**Integrated Treatment Teams** and

**Coordination with Systems of Care**

Handout

Common Acronyms used in ACCS

**AA**

Alcoholic Anonymous (AA) is a fellowship of people who come together to solve their drinking problem.

**ACCS**

**Adult Community Clinical Services (ACCS)** is DMH’s primary community service for adults. ACCS is a comprehensive, clinically focused service that provides clinical interventions and peer and family support to facilitate engagement, support functioning and maximize symptom stabilization and self-management of individuals residing in all housing settings. In addition, ACCS provides a range of provider-based housing options as treatment settings to assist individuals in developing skills, establishing natural supports and resources to live successfully in the community.

**ADA**

**Americans with Disabilities Act (ADA)** is a civil rights law that protects individuals with disabilities in all aspects of public life from discrimination; guarantees equal opportunity for those with disabilities in employment, transportation, education, government services, and public accommodations.

**ASL**

**American Sign Language (ASL)** is a visual language that is processed through the eyes by interpreting the shape, placement, and movement of the hands, as well as facial expressions and body movements with the same linguistic properties as English. Primarily used by individuals in the U.S. who are Deaf or Hard of Hearing.

**BIPOC**

**Black and Indigenous People of Color (BIPOC)** is a term that centers the voices and experiences of Black and Indigenous groups and demonstrates solidarity between communities of color as compared to the term People of Color (POC).

**BMI**

**Body Mass Index** (BMI) is a person’s weight in kilograms (or pounds) divided by the square of height in meters (or feet). BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.

**CADC**

**Certified Alcohol and Drug Counselor (CADC)** A Certified Alcohol and Drug Counselor (**CADC**) provides counseling, education, and support to persons with substance abuse issues and their families.

**CARC**

**Certified Addiction Recovery Coaches (CARC)** provide direct peer/family support to persons and families. Engage persons in non-directive and supportive relationships that promote empowerment and self-learning.

**CART**

**Communication Access Real-Time Translation (CART)** is aservice that enables communication access for deaf and hard of hearing persons who are competent in English, both written and oral, and who either (a) are not able to use ASL interpreters, sign language transliterators and/or oral interpreters in general or (b) do not choose to do so in the situation.

**CBT**

**Cognitive behavioral therapy (CBT)** is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. Research studies suggest that CBT leads to significant improvement in functioning and quality of life.

**CDI**

**Certified Deaf Interpreter (CDI)** is specialist who provides interpreting, translation, and transliteration services, utilizing American Sign Language and other visual and tactual communication forms used by individuals who are Deaf, Hard or Hearing, and Deaf-Blind.

**CODA**

**Child of Deaf Adults (CODA)** is a person who was raised by one or more Deaf parents or guardians; a majority of which are not Deaf themselves.

**CPS**

**Certified Peer Specialists (CPS)** provide direct peer/family support to persons and families. Engage persons in non-directive and supportive relationships that promote empowerment and self-learning.

**CRIT**

**Community Risk Identification Tool (CRIT)** is designed as a brief screening tool to identify known historical and other clinical risk factors that can contribute to compromised personal and public safety. Strengths of the individual and factors that mitigate risks and improve safety are noted, but are to be delineated further with ongoing work with the person.

<https://www.mass.gov/files/documents/2016/07/vq/community-risk-identification-tool.pdf>

**DBSA**

**The Depression Bipolar Support Alliance (DBSA)** offers information and support for people dealing with mood disorders, and others impacted by them. <https://www.dbsalliance.org/>

**DBT**

**Dialectical behavior**[**therapy**](https://www.psychologytoday.com/us/basics/therapy)**(DBT)** provides clients with new skills to manage painful emotions and decrease conflict in relationships. DBT specifically focuses on providing therapeutic skills in four key areas: [*mindfulness*](https://www.psychologytoday.com/us/basics/mindfulness)  distress tolerance, [*emotion regulation*](https://www.psychologytoday.com/us/basics/emotion-regulation), and interpersonal effectiveness.

**DDA**

**Dual Diagnosis Anonymous (DDA)** is a fellowship of persons who share their experiences, strengths, weaknesses, feelings, fears, and hopes with one another to resolve our dual diagnosis and/or learn to live at peace with unresolved problems. The only requirement for membership in DDA is a desire to develop healthy, addiction-free lifestyles.

<https://ddainc.org/>

**DDS**

**MASSACHUSETTS DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS)** is dedicated to creating, in partnership with others, innovative and genuine opportunities for individuals with intellectual disabilities to participate fully and meaningfully in, and contribute to, their communities as valued members. <http://www.mass.gov/eohhs/gov/departments/dds>

**DMHRA**

**Department of Mental Health Rental Assistance** (sometimes also called DMHRSP – DMH Rental Services Program).

**DTA**

**The Department of Transitional Assistance (DTA)** assists people and families with limited income to meet their basic needs by providing financial assistance to those who are eligible. <https://www.mass.gov/orgs/department-of-transitional-assistance>

**EBP**

**Evidence-based practice (EBP)** is the integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences.

**EOHHS/EHS**

**Executive Office of Health and Human Services (EOHHS-or EHS)** is the largest secretariat in state government. DMH is located within this office**.**

**GLEs**

**Group Living Environments (GLEs)** provide persons a place to call home as they build skills to live independently.

**HoH**

**Hard of Hearing (HoH**): term for a person who does not hear well but does hear better than those who are Deaf, regardless if they were born as such or not.

