop integrated treatment plans and treat both serious mental illnesses and substance use disorders so that consumers do not get lost, excluded, or confused going back and forth between different mental health and substance abuse programs.

Community-Based Treatment: A concept of treatment that focuses on the community services offered to an individual through a system of community support. Individuals with mental illness can remain citizens of their community if given support and access to mainstream resources such as housing and vocational opportunities.

Consumer: A person with a mental illness receiving mental health services. It is a preference of consumer advocacy groups and many professionals that "people first" language be used so as not to label a person as diseased. For example, one should say "a person with mental illness" and not a "mentally ill person."

Crisis Intervention Team (CIT): Police program developed in Memphis, Tennessee. A CIT is comprised of designated officers who are called upon to respond to mental disturbance calls and crises, such as attempted suicides. These officers participate in specialized training under the instructional supervision

of mental health providers, family advocates, and mental health consumer groups. Officers trained under this program are skilled in de-escalating potentially volatile situations, gathering relevant history, and assessing medication information and the individual's social support system.

Decompensation: Deterioration of a person's mental health and /or return to a lower level of psychological adaptation or functioning, often occurring when an individual is under considerable stress or has discontinued psychiatric medication against medical advice after previously maintaining their mental health.

De-escalation Techniques: Verbal and nonverbal interpersonal skills that enable an officer to recognize and defuse violent behavior, preferably without using force, thus preserving the suspect's safety and dignity.

Dementia: A condition of declining mental abilities, especially memory. Individuals with dementia may have trouble doing things they used to do such as keeping the checkbook, driving a car safely or planning a meal. They often have trouble finding the right word and may become confused when given too many things to do at one time. Individuals with dementia may also experience changes in personality, becoming aggressive, paranoid or depressed.
<http://www.mentalhealthconnection.org/pdfs/glossary.pdf>

Department of Health and Human Services (HHS): The United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves. <http://www.mentalhealthconnection.org/pdfs/glossary.pdf>

Depression: In psychiatry, a disorder marked especially by sadness, inactivity, difficulty with thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness and sometimes suicidal thoughts or attempts to commit suicide. While standing alone as a mental illness, depression also can be experienced in other disorders such as bipolar disorder. Depression can range from mild to severe, and is treatable with medications and/or therapy.
<http://www.mentalhealthconnection.org/pdfs/glossary.pdf>

Developmental Disability: A substantial handicap in mental or physical functioning, with onset before the age of 18 and of indefinite duration. Examples are autism, cerebral palsy, uncontrolled epilepsy, certain other neuropathies, and mental retardation.

Diagnostic and Statistical Manual of Mental Disorders (DSM): The standard reference handbook used by behavioral health professionals in the United States to classify mental health conditions. It is intended to be applicable in a wide array of contexts and used by clinicians and researchers of many different orientations (e.g., biological, psychodynamic, cognitive, behavioral, interpersonal, family/systems). The American Psychiatric Association published the first manual in 1952, with the most recent edition (DSM V) published in 2013. <http://www.nasmhpd.org/node/1394>

Discharge Plan: A written plan that provides guidance to help him/her make a successful transition from an institution to the community. Typically includes concrete plans in several areas such as housing, employment or education, transportation, continued counseling or social services, required supervision (i.e., probation/parole when leaving a correctional setting), and the like. General hospitals also provide discharge plans for patients that could include among several items, medication instructions and dietary restrictions. <http://www.nasmhpd.org/node/1394>

Diversion: The most prevalent definition of diversion means removing someone from the traditional track or expected process of the criminal justice system; police diversion (or prebooking diversion) means that the person is not taken into custody but either taken home, to some treatment or support system, or simply released in lieu of charging the person with a crime. Jail diversion means a judicial decision that pretrial release or probation is more appropriate than incarceration.

Dual diagnosis: See definition for co-occurring disorders.

Drop-In Center: A peer-run program model of peer services that are housed at a central location and focus on social skills development and support within an informal setting.
<http://www.nasmhpd.org/node/1394>

Drug Dependence/ Addiction: A clinical criteria which includes drug use despite harmful consequences; inability to stop using a drug; failure to meet work, social, or family obligations; and sometimes (depending on the drug) tolerance to withdrawal.

