



Hertfordshire CAMHS System Shared Language Glossary

April 2022

Introduction

There are many CAMHS specific words and acronyms used throughout the CAMHS system. Whilst we should all try to simplify our language and avoid using professional jargon wherever we can, Hertfordshire is developing a Glossary to make it easier for everyone to understand. This Shared Language Document incorporates definitions taken from the following Jargon Busters, but we have adapted some of these definitions for Hertfordshire:

- [Anna Freud Jargon Buster](#)
- [HPFT CAMHS Jargon Buster](#)
- [Mind Glossary](#)

If you think a definition needs to be amended or removed, or a new definition added, please contact: lisa.gazeley@hertfordshire.gov.uk to ensure this shared language remains useful and is regularly reviewed and updated.

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A

Abuse

The illegal or excessive use of something that can generate damaging consequence, such as sexual or substance abuse.

See also: Emotional Abuse, Physical Abuse, Sexual Abuse, Substance Use
([Source: Anna Freud Jargon Buster](#))

ACEs

Adverse Childhood Experiences

Active Monitoring

Active monitoring, or watchful waiting as it can also be called, is an approach which involves allowing some time to pass before any treatment is given. During the wait, more tests may be run and a professional will monitor the situation. ([Source: Anna Freud Jargon Buster](#))

Acute mental health

Acute mental health refers to mental health difficulties that are affecting the person in the here and now. Usually this includes or implies an element of risk to self or other that would require immediate attention and treatment. This is often used in contrast to chronic mental health difficulties that affect a person over time and are often more complex in terms of explanation and treatment. ([Source: Anna Freud Jargon Buster](#))

Addiction

Addiction is when you become dependent on a certain substance or action (such as drugs, alcohol, or gambling) and struggle to control this habit. Usually this includes evidence of tolerance (needing more to get the same effect) and withdrawal (suffering when it is not available).

([Source: Anna Freud Jargon Buster](#))

Admission Beds

Beds available for people in a crisis when care cannot be provided in their own home. ([Source: HPFT CAMHS Jargon Buster](#))

Advocacy

When an independent professional (advocate) supports an individual to get their views heard on issues with services that affect their life. [\(Source: HPFT CAMHS Jargon Buster\)](#)

Advocate

Independent professionals (not a part of the trust or mental health team), who help support children and young people and/or carers through their contact with health services. They help support them to ask questions and get their messages across. [\(Source: HPFT CAMHS Jargon Buster\)](#)

Anna Freud Jargon Buster

[On My Mind: Mental Health Jargon Buster for young people \(annafreud.org\) – some of its content is incorporated into this document.](#)

Anorexia Nervosa

Anorexia Nervosa is an eating disorder where you try to control your body weight in a way that becomes obsessive or unhealthy. Symptoms may include losing weight quickly, counting calories in food, exercising too much and a fixation with body image. It can also cause symptoms such as trouble sleeping, growing a thin layer of hair all over your body, feeling irritable and not having periods. Although many see this as something that only women experience, 20% of people with anorexia are male, and men should equally seek support and treatment for it. A person can still have an eating disorder at any weight, they do not need to be underweight to be struggling. This is because it is more about the relationship they have with food in their mind; extreme weight loss is a common symptom but not the disorder itself. [\(Source: Anna Freud Jargon Buster\)](#)

Anxiety

Anxiety is a feeling we get that is similar to fear or worry that occurs when we are in a situation that is uncomfortable or threatening. An anxiety disorder is when you experience the symptoms of anxiety over a long period of time or in situations that are not/were not previously uncomfortable or threatening. Symptoms include feeling worried and tired all the time, fast or irregular heart rate, trouble sleeping and dizziness. [\(Source: Anna Freud Jargon Buster\)](#)

Assessment (CAMHS)

An assessment is a professional view of a young person's needs, usually carried out by a child professional (e.g.: teachers, social workers, or therapists) to determine the nature of a young person's difficulties and the possible forms of help or treatment options.

More info: [Working with Services](#)

More info: [Understanding Referrals](#)

[\(Source: Anna Freud Jargon Buster\)](#)

Attachment

Attachment is the emotional bond that develops between a child and their parent or guardian as they grow up. It starts at birth when an infant is dependent on them for survival. The strength of this relationship determines the coping mechanisms the child needs to thrive. This attachment experience is believed to shape the development of the child's personality, in particular their sense of security, which has an impact on future relationships. ([Source: Anna Freud Jargon Buster](#))

Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is a disorder that can cause difficulties in paying attention, sitting still, and general impulsiveness. People with ADHD can have trouble staying concentrated, staying quiet, or thinking before they act.