**IT**

Integrated Treatment Team (IT) in ACCS refers to a team with diverse expertise that focuses on multiple treatments and uses a variety of resources to deliver person-centered care.

**LADC 1**

Licensed Alcohol and Drug Counselors (LADC 1) conduct independent practices of alcohol and drug counseling and provide supervision to other alcohol and drug counselors. This credential has a list of requirements along with a master’s or doctoral degree in behavioral sciences. <https://www.mass.gov/how-to/apply-for-an-alcohol-and-drug-counselor-license>

**LEA**

**Lower-extremity amputation (LEA)** occur due to the following common causes: diabetes mellitus, peripheral vascular disease, neuropathy, and trauma.

**JAN**

**The Job Accommodation Network (JAN)** provides information, resources, and guidance on workplace accommodations and disability-related employment issues. They help people with disabilities understand their rights, learn the benefits of requesting accommodations, and pinpoint the specific accommodations they need.

**LGBTQ+**

 An acronym standing for Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and more; the "plus" represents diverse range of other sexualities and gender identities.

**LPHA**

Licensed Practitioner of the Healing Arts (LPHA) in ACCS have oversight for treatment planning and clinical direction. In ACCS the following practitioners can be designated as LPHAs: Physicians, Registered Nurses, Psychologists Licensed Independent Clinical Social Workers, Licensed Certified Social Workers Registered Occupational Therapists, Licensed Rehabilitation Counselors, Licensed Mental Health Counselors, Licensed Alcohol and Drug Counselor LADC I Other persons who become licensed in a mental health related discipline or profession in accordance with state law and regulations and subject to the approval of the Commissioner of DMH.

**MAP**

**Medication Administration Program (MAP)** increases the safety and security of medication administration for individuals living in Department of Mental Health (DMH), Department of Children and Families (DCF), Massachusetts Rehabilitation Commission (MRC), or Department of Developmental Services (DDS) licensed, funded, or operated community residential programs that are their primary residences and/or participating in day programs and short-term respite programs. <https://www.mass.gov/medication-administration-program-map>

**MAT**

Medication Assisted Treatment (MAT) is the use of medications in conjunction with counseling to treat substance use disorders, primarily addiction to opioids. Treatment with MAT improves survival and retention in treatment. These medications usually include methadone, buprenorphine, or naltrexone.

**MBHP**

**MASSACHUSETTS BEHAVIORAL HEALTH PARTNERSHIP (MBHP*)***manages behavioral health care for more than 500,000 MassHealth Members statewide. Working with its network of providers, MBHP offers high quality, accessible, culturally sensitive health care to Members of the MassHealth Primary Care Clinician (PCC) Plan, Community Care Cooperative (C3), Mass General Brigham ACO, Steward Health Choice, and the BeHealthy Partnership.

**MCB**

**Massachusetts Commission for the Blind (MCB)** provides rehabilitation and social services to Massachusetts residents who are blind, leading to their independence and full community participation.

<https://www.mass.gov/orgs/massachusetts-commission-for-the-blind>

**MCDHH**

**MASSACHUSETTS COMMISSION FOR THE DEAF AND HARD OF HEARING (MCDHH)** is the principal agency in the Commonwealth working on behalf of people of all ages who are deaf and hard of hearing.

<http://www.mass.gov/eohhs/gov/departments/mcdhh>

**MI**

**Motivational Interviewing (MI)** is often recommended as an evidence-based approach to behavior change. MI is a **guiding** style of communication, that sits between **following** (good listening) and **directing** (giving information and advice). MI is designed to **empower** people to change by drawing out their own meaning, importance and capacity for change.MI is based on a **respectful** and **curious** way of being with people that facilitates the natural process of change and honors client autonomy.

**MHIS**

**Mental Health Information System (MHIS)** is the information system used by DMH which contains all client records, including those of clients who have been admitted to, and discharged from, DMH hospitals. MHIS contains data related to admission and discharge as well as the data generated at monthly treatment plan meetings, including textual data to document the results of those reviews.

<https://www.mass.gov/info-details/overview-of-the-department-of-mental-health>

**MOAR**

**MASSACHUSETTS ORGANIZATION FOR ADDICTION RECOVERY (MOAR)** supports recovering individuals as well as their families and friends. Educates the public about recovery from alcohol and other addictions. Resources for Recovery Guide lists addiction and substance use services in Massachusetts. <http://www.moar-recovery.org/>

**MOD**

**Massachusetts Office on Disability (MOD)** works to ensure that people with disabilities can equally participate in all aspects of life in Massachusetts. MOD serves as a resource to state agencies, municipalities, and members of the public by providing information, guidance and training on matters concerning disability-related civil rights, equal access, and opportunity.

