

# Speaking the Same Language on Mental Health

A Glossary  
of Common  
Acronyms

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<b>AMHS</b>	<b>Adult Mental Health Services</b>
<b>ASC/ ASD</b>	<b>Autism Spectrum Condition/ Autism Spectrum Disorder</b>
<b>BAME</b>	<b>Black, Asian and Minority Ethnic</b>
<b>CAMHS</b>	<b>Child and Adolescent Mental Health Services</b> <i>NHS services which support young people (up to the age of 18) with mental health difficulties.</i>
<b>CBT</b>	<b>Cognitive Behavioural Therapy</b> <i>A talking therapy which can help a person accessing services to understand the link between their thoughts, emotions and behaviour.</i>
<b>CCG</b>	<b>Clinical Commissioning Group</b> <i>These groups plan, buy and review (commission) NHS health services in their area, based on the needs of the local population.</i>
<b>CMHT</b>	<b>Community Mental Health Team</b> <i>These support people 18 years old or over who are living in the community and have complex or serious mental health problems. They are different from CAMHS.</i>
<b>CN</b>	<b>Clinical Network</b> <i>These bring together the people who use, provide and commission health services and work together to improve services.</i>
<b>CPA</b>	<b>Care Programme Approach</b> <i>A way that care can be planned and reviewed, often used with young people experiencing mental health problems. It involves the young person identifying their needs and making a plan of care with professionals. This is recorded in a care plan and regularly reviewed.</i>
<b>CPN</b>	<b>Community Psychiatric Nurse</b> <i>A mental health nurse who works in the community, visiting people at home to help with their care.</i>
<b>CQC</b>	<b>Care Quality Commission</b> <i>Checks that health services are meeting quality standards, and works to improve quality in health care services.</i>

<b>CQUIN</b>	<b>Commissioning for Quality and Innovation</b> <i>These are used by NHS England to help improve quality in health care. Health services can get extra funding by proving they are meeting specific quality standards.</i>
<b>CYP</b>	<b>Children and Young People</b>
<b>CYP IAPT</b>	<b>Children and Young People's Improving Access to Psychological Therapies</b> <i>An NHS England programme to transform CAMHS so that young people and families get a better experience of services and better quality support.</i>
<b>ED</b>	<b>Eating Disorder</b>
<b>EHC Plan</b>	<b>Education and Health Care Plan</b> <i>A legal document used to describe a child's needs and the additional support they will require for them to achieve their life goals.</i>
<b>FCAMHS</b>	<b>Forensic CAMHS</b> <i>Forensic Child and Adolescent Mental Health Services support the mental health of young people aged under 18 who present a high risk of harm to others or who are in contact with the youth justice system.</i>
<b>HEE</b>	<b>Health Education England</b> <i>The national organisation that helps train and develop workers in health, including in children and young people's mental health.</i>
<b>HEI</b>	<b>Higher Education Institute</b> <i>Organisations that provide undergraduate and graduate education. As part of the CYP-IAPT programme (see above), HEIs are training up more CAMHS workers to use evidence-based methods with young people.</i>
<b>JSNA</b>	<b>Joint Strategic Needs Assessment</b> <i>A process that commissioners and other local organisations use together to describe the health needs of local people, and the actions to be taken to meet those needs.</i>
<b>LA</b>	<b>Local Authority</b> <i>The local government organisation that provides local services including housing, education, health services, parks, transport, social services and youth services.</i>
<b>LAC</b>	<b>Looked After Children</b> <i>Children who are being looked after by their local authority (sometimes referred to as children in care). They might be living with foster parents or a residential children's home.</i>
<b>LC</b>	<b>Learning Collaborative</b> <i>Collectives of CAMHS working together to deliver CYP-IAPT (see above). They all involve young people in their work, and there are six altogether in England.</i>
<b>LD</b>	<b>Learning Disability</b>
<b>LGBT+</b>	<b>Lesbian, Gay, Bisexual, Trans, and other minority gender identities/ sexualities</b>
<b>LTPs</b>	<b>Local Transformation Plans</b> <i>Local CCGs, CAMHS, schools and others are required by government to create LTPs together, showing how they will improve young people's mental health services across their area.</i>

<b>MDT</b>	<b>Multidisciplinary Team</b> <i>A group of different health care workers e.g. Psychiatrists, Social Workers, etc. who work together to meet a service-user's overall care plan. They are often used to coordinate services in Inpatient CAMHS (see IPCAMHS).</i>
<b>MET</b>	<b>Medical Education Team</b> <i>Can provide education to young people who are too unwell to attend school - either due to physical or mental ill health.</i>
<b>MHA</b>	<b>Mental Health Act</b> <i>This is the main law that covers the treatment and rights of people with a mental health disorder. There are special parts of the law about children and young people.</i>
<b>NICE</b>	<b>National Institute for Health and Care Excellence</b> <i>NICE provides guidance for health and care services on evidence based care to help health services give people the highest quality care possible.</i>
<b>PALS</b>	<b>Patient Advice and Liaison Service</b> <i>Offers confidential advice, support and information on health-related matters to service-users, patients, their families and their carers.</i>
<b>P/C</b>	<b>Parent/ Carer</b>
<b>PPG</b>	<b>Patient Participation Group</b>
<b>SALT</b>	<b>Speech and Language Therapy</b>
<b>SEND</b>	<b>Special Educational Needs and Disabilities</b> <i>Difficulties or disabilities that make it harder for a young person to learn.</i>
<b>SENCO</b>	<b>Special Educational Needs Coordinator</b> <i>Organises help in school for children with special educational needs such as learning difficulties.</i>
<b>STPs</b>	<b>Sustainability Transformation Plans</b> <i>These are created by local NHS England organisations, local authorities and other organisations to set out how they will improve health and care (including mental health) in the area they cover.</i>
<b>IPCAMHS</b>	<b>Inpatient CAMHS</b> <i>Services which can give young people the most intensive support for mental health problems. These include inpatient (residential) services, often based in hospitals.</i>
<b>WRAP</b>	<b>Wellness Recovery Action Plan</b> <i>A recovery system developed by people with mental health difficulties. It supports people to create their own recovery action plan by setting out their goals, the help they need to get there, and what keeps them well.</i>
<b>YOI</b>	<b>Youth Offender Institute</b> <i>Secure accomodation for young people between 15 and 21 who have been given a criminal conviction.</i>