For more information about this and support resources, visit www.adhdfoundation.org.uk. ([Source: Anna Freud Jargon Buster](#))

Autism

Autism is a developmental disorder in which a young person has trouble understanding the world around them. This can include struggling with talking, understanding the meanings of words, making friends, or dealing with changes. The autism spectrum is very broad, and ranges from high functioning (the person does not struggle performing day-to-day tasks) to low functioning (the person needs assistance with everyday tasks).

For more information about autism, its impact at different ages and for support, visit www.autism.org.uk/about.aspx ([Source: Anna Freud Jargon Buster](#))

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B

Binge-eating

Binge-eating is acting on a strong urge to consume large amounts of food in one sitting, and often affects people with bulimia (see: Bulimia). ([Source: Anna Freud Jargon Buster](#))

Bipolar Disorder

Bipolar Disorder is a disorder that causes extreme changes in mood. A person with bipolar disorder may cycle between periods of being unhelpfully 'high' (gracious, euphoric, and impulsive) known as 'mania', and other periods of depression. Usually, these episodes last for days or weeks rather than changing hour by hour ([Source: Anna Freud Jargon Buster](#))

Body Dysmorphic Disorder (BDD)

Body Dysmorphic Disorder (BDD), or body dysmorphia, is a mental health condition where a person worries about flaws, they see in their appearance. These flaws are often unnoticeable to others. ([Source: Anna Freud Jargon Buster](#))

Bulimia

Bulimia is a mental illness which can make people feel like they don't have control over their eating or food habits. People who have bulimia tend to eat a lot of food at once (binging) and then try get rid of it quickly (purging), this could be by throwing up, using laxatives, or doing a lot of exercise. ([Source: Anna Freud Jargon Buster](#))

Bullying

Bullying is when a group or individual inflicts sustained physical or emotional harm on another group or individual. ([Source: Anna Freud Jargon Buster](#))

Bullying can involve physical violence, but also takes the form of verbal harassment and abuse, such as name-calling, mockery, or slurs. This can take place in person or online (see: Cyber-bullying). It is also considered bullying when someone is consistently ignored or excluded in social situations, isolating them from their peers. ([Source: Anna Freud Jargon Buster](#))

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CAMHS (Child and Adolescent Mental Health Services)

In Hertfordshire, the term CAMHS is a descriptor for child and adolescent mental health services. It is a collaborative system that is made up of many different services and partners that support the emotional and mental wellbeing of our children and young people, including the NHS, the local authority, and voluntary, community and social enterprise partners.

CAPA (Choice And Partnership Approach)

This approach to our services is designed to give young people as much choice as possible when engaging with our services. ([Source: HPFT CAMHS Jargon Buster](#))

Care co-ordinator

A clinician who takes responsibility for co-ordinating a young person's care within Specialist CAMHS. This may be the person offering partnership work or there may be someone else in the service who take this role. (Source HPFT CAMHS Clinician)

Care Education Treatment Reviews (CETRs)

The Dynamic Support Register (DSR) and Care Education Treatment Reviews (CETR) are in place to identify and help people with learning disabilities and/or autism who are at risk of being admitted to a mental health hospital. The aim is to

provide a more intensive package of support to help prevent their admission and if someone does need to go into hospital, the aim is for it to be for the least amount of time needed. Watch these short animations for find out the processes for children, young people and over 18s:

- Hertfordshire DSR & CETR processes for children/ young people (under 18's)
YouTube: [Hertfordshire DSR & CETR processes for children/ young people \(under 18's\) - YouTube](#)
- Hertfordshire DSR & CETR processes for adults (over 18's)
YouTube: [Hertfordshire DSR & CETR processes for adults \(over 18's\) - YouTube](#)

(Source Hertfordshire County Council Transforming Care Team)

Care Leaver

Young person over the age of 18 who has spent time in care.

Carer

A friend, relative or someone known to an individual that voluntarily looks after them when they are ill, disabled, vulnerable or frail. Carers can provide care part time or full time. ([Source: HPFT CAMHS Jargon Buster](#))

A carer may also be a person who looks after someone with a disorder, addiction, mental health problem or a disability. This could be a parent or guardian, sibling, other family member, partner, or friend.

Children and young people can also be carers, sometimes without realising, for family or friends who are ill, disabled or misuse drugs or alcohol. ([Source: Anna Freud Jargon Buster](#)) See definition for young carers.

