
CHAPTER 11: CERTIFIED COMMUNITY BEHAVIORAL HEALTH CLINICS

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GLOSSARY/ACRONYM

Agreement – As used in the context of care coordination, an agreement is a written arrangement between the Certified Community Behavioral Health Clinic (CCBHC) and external entities with which care is coordinated. Such an agreement is evidenced by a contract, Memorandum of Agreement (MOA), or Memorandum of Understanding (MOU) with the other entity, or by a letter of support, letter of agreement, or letter of commitment from the other entity. The agreement describes the parties’ mutual expectations and responsibilities related to care coordination.

Cognitive Processing Therapy (CPT) – A specific type of cognitive behavioral therapy that has been effective in reducing symptoms of post-traumatic stress disorder (PTSD) that have developed after experiencing a variety of traumatic events including child abuse, combat, rape and natural disasters. CPT is generally delivered over 12 sessions and helps patients learn how to challenge and modify unhelpful beliefs related to the trauma. In so doing, the patient creates a new understanding and conceptualization of the traumatic event so that it reduces its ongoing negative effects on current life. The guideline recommends CPT for the treatment of PTSD.

Early Childhood Supports and Services (ECSS) – Core services in the ECSS program include: family-based assessment and planning; resource navigation to reduce adversity for the families of infants and young children; universal and targeted health promotion programming; treatment interventions including Licensed Mental Health Professional (LMHP) services; and psychiatric services with qualified professionals having specialized knowledge and experience in Infant and Early Childhood Mental Health.

Formal Relationships – As used in the context of scope of services and the relationships between the Certified Community Behavioral Health Clinic (CCBHC) and the Designated Collaborating Organizations (DCOs), a formal relationship is evidenced by a written contract describing the parties’ mutual expectations and establishing accountability for services to be provided and payment to be sought and utilized. This formal relationship does not extend to referrals for services outside either the CCBHC or DCO, which are not encompassed within the reimbursement provided by the PPS.

Measurement Based Care – For purposes of these criteria, measurement-based care (MBC) is the systematic use of client-reported information to inform clinical care and shared decision-making among clinicians and patients and to individualize ongoing treatment plans.

Medically Necessary Services – Health care services that are in accordance with generally accepted evidence-based medical standards or that are considered by most physicians (or other

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independent licensed practitioners) within the community of their respective professional organizations to be the standard of care. With regards to behavioral health services, the medical necessity for services shall be determined by an LMHP or physician who is acting within the scope of their professional license and applicable state law.

Prolonged Exposure Therapy (PET) – A specific type of cognitive behavioral therapy that teaches individuals to gradually approach trauma-related memories, feelings and situations. Therapists begin with an overview of treatment and understanding the patient’s past experiences. Therapists continue with psychoeducation and then will generally teach a breathing technique to manage anxiety. Generally, after the assessment and initial session, exposure begins. As this is very anxiety-provoking for most patients, the therapist works hard to ensure that the therapy relationship is perceived to be a safe space for encountering very scary stimuli. Both imaginal and in vivo exposure are utilized with the pace dictated by the patient. It is typically provided over a period of about three months with weekly individual sessions, resulting in eight to 15 sessions overall.

Recovery – Recovery is defined as “a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.” The 10 guiding principles of recovery are: hope; person-driven; many pathways; holistic; peer support; relational; culture; addresses trauma; strengths/responsibility; and respect. Recovery includes: Health (“making informed healthy choices that support physical and emotional wellbeing”); Home (safe, stable housing); Purpose (“meaningful daily activities ... and the independence, income and resources to participate in society”); and Community (“relationships and social networks that provide support, friendship, love, and hope”).

Recovery-Oriented Care – Recovery-oriented care is oriented toward promoting and sustaining a person’s recovery from a behavioral health condition. Care providers identify and build upon each individual’s assets, strengths, and areas of health and competence to support the person in managing their condition while regaining a meaningful, constructive sense of membership in the broader community.

Seeking Safety – An evidence-based, present-focused counseling model to help people attain safety from trauma and/or addiction. At every session, both trauma and addiction are addressed but without delving into the past. It can be implemented with any client, from the start of treatment, at all levels of care and the full range of treatment settings. Any facilitator can conduct it, including all types of professionals as well as peers, paraprofessionals, and advocates. Seeking Safety has 25 treatment topics to choose from, for any timeframe. The key principles of Seeking Safety include the following:

1. Safety as the overarching goal by helping clients attain safety in their relationships, thinking, behavior, and emotions;

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2. Integrated treatment which is working on both trauma and addiction at the same time if the person has both;
3. A focus on ideals to counter the loss of ideals in both trauma and addiction;
4. Four content areas: cognitive, behavioral, interpersonal, case management; and
5. Attention to counselors' emotional responses, self-care, etc.