Electronic Health Records (EHRs): Digital health records that contain a patient's medical and treatment histories that can be available instantly and securely to authorized users such as specialists, pharmacies, and emergency departments. <http://www.nasmhpd.org/node/1394>

Entitlements: Benefits provided by the federal government for individuals with disabilities (disability is defined as "the inability to engage in any substantial gainful activity by reason of any medically determinable physical or mental impairment which can be expected to result in death or which has lasted or can be expected to last for a continuous period of not less than 12 months"). Entitlements available to people with mental illness include income support through the Supplemental Security Income (SSI) and Social Security Disability Income (SSDI) programs, and health insurance coverage under Medicaid and Medicare. <http://www.nasmhpd.org/node/1394>

Evidence-Based Practices / Treatment (EBP): A particular practice or treatment where research shows the likelihood of positive outcomes. Promising programs or practices are those that are associated with some positive outcomes but do not yet have the evidence to be considered EBPs.

Forensic Assertive Community Treatment (FACT): An adaptation of the assertive community treatment model designed to prevent criminal recidivism through criminal justice collaborations. See definition for Assertive Community Treatment.

Health Insurance Portability and Accountability Act of 1996 (HIPAA): HIPAA Title I protects health insurance coverage for workers and their families when they change or lose their jobs. HIPAA Title II addresses the security and privacy of health data. It requires the U.S. Department of Health and Human Services to establish national standards for electronic health care transactions, as well as national identifiers for providers, health plans and employers. To comply with HIPAA, systems of care must establish ways to ensure patient privacy as the patients move seamlessly from one agency to another.

Intensive Case Management: Consists of management of an individual's mental health problem and the rehabilitation and social support needs of the person concerned, over an indefinite period of time, by a team of people who have a fairly small group of clients (less than 20). It also offers 24 hour help and

sees clients in a non-clinical setting (http://www.cochrane.org/CD007906/SCHIZ_intensive-case-management-for-people-with-severe-mental-illness)

Medicaid (Title XIX): A nationwide health insurance program for low-income and disabled people who meet needs-based eligibility requirements. Currently Medicaid covers approximately 53 million individuals including children, the aged, the blind, and/or disabled and people who are eligible to receive federally assisted income maintenance payments. It is jointly financed and administered under the Centers for Medicare and Medicaid and state Medicaid agencies. <http://www.nasmhpd.org/node/1394>

Medicare (Title XVIII): A federal health insurance program primarily for Americans 65 and older, younger people with disabilities, and people with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant). <http://www.nasmhpd.org/node/1394>

Mental Health: A state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with diversity. One person's understanding of mental health may differ from another's based on cultural values and other factors.

Mental Illness: Diagnosable conditions that affect a person's thinking, emotional state, and behavior and disrupt their ability to work or carry out other daily activities and engage in satisfying personal relationships.

Mobile Crisis Team (MCT): Teams composed of mental health service professionals who provide on-scene responses in mental health emergencies.

Peer Educators: Usually refers to mental health consumers who work with their "peers" on a volunteer or paid basis to help them understand and more effectively manage their mental illness. Can also refer to family members who conduct family education courses or any group in which shared experience forms the basis for the trainer-trainee relationship.

Personality Disorders: An enduring pattern of inner experience and behavior that deviates from expectations. A personality disorder is pervasive and inflexible, beginning in adolescence or early adulthood. Individuals with a personality disorder tend to be stable over time, but the disorder leads to distress or impairment. Types of personality disorders include: Antisocial Personality Disorder, Borderline Personality Disorder, Narcissistic Personality Disorder and Obsessive-Compulsive Personality Disorder. <http://www.mentalhealthconnection.org/pdfs/glossary.pdf>

PACT: see definition for ACT.

Posttraumatic Stress Disorder (PTSD): A psychological reaction that occurs after experiencing a highly stressing event, such as wartime combat, physical violence or a natural disaster. It is usually characterized by depression, anxiety, flashbacks, recurrent nightmares and avoidance of reminders of the event. Individuals can feel emotionally numb, especially with people who were once close to them. Also called delayed-stress disorder or posttraumatic stress syndrome. <http://www.mentalhealthconnection.org/pdfs/glossary.pdf>

Recovery: Most people with mental illness see recovery as a process tied closely to the experience of gaining a new and valued sense of self and purpose, although some may see it as the end state of that

process. Many treatment approaches today are defined as “recovery-oriented,” meaning that they provide consumers with tools that will enable them to gain a combination of self-esteem and self-reliance, in turn allowing them to become increasingly or fully independent of the mental health system.

Referral: The process by which inmates who appear to be in need of mental health treatment receive targeted assessment or evaluation so that they can be assigned to appropriate services.

Self-Medicating/ Self Medication: When a person with a mental illness uses drugs or alcohol to help them cope with or treat the symptoms of their mental health disorder.

Schizophrenia: A psychotic disorder characterized by loss of contact with the environment, noticeable deterioration in the level of functioning in everyday life, and disintegration of feeling, thought and conducts. Individuals with schizophrenia often hear internal voices not heard by others (hallucinations) or believe things that other people find absurd (delusions). The symptoms also may include disorganized speech and grossly disorganized or catatonic behavior. Individuals with schizophrenia have marked impairment in social or occupational functioning.