Carers Assessment

A discussion with the carer/young carer to discuss the difficulties they are experiencing and to think of a plan of action that may help them. ([Source: HPFT CAMHS Jargon Buster](#))

Care Plan

A plan that is designed with the professional and the individual (and in most cases their families or carers), when they are first offered support after their needs have been assessed. Individuals should be given a copy of their care plan and it should be reviewed regularly. ([Source: HPFT CAMHS Jargon Buster](#))

Care Programme Approach

A way of assessing the health and social care needs of people with mental health problems and coming up with a care plan that ensures people get the full help and support they need. ([Source: HPFT CAMHS Jargon Buster](#))

CHI-ESQ (The experience of service questionnaire)

A national questionnaire given to someone who is using CAMHS services to measure their satisfaction with the service. ([Source: HPFT CAMHS Jargon Buster](#))

Child in Need (CIN)

Under Section 17 [10] of the Children Act 1989, a child is in "need" if:

- a) He/she is unlikely to achieve or maintain, or have the opportunity of achieving or maintaining, a reasonable standard of health or development without the provision for him/her of services by a local authority;
- b) His/her health or development is likely to be significantly impaired, or further impaired, without the provision for him/her of such services; or
- c) He/she is disabled.

Section 17 of the Children Act 1989 gives local authorities a general duty to safeguard and promote the welfare of children in need and to promote the upbringing of such children by their parents, so far as this is consistent with their welfare duty to the child, by providing an appropriate range and level of services. Partnership with parents, consultation with children, involving extended families and careful joint planning and agreement are the guiding principles for the provision of services to children and their families within the family home or where children live elsewhere under voluntary and statutory arrangements.

Children Looked After (CLA)

Children and young people who are cared for by the local authority. They may live with foster carers, other family members or in residential care. ([Source: HPFT CAMHS Jargon Buster](#))

Children Previously Looked After (CPLA)

The term CPLA applies to children/young people who have returned to their birth families after a period of being in care.

Child Protection / Section 47

When the Local Authority Children's Services receives a referral and information has been gathered during an assessment (which may have been very brief), in the course of which a concern arises that a child maybe suffering, or likely to suffer, **significant harm**, the local authority is required by Section 47 of the [Children Act 1989](#) to make enquiries. The purpose of this multi-agency enquiry and assessment is to enable the agencies to decide whether any action should be taken to safeguard and promote the welfare of the child. Any decision to initiate an enquiry under Section 47 must be taken following a Strategy Meeting/Discussion.

Choice appointment

This is usually the first appointment offered by Specialist CAMHS. The aim is to consider current needs, an initial understanding of the difficulties, hopes/goals and the range of options that may help to address these needs.

A CAMHS professional will talk to the child or young person who has been referred, listen to their symptoms, experiences and needs and decide on how to help them. The young person (and in most cases their family) should be involved in this decision. For more information on this see our what to expect page. (Source: HPFT CAMHS Clinician)

Clinic

A building where your CAMHS appointments will take place. For more information on HPFT's clinics see their [website](#) . ([Source: HPFT CAMHS Jargon Buster](#))

Clinical Audit

A process that seeks to improve our levels of care by reviewing them against certain criteria. Changes needed are put in place and monitored to confirm improvement. ([Source: HPFT CAMHS Jargon Buster](#))

Clinical Commissioning Groups (CCGs)

CCGs are groups of GP practices and other healthcare professionals and bodies that are responsible for commissioning most health and care services for patients. They have replaced Primary Care Trusts (PCTs) in England ([Source: Mind Glossary](#))

Clinical Psychologist

A clinical psychologist is a psychologist who has been trained about mental health difficulties and who works specifically in a clinical mental health setting, such as a hospital or therapy centre. ([Source: Anna Freud Jargon Buster](#))

Commissioner

An individual who has been given authority to find and purchase local mental health services. ([Source: HPFT CAMHS Jargon Buster](#))

Commissioning

The process of looking at health needs in a local area and putting in place services to try and meet those needs. It's about setting priorities and paying providers (like NHS mental health trusts or local voluntary groups) to provide health services for local people. ([Source: Mind Glossary](#))

Community Mental Health Teams (CMHTs)

CMHTs support people with mental health problems living in the community, and their carers. The team may include: a social worker, a community psychiatric nurse (CPN), a psychologist, an occupational therapist, a counsellor, and a community support worker. ([Source: Mind Glossary](#))

Community Psychiatric Nurse (CPN) or Community Mental Health Nurse (CMHN)

A registered nurse with specialist training who works with people receiving community-based mental health care (care outside of hospital). ([Source: Mind Glossary](#))

Comorbidity

Comorbidity is when two illnesses occur at the same time- some disorders have a high rate of existing together, such as anxiety and depression.

Most commonly this is used to describe the co-occurrence of a mental health problem with a substance use problem. Comorbidity frequently complicates the treatment of mental health difficulties. ([Source: Anna Freud Jargon Buster](#))

Confidentiality

Confidentiality, when seeking professional (e.g., medical, or social) help, refers to the personal information that a client provides to helping professionals must remain private and not be shared with anyone else without the consent of the client. Confidentiality can never be absolute where there are safeguarding concerns.

