



NEWPORT HEALTHCARE

The Language of Mental Health Treatment A Brief Glossary

The terminology and concepts referenced in the mental health treatment field can be confusing for employers as well as those seeking care. Here we offer definitions of some of the most frequently used phrases and acronyms. Ultimately, a greater understanding of the treatment experience helps increase access to care for young people and families.

ABFT: Attachment-Based Family Therapy, co-created by Guy S. Diamond, PhD, Gary M. Diamond, and Suzanne A. Levy, is an evidence-based, manualized family counseling modality designed to rebuild trust within the parent-child relationship, providing a solid foundation that reduces depression and suicidality in adolescents and young adults.

ACT: Acceptance and Commitment Therapy is a type of mindfulness-based therapy that encourages clients to embrace their thoughts and feelings rather than fighting them or feeling guilty about them.

CBT: Cognitive Behavioral Therapy is a form of talk therapy that helps patients become aware of irrational or negative thinking so they can see situations more clearly and respond to them in healthy ways. TF-CBT refers to Trauma-Focused Cognitive Behavioral Therapy.

DBT: Dialectical Behavior Therapy is a therapeutic modality that supports clients to shift negative thinking patterns and destructive behaviors using skills including mindfulness, emotional regulation, and distress tolerance.

ED: Eating disorders, such as anorexia, bulimia, binge eating disorder, etc.

EFT: Emotional Freedom Technique, also known as tapping, is similar to acupuncture; tapping on specific energy points is used to address physical and psychological disorders.

EMDR: Eye Movement Desensitization and Reprocessing is an integrative approach that is proven to be effective for the treatment of trauma and PTSD, as well as other mental health conditions.

In-Network Insurance vs. Out-of-Network Insurance: When a treatment provider accepts a patient's health insurance plan, they are In-Network. When a provider does not have a contract with a client's plan, they are out of network. Newport is In-Network with many health plans and has successfully negotiated Single Case Agreements with (see below) with clients' out-of-network plans.



LOC: Levels of Care, which include:

- Outpatient care: Teens attend programming during the day and go home to their families at night. PHP is a Partial Hospitalization Program, with programming all day, five days a week. IOP is an Intensive Outpatient Program, with treatment provided after school, five or fewer days per week).
- Inpatient care: Typically in a hospital setting, for acute and crisis situations requiring immediate psychiatric care.
- Residential treatment: A residential treatment center (RTC) provides longer-term mental healthcare services (typically 30 days and up) in home-like environments, usually using multiple modalities and including academic programming.

LOS: Length of stay refers to the number of days or weeks a client remains in residential treatment, typically 30–60 days.

MI: Motivational Interviewing is a counseling method that helps people find the internal motivation to change their self-destructive behaviors.

NSSI: Non-suicidal self-injury, which refers to self-harming behaviors that are not suicidal gestures, but do increase the likelihood of a later suicide attempt

RTC: Residential Treatment Center (see above)

Single Case Agreement (SCA): When a provider, such as Newport Healthcare, negotiates a special contract with an out-of-network insurance company that allows the provider to work with the insurance company on an In-Network basis.

Sub-Acute Treatment vs. Acute Psychiatric Care: Acute care is necessary when a client represents a danger to self or others, has a plan to execute harm to self or others, and needs immediate stabilization. Sub-acute treatment is appropriate for an individual who may self-harm or have suicidal thoughts but does not have a plan for suicide or for harming others.

Suicidal Ideation refers to having suicidal thoughts—thinking about and imagining suicide.

Trauma-Informed Care (TIC) refers to treatment that acknowledges the widespread prevalence and impact of trauma, and in response focuses on creating a safe environment, enhancing emotional regulation, and creating positive and trusting connections.



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