

Factsheet MH6 – Glossary of Terms / Who's Who?

Advocacy – this refers to services that assist people to say what they want. People can advocate for themselves (self advocacy) or have an independent person advocate on their behalf. POhWER provide most of the advocacy services in Hertfordshire.

AOT – Assertive Outreach Team provides care to people who find it difficult to engage with other services.

Care Co-ordinator - A named individual designated as the main point of contact and support for a person who has a need for ongoing care. This could be a nurse, social worker or other mental health worker appropriate for the person's situation.

CAB - Citizens Advice Bureau - Specialist advisors who can advise on a broad range of issues, including employment and housing rights and welfare benefits.

CAMHS – Child and Adolescent Mental Health Service.

Carer Practitioner – A professionally qualified worker based in the CMHS / SMHTOP providing advice, support and guidance to community / inpatient staff working with the carers of service users with mental health problems. It is the role of the Carer Practitioner to champion carer issues within these services.

CATT - Crisis Assessment and Treatment Team - A multidisciplinary team which acts as the gateway to hospital. They also offer people the choice of treatment at home where possible.

CDAT - Community Drug and Alcohol Team - provide help and advice and treatment to people with substance addictions and substance misuse problems.

CMHC - Community Mental Health Centre - the building that hosts the Community Mental Health Service.

CMHS - Community Mental Health Service – (previously CMHT – Community Mental Health Team). A community based multi-disciplinary assessment and treatment service for people suffering from mental health problems. Referrals usually made by the GP.

CPA - Care Programme Approach - The name for the way care plans for specific individual service users are organised in the community.

CPN - Community Psychiatric Nurse / CMHN - Community Mental Health Nurse - A registered nurse with specialist training who works in the community. Most work as part of the community mental health team.

EDT - Emergency Duty Team - A countywide team, part of the county council, available to provide a social care response out of hours in an emergency, it can be accessed by professionals.

EIP - Early Intervention in Psychosis - A specialist multi-disciplinary team to help people with first episode of psychosis.

EPMHS – Enhanced Primary Mental Health Services provide health and social care help and advice for people with mild to moderate mental health problems.

FAC - Fair Access to Care is the framework developed by the government to help decide who should receive adult community care services from social services departments.

IAPT – Improving Access to Psychological Therapies – A national initiative, provided in Hertfordshire through EPMHS, which aims to help people suffering from common mental health problems to access evidence based, short term psychological interventions.

MDT - Multi-disciplinary Team - This refers to the variety of professionals who are involved in some way in the service user's care. Therefore the members of the MDT for one service user may be different from those of another.

OT - Occupational Therapist - OTs help people with mental health problems to build up the confidence and skills needed for personal, social, domestic, leisure or work activities. They work in psychiatric units, day hospitals and in the community.

POhWER - People Of Hertfordshire Want Equal Rights. Advocacy support provider.

Psychiatrist - Psychiatry is the study of mental disorders and their diagnosis, management and prevention. Psychiatrists are qualified medical doctors who have taken further training and specialised in mental illness. The consultant psychiatrist is the most senior member of the team with overall responsibility for patient assessment and care, but the psychiatric patient usually has more contact with the consultant's assistant called the registrar.

Psychologist - Psychology is the scientific study of human behaviour and mental processes. It is concerned with the thoughts, feelings and motivations that underlie human action. There are different types of psychologists the two most relevant to mental health are clinical and counselling. Clinical psychology concerns the assessment and treatment of mental health problems. Counselling psychologists apply talking treatments developed in psychology to help individuals and groups manage mental and emotional problems.

Psychotherapist - The distinction between counselling and psychotherapy can be blurred but there are differences in the methods used, the intensity and length of treatment. Overall psychotherapy aims to help you understand why you are feeling the way you do and what lies behind your responses to other people and to things that happen to you.

SMHTOP – Specialist Mental Health Team for Older People

Social worker - Offers advice on practical matters such as day care, accommodation or welfare benefits, or can link you with appropriate services. Most work as part of the community mental health team.