More info: [Know Your Rights](#)

More info: [Privacy](#) ([Source: Anna Freud Jargon Buster](#))

Connectedness

Connectedness is a feeling of belonging and a sense of being understood and cared for. Humans are social animals and isolation and exclusion are strongly associated with mental health difficulties. ([Source: Anna Freud Jargon Buster](#))

Consent

Consent means giving permission for something to happen, for example, a course of action or treatment or for your information to be told to others. Consent is usually given by patients themselves, and they will be given as much information as possible to help with their decision.

More info: [Know Your Rights](#)

More info: [Privacy](#) ([Source: Anna Freud Jargon Buster](#))

Counsellor

A counsellor is a person trained to help you with personal or psychological problems. They use structured ways of listening and talking that help a person to clarify their own understanding of what has happened to them and how they have, or wish to, respond. ([Source: Anna Freud Jargon Buster](#))

Counsellors work in lots of different settings, such as in schools (a guidance counsellor), in a hospital or over the phone (such as the Samaritans).

Crisis

A crisis is a situation that requires change. In mental health, this often takes the form of suicidal urges or having thoughts of seriously hurting yourself or others, but it could also be the feeling that you are at a breaking point in what you can cope with. Crises are rarely pleasant but they can be the opportunity for real and positive change. ([Source: Anna Freud Jargon Buster](#))

If you or someone you know is experiencing a mental health crisis, call: HPFT's 24/7 NHS freephone 0800 6444 101 in the first instance or NHS 111 and select option 2, unless you have physical health emergency, in which case, call 999 and ask for an ambulance or go to A&E.

Crisis Plan

The support a person might need if they're experiencing a mental health crisis. It can include information about early warning signs, treatment preferences and childcare arrangements. Referred to as a joint crisis plan (JCP) if developed with mental health professionals. ([Source: Mind Glossary](#))

Crisis Services

Services to support someone when they're experiencing a crisis. These include crisis teams, day, and residential services as well as hospital services. ([Source: Mind Glossary](#))

Cyber-bullying

Cyber-bullying is bullying that takes place online. Teenagers are especially vulnerable to experiencing cyber-bullying on social media platforms. See also Bullying. ([Source: Anna Freud Jargon Buster](#))

CYP

CYP stands for Children and Young People and may be used to describe a particular treatment or service designed for young people to use ([Source: Anna Freud Jargon Buster](#))

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D

Data Protection Act

The Data Protection Act 1998 is the law regarding all personal information stored by any organisation. More recently the GDPR 2018 (General Data Protection Regulations) has superseded this. The law limits who can have access to your records and makes sure that your confidentiality is suitably protected.

More info: [Know Your Rights](#)

More info: [Receiving Support](#) (Anna Freud Jargon Buster)

Delivering Special Provision Locally (DSPL)

One way in which Hertfordshire provides support to children and young people with SEND across the county is through our Delivering Special Provision Locally groups (DSPLs).

There are 9 DSPL areas. The reason for having different area groups means that the groups can cater the provision to exactly what their area needs, giving a more focused approach to providing the right support for the right locality. They provide support to schools and widen the choice for parents and families of support outside of school in the local area.

Each DSPL group is made up of:

- Parents and carers
- Staff from early years settings, schools, and colleges
- People from other SEND organisations

(Source: [Herts SEND website](#))

Delusion

A delusion is a mistaken belief that is held with strong conviction even in the presence of evidence to the contrary. For example, the idea that someone else is putting thoughts in your mind. ([Source: Anna Freud Jargon Buster](#))

Depression

Depression is a state that can cause a range of both mental and physical symptoms. Many people will experience feelings of unhappiness, hopelessness, and anxiety, and may also experience feelings of constant tiredness, low appetite, and bodily aches.

Depression, whilst difficult to go through, is common and can be treated using a range of different therapies and medication (depending on the severity of the condition). The most important thing to remember is that although depression can make you feel as though you're completely alone, thousands of other people in the UK are going through similar experiences.

More info: [Facing Shadows Animation](#)

In April 2015, seven young people who had been to a Child and Adolescent Mental Health Service (CAMHS) for help with their depression came together, with the aim of making a short, animated film about what it is like to suffer from depression as a teenager. ([Source: Anna Freud Jargon Buster](#))

Deprivation of Liberty Safeguards (DoLS)

The Deprivation of Liberty Safeguards (DoLS), which apply only in England and Wales, are an amendment to the Mental Capacity Act 2005. The DoLS under the MCA allows restraint and restrictions that amount to a deprivation of liberty to be used in hospitals and care homes – but only if they are in a person's best interests.

