

# List of Acronyms and Glossary of Terms

## List of Acronyms

ADAMHA	—Alcohol, Drug Abuse, and Mental Health Administration (DHHS)
ADM	—Alcohol, Drug Abuse, and Mental Health (block grant)
CASSP	—Child and Adolescent Service System Program (NIMH)
CDF	—Children's Defense Fund
CHAMPUS	—Civilian Health and Medical Program of the Uniformed Services
CMHC	—community mental health center
COBRA	—Consolidated Omnibus Budget Reconciliation Act
DHEW	—U.S. Department of Health, Education, and Welfare (now DHHS)
DHHS	—U.S. Department of Health and Human Services
DISC	—Diagnostic Interview Schedule for Children
DOD	—U.S. Department of Defense
DRG	—diagnosis-related group
DSM-III	— <i>Diagnostic and Statistical Manual</i> , 3rd ed.
EPSDT	—Early and Periodic Screening, Diagnosis, and Treatment program (Medicaid)
FSCP	—Family Support Center Program
GAO	—General Accounting Office (U.S. Congress)
LOS	—length of stay
NASMHPD	—National Association of State Mental Health Program Directors
NIMH	—National Institute of Mental Health (ADAMHA)
OTA	—Office of Technology Assessment (U.S. Congress)
PDD	—pervasive developmental disorder
RTC	—residential treatment center for emotionally disturbed children
SDD	—specific developmental disorder
SMHA	—State Mental Health Agency

## Glossary of Terms

**Adjustment disorder:** A type of mental disorder defined by DSM-III as "a maladaptive reaction to an identifiable psychosocial stressor that occurs within three months of the onset of the stressor." Adjustment disorders are manifest in impaired functioning or in excessive reactions to the stressor, symptoms which typically remit after the stressor

ceases or, if the stressor continues, when a new level of adaptive functioning is achieved.

**Aftercare:** Mental health services provided after the individual's initial encounter with the mental health care system (e. g., RTC treatment after psychiatric hospitalization).

**Anorexia nervosa:** A mental disorder characterized by intense fear of becoming obese, disturbance of body image, significant weight loss (accounted for by no known physical disorder), refusal to maintain a minimal normal body weight, and the absence of menstruation in females.

**Anxiety disorders:** A category of mental health disorders characterized by a child's intense feelings of apprehension, tension, or uneasiness. These feelings may result from the anticipation of danger, either internal or external. Anxiety is manifested by physiological changes such as sweating, tremor, and rapid pulse. Such disorders include phobic disorders, obsessive compulsive disorders, and post-traumatic stress disorders, as well as "generalized anxiety disorders."

**Behavior disorders:** A set of childhood-onset mental disorders characterized by behavior that disturbs or harms the patient or others and which causes distress or disability. Such disorders include attention deficit disorder and conduct disorder.

**Behavioral therapy:** Psychotherapy based on the assumption that a child learns persistent pathological behavior from his or her experience with the social environment. Therapists using behavioral techniques systematically analyze the child's problem and environment and seek to change specific problem behavior by altering the child's environment.

**Bulimia:** A mental disorder characterized by binge eating accompanied by an awareness that the eating pattern is abnormal, fear of not being able to stop eating voluntarily, and depressed mood and self-deprecating thoughts following the eating binges. Binges are usually terminated temporarily by abdominal pain, sleep, social interruption, or induced vomiting.

**Cognitive therapy:** Psychotherapy based on a view that mental health problems should be treated through altering the way children think about their behavior and their environments. Therapists attempt to change the thinking that takes place during a child's troublesome behavior and/or try to influence how children think about themselves and others.

