



# Naradell Inc

## Acronyms - Mental Health

May 2019

Acronym	What it stands for	Further Information
ACT	Acute Care Team	A multidisciplinary mental health service to consumers with acute care needs in a community setting
A & E	Accident & Emergency	Emergency section of hospitals
AHD MH	Advance Health Directive for Mental Health	The benefit of an Advance Health Directive is that it gives a person a greater say in their future health care such as health care they would like to receive for a mental illness. It applies at a future time if a person becomes unwell and unable to make decisions.
AOD	Alcohol and other drug	Usually referred to as alcohol and other drug use disorder and frequently in terms of co-morbidity (co-occurrence) of mental disorder and substance use disorder as these two conditions commonly occur together.
ARAFMI	Association of Relatives and Friends of the Mentally Ill	A not for profit organisation with a vision to enhance the wellbeing of people with mental illness, their families and carers.
CBT	Cognitive Behavioural Therapy	A type of therapy that helps a person to change unhelpful or unhealthy habits of thinking, feeling and behaving.
CCU	Community Care Unit	Accommodation facility for adult mental health consumers who are in recovery.
CHIME	Connectedness, Hope, Identity, Meaning, Empowerment	Support service delivered by Open Minds - a short term intensive program.
DBT	Dialectical Behaviour Therapy	A therapy that began with efforts to treat Borderline Personality Disorder and has proven useful in treating mood disorders, suicidal ideation, self-harm and substance abuse. DBT is based on CBT (Cognitive Behavioural Therapy).

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DSM 5	Diagnostic & Statistical Manual of Mental Disorders	The Fifth Edition is the 2013 update of the Manual published by the American Psychiatric Society and widely used in Australia by psychiatrists.
ECT	Electroconvulsive therapy	A procedure done under general anaesthesia in which small electric currents are passed through the brain intentionally triggering a brief seizure. ECT seems to cause changes in brain chemistry that may reverse symptoms of certain mental health conditions.
EPOA	Enduring Power of Attorney	A formal document giving another person the authority to make personal and/or financial decisions on your behalf. Personal decisions relate to your care and welfare including health care.
FASD FAS	Fetal Alcohol Spectrum Disorders Fetal Alcohol Syndrome	A range of physical, neurological and mental conditions that range in severity caused by exposure of a fetus to alcohol during pregnancy. The most known of these conditions is Fetal Alcohol Syndrome.
GAD	Generalised Anxiety Disorder	A mental health disorder
HCQ	Health Consumers Queensland	A charitable not-for-profit organisation supported by the Qld Govt focusing on consumer engagement that influences and leads improvements for a better health outcome for all Queenslanders.
IPRA	Independent Patient Rights Advisers	A key function of these positions is to advise patients and their nominated support persons, family, carers and other support persons of their rights under the Mental Health Act 2016.
LAC	Local Area Coordinator	Assists people to navigate the NDIS
MDTR	Multidisciplinary Team Review	A meeting often involving Case Manager, Nurse Unit Manager, Psychiatrist, Patient, Carer and Allied Health

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MIFQ	Mental Illness Fellowship Queensland	Merged with Richmond Fellowship Queensland in 2018
MIRT	Mobile Intensive Rehabilitation Team	Intensive case management for consumers
NDIA	National Disability Insurance Agency	An agency to implement the NDIS
NDIS	National Disability Insurance Scheme	Provides people with permanent and significant disability with funding for supports and services.
OCD	Obsessive Compulsive Disorder	A mental health disorder
OT	Occupational Therapist	A person who treats disabled patients through therapeutic use of everyday activities.
PHaMs	Personal Helpers and Mentors	Practical assistance for people whose lives are severely affected by mental illness. This is being phased out with the introduction of NDIS.
PHN	Primary Health Network	Established by Australian Govt to increase efficiency and effectiveness of medical services
PIR	Partners in Recovery	A program to support people with severe mental illness with complex needs. The program is transitioning to NDIS
PMHCCN	Private Mental Health Consumer Carer Network	Private sector consumers and carers driving change for mental health services delivered in private sector settings.
PRN	Pro re nata (latin)	A medication taken "as needed"
PSW - Consumer PSW - Carer	Peer Support Worker - Consumer Peer Support Worker - Carer	PSW- Consumer have been working on wards and CCU since approx 2016. Consumer and Carer PSW's are now working in community teams also.
PTSD	Post-traumatic Stress Disorder	A particular set of reactions that can develop in people who have been through a traumatic event.

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QCAT	Queensland Civil & Administrative Tribunal	<p>In addition to other matters, QCAT can make and review decisions about adult administration and guardianship.</p> <p>An administrator is a person QCAT appoints to make financial decisions on behalf of an adult with impaired decision making capacity. This could be the Public Trustee.</p> <p>An appointed guardian can make decisions about personal and health care.</p>
QMHC	Queensland Mental Health Commission	<p>Improving the mental health and wellbeing of Queenslanders.</p> <p>The Commission is a statutory body established under the Queensland Mental Health Commission Act 2013.</p>
RFQ	Richmond Fellowship Queensland	<p>A community owned organisation that supports people facing mental health challenges and social disadvantage.</p>
RDP	Regional Delivery Partners	<p>A hub to deliver services for carers</p>
SCC	Sunshine Coast Council	<p>The Sunshine Coast is one of Australia's premier tourist destinations offering a laid-back lifestyle centred around pristine beaches, freshwater rivers and lakes, subtropical forests and warm sunshine. Our region is widely acknowledged as one of the most desirable places in the world to live, work and play.</p> <p><i>(Ref: SCC Facebook page)</i></p>
SCHHN	Sunshine Coast Housing & Homelessness Network	<p>Recently partnered with Sunshine Coast Council to develop the Sunshine Coast Housing &amp; Homelessness Directory.</p>
SCHHS Mental Health and Addiction Services	Sunshine Coast Hospital and Health Service Mental Health and Addiction Services	<p>Provides hospital-based inpatient and community mental health services.</p>
SCUH	Sunshine Coast University Hospital	<p>Located at Birtinya</p>

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TRP	Transitional Recovery Program	Support for people with a mental health condition in semi-supported accommodation or outreach in their own homes - usually short to medium term.