Developmental trauma

Developmental trauma describes childhood trauma that has affected development, leading to emotional, cognitive, and physical difficulties. Adverse childhood experiences can also lead to PTSD (Post-Traumatic Stress Disorder). ([Source: Anna Freud Jargon Buster](#))

Designated Safeguarding Lead

Designated Safeguarding Lead is one term used to describe the person who has overall responsibility for managing an organisation's systems for ensuring that its safeguarding of children and vulnerable adults is fit for purpose. Other terms used include designated senior person/child protection officer. ([Source: Anna Freud Jargon Buster](#))

Diagnosis

A diagnosis is a structured way of describing a cluster of symptoms and signs that a person describes or demonstrates, usually when they are asking for help. It is a shorthand way of describing conditions or illnesses that helps professionals to research what works for whom, and to give explanations for why a problem is occurring, and to offer evidence-based approaches to help.

More info: [About Diagnosis](#) ([Source: Anna Freud Jargon Buster](#))

Discharge

This is when you officially leave the service. This could be from a hospital, an inpatient unit, community team or therapy group. ([Source: HPFT CAMHS Jargon Buster](#))

Disclosure and Barring Service (DBS)

A DBS check is a process used by employers and organisations to search through an individual's criminal record and highlight any offences.

DNA (Does Not Attend)

This is when you miss a scheduled appointment and there has been no contact before to explain the reason for non-attendance. ([Source: HPFT CAMHS Jargon Buster](#))

DSM

Diagnostic and Statistical Manual of Mental Disorders (DSM) - a complete list of mental health illnesses with detailed descriptions of the signs and symptoms that must be present for a diagnosis to be made. The DSM is mainly used in America, and the international equivalent is the ICD (International Classification of Diseases). ([Source: Anna Freud Jargon Buster](#))

Dynamic Support Register (DSR)

The Dynamic Support Register (DSR) and Care Education Treatment Reviews (CETR) are in place to identify and help people with learning disabilities and/or

autism who are at risk of being admitted to a mental health hospital. The aim is to provide a more intensive package of support to help prevent their admission and if someone does need to go into hospital, the aim is for it to be for the least amount of time needed. Watch these short animations for find out the processes for children, young people and over 18s:

Hertfordshire DSR & CETR processes for children/ young people (under 18's)
YouTube <https://www.youtube.com/watch?v=4J-J2kzGmco>

Hertfordshire DSR & CETR processes for adults (over 18's)
YouTube <https://www.youtube.com/watch?v=-IX4QEwNB94>

(Source: Hertfordshire County Council Transforming Care Team)

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E

Early Intervention

Early intervention is when mental health problems are identified and treated in their early stage; this can reduce the impact of a disorder. ([Source: Anna Freud Jargon Buster](#))

Eating disorder

An eating disorder is when you have an unhealthy attitude or behaviour towards food, which can take over your life and make you ill. A person can still have an eating disorder while they are a healthy weight because it is determined by the relationship they have with food in their mind - this often goes on to cause physical side effects such as weight gain or loss. ([Source: Anna Freud Jargon Buster](#))

Emotional abuse

Emotional abuse can include name-calling, shouting, emotional invalidation (such as putting someone down, ignoring someone, making them feel uncomfortable or as though they don't belong), controlling someone, exposing someone to dangerous or upsetting situations, or making someone take responsibility of things they shouldn't have to do until they're older. ([Source: Anna Freud Jargon Buster](#))

Emotional Regulation

The development of a range of approaches to help respond to intense or overwhelming emotional reactions, which help the person remain feel more safe and engaged in the here and now.

Emotions

Emotions are the way we show how we feel inside. We might do this with words, how we look and how we behave. Sometimes the emotions we show match how we

feel inside and sometimes they are used to cover up our feelings e.g., putting on a brave face when we feel sad.

Emotions might also be referred to as 'everyday feelings'. These are emotions that we may experience every day, both good and bad, in response to what is happening in life. That is not to say that 'everyday feelings' cannot be strong and large at times but that these feelings don't stop us from living our everyday lives. Experiencing both good and bad emotions is part of good mental health.

For more information about everyday feelings, you can watch our We all have mental health animation below:

[We All Have Mental Health - YouTube](#) ([Source: Anna Freud Jargon Buster](#))

Emotionally Unstable Personality Disorder

Emotionally Unstable Personality Disorder is a disorder in which a person's mood, self-image and behaviours often switch, which can result in impulsivity and trouble with relationships. Symptoms can include mood swings, self-harming behaviour and suicidal thoughts or threats. This is not a diagnosis that would usually be made until adulthood.

Might also be known as Borderline Personality Disorder ([Source: Anna Freud Jargon Buster](#))

Empowerment

To empower someone is to help them recognise and apply their own existing strength and authority to do something; this is an especially valuable principle in working with young people to encourage and remind them of the power they have to do what they want in life.