Shared Decision-Making (SDM) – Shared decision-making is a best practice in behavioral and physical health that aims to help people in treatment and recovery have informed, meaningful, and collaborative discussions with providers about their health care services. It involves tools and resources that offer objective information upon which people in treatment and recovery incorporate their personal preferences and values. Shared decision-making tools empower people who are seeking treatment or in recovery to work together with their service providers and be active in their own treatment.

Trauma-Informed – A trauma-informed approach to care realizes the widespread impact of trauma and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, their families, staff, and others involved in the system; and responds by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist re-traumatization. The six key principles of a trauma-informed approach include: safety; trustworthiness and transparency; peer support; collaboration and mutuality; empowerment, voice and choice; and cultural, historical and gender issues.

Acronyms

ACT - Assertive Community Treatment

AD - Active Duty

ADA - Americans with Disabilities Act

ADD-CH - Follow-Up Care for Children Prescribed ADHD Medication

ADHD - Attention-Deficit Hyperactivity Disorder

ADRA - Louisiana Addictive Disorders Regulatory Authority

ADSM - Active Duty Service Members

AHA - American Heart Association

AIMS - Abnormal Involuntary Movement Scale

AMM-BH - Antidepressant Medication Management

APRNs - Advanced Practice Registered Nurses

ASAM - American Society of Addiction Medicine

ATC - Air Traffic Control

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BHCC - Behavioral Health Crisis Care
BHSP - Behavioral Health Services Provider
BMI - Body Mass Index
CARF - Commission on Accreditation of Rehabilitation Facilities
CCBHC - Certified Community Behavioral Health Clinic
CEO - Chief Executive Officer
CPP - Child Parent Psychotherapy
CPT - Cognitive Processing Therapy
CQI - Continuous Quality Improvement
DBT - Dialectical Behavior Therapy
DCOs - Designated Collaborating Organizations
DOB - Date of Birth
EBPs - Evidence-Based Practices
ECSS - Early Childhood Supports and Services
EMDR - Eye Movement Desensitization and Reprocessing
FFT - Functional Family Therapy
FFT-CW - Functional Family Therapy – Child Welfare
FPSS - Family Peer Support Services
HHS - Health and Human Services
HIPAA Health Insurance Portability and Accountability Act
HSS - Health Standards Section
I/DD - Intellectual and Developmental Disabilities
IHS - Indian Health Service
IT - Information Technology
LA-CRS - Louisiana Crisis Response System
LDH - Louisiana Department of Health
LEIE - List of Excluded Individuals and Entities
LEP - Limited English Proficiency
LMHPs - Licensed Mental Health Professional
LPNs - Licensed Practical Nurses
LSUHSC - Louisiana State University Health Science Center
MAT – Medication-Assisted Treatment
MCE - Managed Care Entity
MCR - Mobile Crisis Response
MCO - Managed Care Organization
MOA - Memorandum of Agreement
MOU - Memorandum of Understanding
MST - Multi-Systemic Therapy
MTF - Military Treatment Facility
NPs - Nurse Practitioners
OIG - Office of Inspector General

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PAs - Physician Assistants

PCIT - Parent-Child Interaction Therapy

PCMs - Primary Care Managers

PCP - Primary Care Physician

PET - Prolonged Exposure Therapy

PHQ-9 - Personal Health Questionnaire – 9

PPS - Prospective payment system

PPT - Preschool PTSD Treatment

PTSD - Post Traumatic Stress Disorder

RFA - Request for Application

RFPSS - Recognized Family Peer Support Specialists

RNs - Registered Nurses

RPS - Recognized Peer Supervisors

RPSS - Recognized Peer Support Specialist

SAMHSA - Substance Abuse and Mental Health Services Administration

SDOH -Social Determinants of Health

SED - Serious emotional disturbance

SMART - Specific, Measurable, Achievable, Relevant, and Time-bound

SMI - Serious Mental Illness

SUD - Substance Use Disorders

TCM - Targeted Case Management

TF-CBT - Trauma-Focused Cognitive Behavioral Therapy

TJC - The Joint Commission

VHA - Veteran Health Administration

YPT - Youth Post Traumatic Stress Disorder Treatment