



GLOSSARY

A

- **abstinence** – the state of being without something, such as drugs or alcohol
- **Addiction-Only Services (AOS)** – programs that only treat substance use disorders and are not capable of treating any clients with co-occurring mental health disorders that require ongoing treatment, regardless of severity, level of functioning or stability
- **anticonvulsants** – medications used to treat chronic pain or suppress seizures by reducing abnormal nerve activity in the brain
- **antidepressants** – medications used to treat mood disorders, such as depression
- **antihistamines** – medications used to treat allergies and hypersensitive reactions and colds
- **antipsychotics** – medications used to treat psychosis
- **antisocial personality disorder** – a personality disorder characterized by a pattern of disregard for, and violation of, the rights of others
- **anxiety** – a state of apprehension or fear, either real or imagined, resulting from anticipation of a threatening event or situation
- **anxiety disorders** – a group of mental health disorders that are characterized by sensations of nervousness, tension, apprehension or fear
- **anxiolytics** – medications that reduce anxiety
- **assessment** – the second phase of evaluation where the client is interviewed extensively to determine the most effective treatment plan after he or she is admitted to the program

B

- **barbiturates** – a class of central nervous system depressants used to produce sedative and hypnotic effects
- **benzodiazepines** – a family of depressants used therapeutically to produce sedation, induce sleep, relieve anxiety, muscle spasms and to prevent seizures
- **bipolar disorder** – also commonly referred to as manic depression, is a mood disorder characterized by the presence of either manic or hypomanic symptoms
- **bipolar I disorder** – a specific mood disorder characterized by the presence of one or more Manic or Mixed Episode
- **bipolar II disorder** – a specific mood disorder characterized by the presence of one or more Depressive Episode(s) and Hypomanic Episode(s)
- **borderline personality disorder** – a personality disorder characterized by a pattern of instability in interpersonal relationships, self-image and affect and marked impulsivity

C

- **catatonic behavior** – unusual motor behavior
- **catatonic schizophrenia** – a form of Schizophrenia where the client predominantly experiences catalepsy, excessive motor activity, echolalia or echopraxia, extreme negativism or peculiarities of voluntary movement as evidenced by posturing, stereotyped movements, prominent mannerisms or prominent grimacing
- **co-morbid disorders** – the simultaneous existence of two or more mental health disorders
- **co-occurring disorders** – the simultaneous existence of one or more disorders relating to the use of alcohol and/or other drugs of abuse as well as one or more mental health disorders
- **cognitive-behavioral therapy (CBT)** – a method of counseling that focuses on simultaneously learning new behaviors and restructuring automatic thoughts
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- **concurrent model of care** – an approach to treating co-occurring disorders where mental health disorders are treated at the same time as co-occurring substance use disorders, only by separate treatment professionals and often times at separate treatment facilities

D

- **delusions** – fixed beliefs that have no basis in reality
- **diagnosis** - identification of a disease from signs, symptoms, laboratory tests, radiological results and physical findings
- **Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition – Text Revision (DSM-IV-TR)** – a comprehensive manual of all mental disorders and the criteria to identify them
- **disorganized behavior** – irregular and chaotic behavior
- **disorganized schizophrenia** – a form of Schizophrenia where the client predominantly has disorganized speech, disorganized behavior and flat or inappropriate affect
- **disorganized speech** – incoherent communication
- **Dual Diagnosis Capable (DDC)** – programs that have a primary focus of screening for and treating substance use disorders but are capable of screening for and treating clients with co-occurring mental health disorders who are relatively stable
- **Dual Diagnosis Enhanced (DDE)** – programs that are designed to treat clients who have unstable or debilitating co-occurring mental health and substance use disorders through an integrated treatment approach
- **dysthymic disorder** – a generally less severe form of Major Depressive Disorder where the symptoms are more constant and last for at least two years

E

- **echolalia** – the repetition of vocalizations made by another person
- **echopraxia** – the involuntary repetition or imitation of the observed movements of another
- **evaluation** – systematic process in which a client becomes known to the counselor and/or the program

G

- **generalized anxiety disorder** – an anxiety disorder characterized by persistent and excessive anxiety and worry over everyday events, such as health, money, family, work or the potential for disaster

H

- **hallucinations** – thinking you see or hear something that does not exist in reality
- **hypnotics** – medications that are intended to induce sleep
- **hypomanic episode** – a period of time lasting at least four days where a person experiences manic symptoms but does not meet the criteria for a Manic Episode

I

- **integrated model of treatment** – an approach to treating co-occurring disorders that utilizes one competent treatment team at the same facility to recognize and address all mental health and substance use disorders at the same time
- **integrating combined therapies (ICT)** – an approach to treating co-occurring disorders that combines motivational enhancement therapy (MET), cognitive-behavioral therapy (CBT) and Twelve-Step Facilitation (TSF)
- **International Statistical Classification of Diseases and Health Related Problems, Tenth Revision (ICD-10)** – a comprehensive manual of all disease and the criteria to identify them