See also:

The *Lingo* booklet was co-produced by a Young Champion and staff at the Centre and provides insights into the experiences of young people when talking to adults and professionals about their mental health. For more details about our Young Champions and the work they are involved in, please click on [Get involved](#).

[View pdf: suitable for print](#) ([Source: Anna Freud Jargon Buster](#))

Emotional wellbeing

This is about having the ability to understand the value of your emotions and use them to move forward in positive directions. It is about doing everything we can to effectively manage our thoughts, feelings and actions in a way that helps us function in our day to day lives. ([Source: HPFT CAMHS Jargon Buster](#))

ENHT

East and North Herts NHS Hospital Trust

Environmental Modifications

Environmental modifications means changing the way you live and adding structure or support that helps you manage your symptoms. For example, a parent or professional might help you to organise your day, introducing a routine that you can rely on and a schedule that you can check. They might teach you how to use checklists, give you reminders to stick to your list, and help reduce any distractions. This could mean that your desk or workstation is modified to suit you better, that you can use a tool such as a fidget spinner, or that you can have extra time to complete tasks and regular breaks to move around. ([Source: Anna Freud Jargon Buster](#))

Equality Act

The Equality Act is a law that states how everyone has equal opportunities and rights in society, regardless of disability, race, religion, gender or sexual orientation. This is linked to the concept of social inclusion.

See also Social Inclusion. ([Source: Anna Freud Jargon Buster](#))

Evidence-Based

Evidence-based practices or treatments will have been tried and tested to make sure they are effective and beneficial. However, it is important to remember that, even though they have evidence to back them up, a treatment may not always be useful for everyone and you have the right to talk about this with your mental health professional. ([Source: Anna Freud Jargon Buster](#))

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F

Flashbacks

Flashbacks can take lots of different forms, for example, they might be sights, sounds or physical sensations. They generally give someone the sensation that they are re-living a particular experience, and it is often difficult to control when they might occur. They can be distressing and disorientating, and associated with traumatic memo ([Source: Anna Freud Jargon Buster](#))

Food diary

A food diary can help you keep track of how the food you're eating affects your mood and behaviour. For example, if you note down what you eat for your meals, as well as your mental and physical health each day, and notice that every time you eat tomatoes your symptoms get worse, you may have a sensitivity or allergy that is affecting your wellbeing. You could then try eliminating tomatoes to monitor whether your situation improves. ([Source: Anna Freud Jargon Buster](#))

Formulation

Formulation is a collaborative process between a therapist and a young person which may include a summary of:

the main difficulties a young person experiences

how both the young person and the professionals understand the difficulties and how best to deal with the difficulties.

The formulation should list agreements, possible disagreements and issues that would benefit from clarification. A young person should hopefully feel involved and feel some ownership or at least agreement with the formulation. ([Source: Anna Freud Jargon Buster](#))

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G

General Data Protection Regulation (GDPR)

GDPR refers to the law regarding how all personal information is stored by any organisation. The law limits who can have access to your records and makes sure that your confidentiality is suitably protected.

More info: [Know Your Rights](#)

More info: [Receiving Support](#) ([Source: Anna Freud Jargon Buster](#))

Gender dysphoria

Gender dysphoria is when a person feels a mismatch between their biological sex and gender identity (e.g., a person born with male genitalia identifying as a woman). Some may choose to have hormone therapy or gender reassignment surgery, whereas others may choose to simply dress as the gender with which they identify. ([Source: Anna Freud Jargon Buster](#))

Generalised Anxiety Disorder (GAD)

Generalised Anxiety Disorder (GAD) is a long-term condition where feelings of anxiety (see: Anxiety) occur regularly and in a wide range of situations. People with GAD may struggle to remember the last time they felt relaxed because there is always something to worry about. ([Source: Anna Freud Jargon Buster](#))

Getting Advice - part of the THRIVE Framework being adopted in Hertfordshire

“Those who need advice and signposting” (Source: [Anna Freud THRIVE framework](#))

Getting Help - part of the THRIVE Framework being adopted in Hertfordshire

“Those who need goals focused input” (Source: [Anna Freud THRIVE framework](#))

Getting More Help – part of the THRIVE Framework being adopted in Hertfordshire

“Those who need more extensive and specialised goals-based help” (Source: [Anna Freud THRIVE framework](#))

Getting Risk Support – part of the THRIVE Framework being adopted in Hertfordshire

“Those who have not benefitted from or are unable to use help but are of such a risk that they are still in contact with services.” (Source: [Anna Freud THRIVE framework](#))

Goals and Goal Based Outcomes

Goals are what the person seeking help and the therapist want to achieve by working together in therapy. They should focus on what the person seeking help wants. Goals should be discussed and agreed collaboratively between the help seeker and the therapist at the start of therapy.