<http://www.mentalhealthconnection.org/pdfs/glossary.pdf>

Serious Emotional Disorder/Disturbance (SED): Children from birth to age 18 who, at any time during a given year, had a diagnosable mental, behavioral, or emotional disorder that met the criteria of DSM and has resulted in functional impairment which substantially interferes with or limits which substantially interferes with or limits the child's role or functioning in family, school, or community activities. See Serious Mental Illness for definition for adults over age 18.

Serious Mental Illness (SMI)/ Serious and Persistent Mental Illness (SPMI): Adults 18 years and older who, at any time during a given year, had a diagnosable mental, behavioral, or emotional disorder that met the criteria of DSM and has resulted in functional impairment which substantially interferes with or limits one or more major life activities. Exact definitions of serious mental illness vary by state, but general criteria are used to determine eligibility for state-supported public mental health services. Specific diagnoses that often meet the criteria for SMI are: schizophrenia, schizoaffective disorder, bipolar or manic depressive disorder, severe forms of major depression or anxiety disorders and some personality disorder. See Serious Emotional Disorder for definition for children and youth.

Social Security Disability Insurance (SSDI): Individuals who worked are “insured” by the Social Security taxes (F.I.C.A.) that are withheld from their earnings to replace part of a person’s earnings upon retirement, disability, or for survivors when a worker dies. If insured workers (and, in some cases, their dependents or survivors) become disabled, they may become eligible for SSDI benefits. The amount received is dependent upon how many years an individual has worked and the individual must apply to determine if s/he is eligible for benefits.

Substance Abuse: Occurs when a person uses drugs or consumes alcohol excessively. Substance abuse stands alone as a disorder contributing annually to the deaths of 120,000 Americans. As many as half of people with mental illness develop alcohol or other drug abuse problems at some point in their lives. In light of the extent of mental disorder and substance abuse co-morbidity, substance abuse treatment is a critical element of treatment for people with mental disorders.

Substance Use Disorders: Best understood on a continuum from no use, abuse and dependence on a particular agent (alcohol, medications or illicit drugs). See “substance abuse” and “drug dependence.”

Supplemental Social Security Income (SSI): The SSI Program was established in 1974 as a mechanism for incorporating various state programs into one federal program. SSI is a program that provides direct federal payments to the aged, blind, and disabled people who have limited income and resources.

Supported Employment: An evidence-based service that matches and trains persons with severe developmental, mental, or physical disabilities to jobs where their specific skills and abilities make them valuable assets to employers.

Supportive Housing: A system of professional and/or peer supports that allows a person with mental illness to live independently in the community. Such supports may include regular staff contact and assistance as needed with household chores, as well as the availability of crisis services or other services designed to prevent relapse, such as mental health, substance abuse, and employment. Also known as supported housing.

System of Care: A partnership of mental health, education, child welfare and juvenile justice agencies as well as teachers, children with serious emotional disturbances and their families and other caregivers. These agencies and individuals work together to ensure children with mental, emotional and behavioral problems and their families have access to the services and supports they need to succeed. Together, this team creates an individualized service plan that builds on the unique strengths of each child and each family. The plan is then implemented in a way that is consistent with the family's culture and language. <http://www.mentalhealthconnection.org/pdfs/glossary.pdf>

Therapeutic Community (TC): Long-term residential treatment for substance use, personality and/or mental health disorders. Treatment approaches tend to be group-based and focused, and are structured to provide social environments where individuals work on reintegrating back into their communities.

Vocational Rehabilitation (VR): Covers a wide range of services designed to assist individuals with disabilities in regaining skills needed to function in the workplace. It is generally delivered under the auspices of a state department of vocational rehabilitation and supported by state and federal appropriations. Eligibility for VR programs is established under the federal Rehabilitation Act. Programs offered by state VR agencies may include supported employment, Ticket to Work, Pathways to Independence, and work-readiness programs. <http://www.nasmhpd.org/node/1394>

Wraparound: A process in which families with children who have severe emotional disturbance are able to address their needs through a strengths-based, family-driven team approach. A "wraparound facilitator" helps link families of children with severe emotional disturbances with needed services and supports. All members of the family are served through a partnership with the facilitator and other service professionals. The family can choose others they want to have as a part of the team, including friends, church members and relatives. Wraparound helps develop creative strategies to meet the needs of each person that may include both traditional and non-traditional approaches and supports. <http://www.mentalhealthconnection.org/pdfs/glossary.pdf>