

Vocabulary

Theme 9 - Mental Health

addiction (n)

- a chronic disorder characterized by the repeated involvement with a substance or activity, despite the substantial harm it causes

ADLs (activities of daily living) (n)

- the basic actions that involve caring for one's self and body, including personal care, mobility, and eating

balance billing or surprise billing (n)

- when an out-of-network provider charges a patient for the remaining balance of costs not covered by insurance (different than deductibles, coinsurance, or copays)

coping skill (n)

- a strategy to help someone deal with difficult situations and lessen unpleasant emotions, thoughts, or behaviors

crisis (n)

- a time of intense difficulty, instability, and/or danger

DSM or DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) (n)

- a reference guide published by the American Psychiatric Association that clinicians use to diagnose, classify, and identify mental health conditions

inpatient (n)

related: inpatient (adj)

- a patient who stays in a healthcare facility during medical treatment, receiving food and lodging as well as care

inpatient acute care (n)

- the most structured and intensive level of psychiatric care, designed for individuals needing emergency treatment who are at risk of harming themselves or others; usually short-term, no more than 30 days

inpatient residential treatment (n)

- an intensive psychiatric treatment program that focuses on a holistic approach to healing, providing comprehensive care and extended recovery time in a home-like setting; long-term, 30-90 days or more

IOP (intensive outpatient program) or IOT (intensive outpatient treatment) program (n)

- a structured psychological treatment program for mental health disorders and SUDs, involving more comprehensive care than traditional outpatient therapy

mental health (n)

- a person's emotional, psychological, and social well-being

mental health parity (n)

- the equal treatment of mental health conditions and substance use disorders in insurance plans (equal coverage, but not necessarily "good" coverage)

MHPAEA (Mental Health Parity and Addiction Equity Act) or federal parity law (n)

- a 2008 law that requires insurance coverage for mental health conditions, including SUDs, to be no more restrictive than coverage for other medical conditions

mental health screening or screener (n)

- a standard set of questions (often from the DSM-5) that a person answers to help a healthcare provider check for signs of a mental disorder

mental illness or mental disorder (n)

- a diagnosable condition that significantly affects a person's thinking, feeling, mood, and behavior

outpatient (n)

related: outpatient (adj)

- a patient who visits a healthcare facility for diagnosis or treatment but does not stay overnight

outpatient therapy (n)

- the most common type of psychotherapy service, generally held in a therapist's office; available in many formats (individual, couples, family), with session frequency depending on patient needs and progress

PHP (partial hospitalization program) (n)

- a structured psychological treatment program for mental health disorders and SUDs, involving more intensive and comprehensive care than IOPs and other outpatient services

psychotherapy or talk therapy (n)

- when a person speaks with a trained therapist in a safe, confidential environment to explore and understand feelings and behaviors and gain coping skills

stigma (n)

- a set of negative and unfair beliefs that a society or group of people have about something

SUD (substance use disorder) (n)

- a mental health condition involving uncontrolled use of a substance despite harmful consequences; addiction is the most severe form

suicide (n)

- the act of intentionally taking one's own life

trauma (n)

related: traumatic (adj)

- a deeply distressing or disturbing experience that overwhelms an individual's ability to cope, or the lasting emotional response resulting from such an experience

trigger or stressor (n)

related: trigger (v)

- an action or situation that can lead to an adverse emotional reaction, causing or worsening symptoms