Goal-Based Outcomes (GBOs) are a simple zero-to-ten scale that helps see if the therapy is helping to reach the goals set at the start of the therapy. They can help have a discussion about how well the therapy is going and if any changes might helpfully be made. More information can be found at www.goals-in-therapy.com (Source: [Anna Freud Jargon Buster](#))

Group Therapy and Group Work

Group therapy is a form of therapy in which patients meet to describe, discuss and work through their problems in groups. This will usually be the same group of people who come together and talk about things that are important to them, and also have some fun. There will usually be a mental health professional leading and facilitating the meetings. (Source: [Anna Freud Jargon Buster](#))

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H

Hallucination

Hallucination is when a person can see, hear, smell, taste, or feel something that other people cannot perceive. Most commonly, people describe hearing things or voices or seeing things. Usually hallucinations are understood as signs of significant mental illness (classically psychosis), but they do occur occasionally in people who are well, often when they are drowsy. Hallucinogenic drugs like LSD are well known to cause hallucinations. (Source: [Anna Freud Jargon Buster](#))

Hertfordshire Community NHS Trust (HCT)

NHS Trust that provides that provides universal and specialist CAMHS services in Hertfordshire: [Our Services and Referral Information | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)

Hertfordshire Partnership University NHS Foundation Trust (HPFT)

NHS Trust that provides specialist learning disability, mental health and social care services for adults, children and adolescents in Hertfordshire. Also provide specialist learning disability services in Norfolk and North Essex. (Source: [HPFT CAMHS Jargon Buster](#))

Hospitalisation

When a person is admitted to hospital for treatment.

More info: [Inpatient Care](#) ([Source: Anna Freud Jargon Buster](#))

HPFT CAMHS website – Jargon Buster

Developed by young people and parents for young people and parents entering services: [CAMHS jargon buster - what do they mean? \(hpftcamhs.nhs.uk\)](#) ((some of its content is incorporated in this document)

Hyperactivity

Hyperactivity is the state of being unusually active, which often makes it hard to stay still or concentrate. A hyperactive person may be restless and inattentive, which can make things difficult at school or home. Hyperactive behaviour can be aggressive and impulsive, putting a strain on friendships or family life. In some cases, hyperactivity is associated with Attention Deficit Hyperactivity Disorder (see ADHD). ([Source: Anna Freud Jargon Buster](#))

Hypochondria

Hypochondria describes an anxiety condition characterised by distressing worries about one's health, including a fear that professionals have missed an important diagnosis. It is often associated with other anxieties. ([Source: Anna Freud Jargon Buster](#))

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I

IAPT

IAPT stands for Improving Access to Psychological Therapies and is an NHS mental health service available to young people and adults with anxiety and depression. Adult IAP is for over 18's although many services now start at 16. ([Source: HPFT CAMHS Jargon Buster](#))

i-THRIVE

i-THRIVE stands for 'Implementing THRIVE', in other words putting the THRIVE Framework into practice. THRIVE itself is an integrated, person-centred and needs led approach to delivering mental health services for children, young people and families which conceptualises need in five categories: Thriving, Getting Advice, Getting Help, Getting More Help and Getting Risk Support. Emphasis is placed on prevention and the promotion of mental health and wellbeing and clients are empowered to be actively involved in decisions about their care through shared decision making.

For more information visit the i-THRIVE [website](#) or read the [i-THRIVE Brief Overview \(Source: Anna Freud Jargon Buster\)](#)

Hertfordshire is in the process of redesigning the CAMHS system, based on the principles of the i-THRIVE framework.

Informed Consent

This is when you give permission to someone and fully understand what you have given permission for and why [\(Source: HPFT CAMHS Jargon Buster\)](#)

Inpatient Services

A patient who comes to a hospital or a centre for diagnosis or treatment that requires an overnight stay. [\(Source: Anna Freud Jargon Buster\)](#)

The individual who is unwell stays on a ward and receives specialist treatment there from healthcare professionals. [\(Source: HPFT CAMHS Jargon Buster\)](#)

Intervention

This is any treatment or support that is given to someone who is unwell. An intervention could be medication, a talking therapy or an hour spent with a volunteer. [\(Source: HPFT CAMHS Jargon Buster\)](#)

An intervention is anything that a professional or informal helper does with the intention of making a positive change to help a person who is struggling in some way. An intervention could range from a simple conversation to open-heart surgery. Health professionals have a duty to plan interventions that have some evidence of effectiveness. [\(Source: Anna Freud Jargon Buster\)](#)

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J

Just Talk Hertfordshire

Just Talk is Hertfordshire's multi-agency mental health campaign.

Steered by young people, coordinated by Hertfordshire County Council's Public Health team, and involving 35 partners from across our Hertfordshire mental health system, Just Talk encourages young people to widen their toolkit of coping strategies and normalises activities which will protect their mental health, including reaching out to someone for support if they are struggling. The Just Talk website provides a wide range of free resources for children, young people, their parents, schools and professionals, as well as details of who to contact, for advice and help.