<https://www.mass.gov/orgs/massachusetts-office-on-disability>

**MRC**

**Massachusetts Rehabilitation Commission** (MRC) helps individuals with disabilities to live and work independently. MRC is responsible for Vocational Rehabilitation, Community Living and eligibility determination for Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) federal benefits programs. MRC provides comprehensive services to people living with disabilities that maximize their quality of life and economic self-sufficiency in the community. All programs have their own intake criteria including financial, medical, and other eligibility requirements. <http://www.mass.gov/orgs/massachusetts-rehabilitation-commission>

**NA**

**Narcotics Anonymous (NA)**is a nonprofit fellowship or society of people for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

**NAMI**

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI), MA CHAPTER** is a nonprofit grassroots organization. Founded in 1982, we are the state’s voice on mental illness.

<https://namimass.org/>

**ORI**

MASSACHUSETTS OFFICE FOR REFUGEES AND IMMIGRANTS (ORI)

ORI’s mission is to promote the full participation of refugees and immigrants as self-sufficient individuals and families in the economic, social, and civic life of Massachusetts. Eligible groups include: Afghan and Iraqi Special Immigrant Visa Holders, Amerasians, Asylees, Cuban/Haitian Entrants, Human Trafficking Victims,  Legal Permanent Residents, and Refugees.

**OT**

**Occupational Therapy (OT)** is a therapeutic service offered to assess and assist persons in functionality and independence and occupational therapists can be a member of the integrated treatment team.

**PACT**

**Program of Assertive Community Treatment (PACT)  is a multidisciplinary team approach providing acute and long-term support, community based psychiatric treatment, assertive outreach, and rehabilitation services to persons served.**

**RLCs**

**Recovery Learning Communities (RLCs) are consumer-operated networks of self-help/peer support, information and referral, advocacy, and training activities.**

**SBIRT**

**Screening, Brief Intervention and Referral to Treatment (SBIRT)** is a short, well-tested questionnaire that identifies substance use risk. <http://www.sbirt.care/tools.aspx>

**SHINE**

**The SHINE (Serving the Health Insurance Needs of Everyone) Program** provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. call MassOptions at 1-800-243-4636, or. TTY/ASCll (800) 439-2370.

<https://www.mass.gov/health-insurance-counseling>

**SMI**

Serious Mental Illness

**SSDI**

Social Security Disability Insurance (SSDI) is a federal benefit program providing financial assistance. SSDI pays benefits to persons and certain family members if they are “insured.” This means that they worked long enough – and recently enough - and paid Social Security taxes on earnings.

**SSI**

**Supplemental Security** Income (SSI) is a federal benefit program providing financial assistance. It is designed to help aged, blind, and disabled people, who have little to no income. It provides cash to meet basic needs for food, clothing, and shelter.

**SSM**

**The Self Sufficiency Matrix (SSM)** is an assessment and measurement tool used in ACCS to understand the level of care needed within functional domains. This enables providers to treat the “whole person,” thereby promoting a person-centered focus that fosters integrated treatment team collaboration and agency alignment, allowing for programs to Identify the reason for referral, guide level of care reviews with DMH, and determine readiness for transitions.

**Transitions ACR**

**The Transitions to Adulthood Center for Research (ACR)** promotes the full participation of young adults diagnosed with mental health conditions in socially valued roles. <https://www.umassmed.edu/TransitionsACR/>

**TREM**

**Trauma Recovery and Empowerment Model (TREM)** is a manualized group intervention designed for women trauma survivors with severe mental disorders and discusses key issues in its conceptualization and implementation. TREM recognizes the complexity of long-term adaptation to trauma and addresses

a range of difficulties common among survivors of sexual and physical abuse. Focusing primarily on the development of specific recovery skills and current functioning, TREM utilizes techniques shown to be effective in trauma recovery services.

**VRC**

The **Vocational Rehabilitation Counselor** **(VRC)**  engages all individuals who are interested in or unsure about work or school (no one has to be “job ready”) re: MRC services assist with establishing career goals. If the person wants to enroll with MRC, the VRC determines the person eligible and arranges for the services the person needs to reach her/his career-goals. **DMH considers the VRC a member of the Integrated Treatment Team;**when both ACCS and the VRC are serving the same person, ACCS staff should communicate openly and frequently with the VRC whenever there is a change that could impact that person’s ability to pursue his/her career-goal.

**WRAP**

**Wellness Recovery Action Plan (WRAP)** is a wellness process that anyone can use. It helps persons figure out what they need to do to stay well, signs that they are not doing well, and what to do when it becomes a crisis.