- Community mental health centers (CMHCs): Programs initially established by the Federal Government through the Community Mental Health Centers Act of 1963, to provide comprehensive mental health services to all residents of a specified geographic area regardless of their ability to pay. With the passage of the Alcohol, Drug Abuse, and Mental Health block grant, federally funded CMHCs ceased to exist as legal entities, but Federal funds continue to be provided indirectly via State Mental Health Agencies.
- Continuum of care: A coordinated system to provide comprehensive children's mental health care at all levels needed.
- Day treatment/partial hospitalization: Mental health treatment programs that provide extended care to children who do not need 24-hour treatment but do require more intensive treatment than 1 or 2 hours a week of therapy. One form of day treatment, partial hospitalization, arranges care for children who need the treatment offered in a psychiatric hospital during the day but are able to return home in the evening.
- Developmental disorders: A set of mental disorders characterized by deviations from the normal path of child development. Such disorders may be pervasive, thereby affecting multiple areas of development (e. g., autism), or specific, affecting only one aspect of development (e. g., arithmetic disorder).
- Diagnostic Interview Schedule for Children (DISC): A child-oriented version of the Diagnostic Interview Schedule, a questionnaire developed for use by the National Institute of Mental Health for its epidemiologic catchment area survey of mental disability in adults.
- Eating disorders: Psychophysiological disorders characterized by disturbances in eating. Such disorders include anorexia nervosa and bulimia.
- Emotional disorders: Mental disorders characterized by the presence of an emotional problem and considerable impairment of a child's ability to function. Such disorders include anxiety and childhood depression.
- Encopresis: A psychophysiological disorder characterized by defecation at inappropriate times.
- Enuresis: A psychophysiological disorder characterized by involuntary bedwetting or other lack of control over urination.
- Family therapy: A type of psychotherapy based on the idea that a child's problems are manifestations of disturbed interactions within a family rather than problems that lie within the child alone. Treatment heavily involves other family members as well as the child (e.g., in sessions attended by the entire family) because it is believed that a child cannot change if the family as a whole does not change.
- Group therapy: A type of psychotherapy in which the focus is on helping individuals develop healthier ways of relating to other people, although therapy groups serve other purposes.
- Inpatient treatment: Provision of mental health services to persons staying in a hospital overnight.
- Integration of services: The establishment of interrelationships among mental health and other service systems (e. g., the educational, health care, welfare, and juvenile justice systems) so that programs to prevent mental health problems can be offered, children in need of mental health services can be identified, and mental health treatment can be provided at the site where problems are identified.
- Length of stay (LOS): The number of days between the date of admission to a health care facility and the discharge date.
- Mental disorder: In this background paper, any of the diagnoses classified as mental disorders by the American Psychiatric Association in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-III). Generally, DSM-III defines a mental disorder as a clinically significant behavioral or psychological syndrome or pattern that occurs in an individual and that is typically associated with either a painful symptom (distress) or impairment in one or more areas of functioning (disability).
- Mental health problem: In this background paper, either a mental disorder or more general subclinical problem affecting mental health but not meeting the criteria for a diagnosable mental disorder.
- Mental health services: Any of the wide range of services designed to meet mental health needs but primarily including therapies and prevention techniques.
- Neuroleptics: Any drug (e.g., certain tranquilizers) used to reduce psychotic behavior.
- Neurosis: Currently, there is no consensus in the mental health field as to the definition of neurosis, and the category neuroses was not included in DSM-III although it had been included in previous *Diagnostic and Statistical Manuals*. The term neurosis is usually used to refer to emotional disorders caused by unconscious conflict and characterized chiefly by anxiety.
- Outpatient treatment: Provision of mental health services on an ambulatory basis to persons who do not require 24-hour or partial hospitalization. Settings for outpatient treatment include community mental health centers and private mental health practices.
- Primary prevention: Efforts to avert mental health

problems altogether. For children, these efforts include interventions directed at parents and educators.

**Private psychiatric hospital:** A hospital operated privately by individuals, partnerships, corporations, or nonprofit organizations, primarily for the care of persons with serious mental disorders.

**Psychodynamic therapy:** Psychotherapy based on the theory that changes in cognition and emotions will be followed by changes in behavior.

**Psychopharmacological therapy:** Therapy involving the use of psychoactive medications such as stimulants, antidepressants, or neuroleptics.

**Psychophysiological disorders:** Mental health disorders that involve a disturbance in some aspect of bodily functioning usually involving a combination of mental and physical factors. Such disorders include stereotyped movement disorders; eating disorders such as anorexia and bulimia; and enuresis and encopresis.

**Residential treatment center (RTC):** A residential facility, not licensed as a psychiatric hospital, whose primary purpose is the provision of individually planned programs of mental health treatment services in conjunction with residential care for children and youths primarily under the age of 18. The term used by NIMH is "residential treatment centers for emotionally disturbed children," but children with other mental disorders are also treated in these facilities.

**Secondary prevention:** Efforts to detect mental health problems in their early stages of development and to apply techniques to reduce the severity and duration of incipient problems.

**State and county mental hospital:** A psychiatric hospital that is under the auspices of a State or county government, or operated jointly by both a State and county government.

**State Mental Health Agencies (SMHAs):** Agencies under the auspices of State governments, staffed through the State, and offering mental health services to State residents in need of mental health care. State mental health agencies may supervise State mental hospitals, CMHCs, RTCs, and/or day treatment facilities.

**Stereotyped movement disorders:** Psychophysiological disorders characterized by involuntary movements of bodily parts (i. e., tics).

**Substance use/abuse disorders:** A set of mental disorders characterized by maladaptive behavioral changes resulting from regular use of substances that affect the central nervous system. Substance use and abuse disorders are not classified as childhood-onset mental disorders by DSM-III, but children can be afflicted by them.

**Tertiary prevention:** Attempts to arrest further deterioration in individuals who already suffer from severe mental health problems (disorders). Treatment can be considered tertiary prevention. The term is not used in this background paper.