M

- **major depressive disorder** – a significant period of time characterized by intense sadness, worthlessness, hopelessness and helplessness
- **major depressive episode** – a period of time lasting at least two weeks where a person experiences depressive symptoms
- **manic episode** – a period of time lasting at least one week where a person experiences manic symptoms
- **mania** – an irrational but irresistible motive for a belief or action
- **melatonin** – a hormone, related to serotonin, that is secreted by the pineal gland and is involved in the sleep/wake cycles in mammals
- **mental health disorder** – significant and chronic disturbances with feelings, thinking, functioning and/or relationships that are not due to drug or alcohol use and are not the result of a medical illness
- **Mental Health-Only Services (MHOS)** – programs that only treat mental health disorders and are not capable of treating any clients with co-occurring substance use disorders that require ongoing treatment, regardless of severity, level of functioning or stability
- **mixed episode** – a period of time lasting at least one week where a person experiences both manic and depressive symptoms
- **monoamine oxidase inhibitors (MAOIs)** – the first generation of antidepressants that prevents the breakdown of serotonin, norepinephrine and dopamine
- **mood disorder** – a group of disorders characterized by a drastic disturbance in an individual's mood
- **mood stabilizers** – medications used to treat mood disorders
- **motivational enhancement therapy (MET)** – a method of counseling where the patient's internal motivation is the driving force for changing problematic behavior

O

- **obsessive-compulsive disorder** – an anxiety disorder characterized by obsessions that cause marked anxiety or distress and/or by compulsions that are used to neutralize the anxiety

P

- **panic attacks** – a discrete period of intense fear or discomfort, in which symptoms developed abruptly and reached a peak within ten minutes
- **panic disorder** – an anxiety disorder characterized by recurrent and unexpected Panic Attacks about which there is a persistent concern
- **paranoid schizophrenia** – a form of Schizophrenia where the client predominantly has a preoccupation with one or more delusions or frequent auditory hallucinations
- **parallel care** – an approach to treating co-occurring disorders where mental health disorders are treated at the same time as co-occurring substance use disorders, only by separate treatment professionals and often times at separate treatment facilities
- **parallel model of treatment** – an approach to treating co-occurring disorders where mental health disorders are treated at the same time as co-occurring substance use disorders, only by separate treatment professionals and often times at separate treatment facilities
- **personality disorders** – a group of disorders characterized by rigid, inflexible and maladaptive behavior patterns of sufficient severity to cause significant impairment in functioning and internal distress
- **pharmacotherapy** – medication used to treat substance abuse
- **posttraumatic stress disorder** – an anxiety disorder characterized by the reexperiencing of an extremely traumatic event that produces symptoms of increased arousal and result in avoidance of stimuli associated with the trauma
- **primary disorder** – the mental health or substance use disorder that is consider the root of the client's signs and symptoms
- **psychosis** – contact with reality is lost or highly distorted

- **psychotic** – when a person's ability to think, respond emotionally, remember, communicate, interpret reality and behave appropriately is sufficiently impaired
- **psychotic disorders** – a group of severe mental health disorders that are characterized by a disintegration of thinking processes, involving the inability to distinguish external reality from internal fantasy

R

- **residual schizophrenia** – a form of Schizophrenia where the client displays some continuing evidence of the disturbance, but he or she does not experience prominent delusions, hallucinations, disorganized speech or grossly disorganized or catatonic behavior

S

- **schizoaffective disorder** – a psychotic disorder characterized by persistent delusions, auditory hallucinations or thoughts consistent with the acute phase of Schizophrenia that also includes manic or depressive symptoms
- **schizophrenia** – a psychotic disorder characterized by long-term cognitive disturbances, sensory hallucinations, delusions, bizarre behavior and deterioration of general level of functioning
- **scope of practice** – terminology used by licensing boards for various medically-related fields that defines the procedures, actions and processes that are permitted for the licensed, certified or qualified individual
- **screening** – the first phase of evaluation where the potential client is briefly interviewed to determine if he or she is appropriate for that specific facility
- **selective serotonin reuptake inhibitors (SSRIs)** – the most prescribed generation of antidepressants that block the reuptake of serotonin
- **selective serotonin-norepinephrine reuptake inhibitors (SNRIs)** - the frequently prescribed generation of antidepressants that block the reuptake of serotonin and norepinephrine
- **self-help groups** – an alternative or augmentation to professional counseling where group members share and discuss experiences with a similar problem
- **sequential model of treatment** – an approach to treatment for co-occurring disorders where each mental health or substance use disorder is treated consecutively
- **single model of care** – an approach to treatment for co-occurring disorders where only the primary mental health or substance use disorder is treated in hopes that other signs and symptoms will subside
- **social anxiety disorder** – an anxiety disorder characterized by clinically significant anxiety provoked by exposure to certain types of social or performance situations that often leads to avoidance behavior
- **social phobia** – an anxiety disorder characterized by clinically significant anxiety provoked by exposure to certain types of social or performance situations that often leads to avoidance behavior
- **stages of change model** – a behavioral model that identifies five independent stages of behavior and thinking in clients that are experienced during the treatment process
- **stage of treatment** – a client's level of interaction in the process of changing
- **substance abuse** – the use of psychoactive substances in excessive amounts that has resulted in either social, physical, emotional and job-related problems
- **substance dependence** – the use of psychoactive substances in excessive amounts that has resulted in either social, physical, emotional and job-related problems, tolerance and/or withdrawal
- **substance use disorder** – a behavioral pattern of continual psychoactive substance use that can be diagnosed as either substance abuse or substance dependence

T

- **tetracyclics** – a generation of antidepressants that block the reuptake of serotonin and catecholamines
- **time-unlimited services** – a dedication to provide services for as long as necessary to allow each client to recover in his or her own pace so the life changes are sustainable and permanent
- **treatment plan** – an individual outline for treatment developed after evaluation and constantly monitored for effectiveness
- **tricyclics** – a generation of antidepressants that block the reuptake of serotonin and catecholamines

- **twelve step facilitation (TSF)** – an alternative or augmentation to professional counseling where group members share and discuss experiences with a similar problem

U

- **undifferentiated schizophrenia** – a form of Schizophrenia where the client does not display a dominant type of symptoms