Just Talk encourages children and young people to look after their mental health in the same way as their physical health, by promoting important campaign messages, including: "Talking shows strength" and "It's OK to not be OK." To find out more, visit:

www.justtalkherts.org and/or follow the campaign on social media, for useful tips and updates on young people's health and wellbeing in Hertfordshire:

Facebook: [JustTalkHerts](#) Instagram: [@JustTalkHerts](#) Twitter: [@JustTalkHerts](#)

(Source: Hertfordshire County Council Public Health)

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K

Keyworker

A key worker is a professional who is your main point of contact and will coordinate on your behalf with the other professionals you work with. ([Source: Anna Freud Jargon Buster](#))

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L

LGBTQ+

LGBTQ stands for 'Lesbian, Gay, Bisexual, Transgender and Queer', while the '+' is inclusive of any other sexuality or gender that people may identify with. For a more detailed list of definitions, visit [OK2BME](#). (Anna Freud Jargon Buster)

Life-skills interventions

Life-skills interventions are to help people with autism who need help with aspects of daily living, for example, a structured group leisure activity can be a good way of providing social support that is enjoyable. Or, for those who experience irritability or anger, a course can be arranged to help manage that and provide information on how to solve problems effectively and relax. Other skills might include CV-writing, support to stay in employment, personal safety skills, personal care and practical living skills. ([Source: Anna Freud Jargon Buster](#))

Local Child Safeguarding Practice Review (previously SCR – Serious Case Review)

Safeguarding partners are responsible for overseeing the review of serious child safeguarding cases which, in their view, raise issues of importance in relation to their area. The purpose of reviews of serious child safeguarding cases is to identify improvements to be made to safeguard and promote the welfare of children.

Child safeguarding practice reviews should be considered for serious child safeguarding cases where:

- abuse or neglect of a child is known or suspected
- and a child has died or been seriously harmed.

Looked After Children (LAC)

LAC is not how children in care would like to be described, so many areas have adopted the term Children Looked After (CLA).

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M

Mania

Mania is a state of heightened arousal, affect, and energy level. Mania is often thought of as the opposite to depression, the heightened mood can be either euphoric or irritable. ([Source: Anna Freud Jargon Buster](#))

MDT (Multi-Disciplinary Team)

A team made up of different professionals. ([Source: HPFT CAMHS Jargon Buster](#))

MDT stands for multi-disciplinary team, which is a group of health care workers with different specialties working together towards a specific goal or to help a specific patient. ([Source: Anna Freud Jargon Buster](#))

Medication

Something you take to make you think, feel or behave differently. Often in either a pill or liquid form. You should ask the person giving you the medication for full information on the pros and cons of taking it. For more information visit our '[Medications - know your stuff](#)' page or [MIND](#). ([Source: HPFT CAMHS Jargon Buster](#))

Medicine

Medicine, in general terms, can describe the science or practice of the diagnosis, treatment and prevention of illnesses. It could also be used to describe medication (see: Medication).

More info: [Receiving Support - About diagnosis](#) ([Source: Anna Freud Jargon Buster](#))

Mental Health

Mental Health describes our emotional, psychological and social wellbeing. It affects our thinking, moods and behaviours. Everyone has mental health, and it is normal for mental health to change during times of stress. Positive mental health does not mean always being happy, but feeling empowered to talk about, cope with and overcome the things we might encounter in life. That way, we recover from our downturns and learn to take care of our minds in the same way we do our bodies. ([Source: Anna Freud Jargon Buster](#))

Mental Health Problems

A mental health problem is when the way you're thinking, feeling or acting becomes difficult for you to cope with.

Mental health problems can affect the way you think, feel and behave. They can affect anyone regardless of age, race, religion or income.

At Mind, we use the phrase 'mental health problems' as many people who experience them have told us this feels helpful and appropriate for them. But you also be familiar with terms such as 'poor emotional health', 'mental illness' or 'mental health issues'. ([Source: Mind Glossary](#))

Mental Health Tribunal

An independent group that makes decisions on whether someone can be discharged from hospital. Those involved in a mental health tribunal must look to protect the public, balance the freedom of the individual and consider what is best for the patient ([Source: HPFT CAMHS Jargon Buster](#))

Mental illness

Mental illness is when there are patterns in our mental health or behaviour that cause distress or prevent us from functioning in a healthy way. These might include a low mood that does not go away over time, thoughts or habits that we'd rather not have, or various other things that get in the way of our wellbeing.

There is support available if you need help with a mental illness. You could talk to a trusted adult, speak with your GP or consult the [Youth Wellbeing Directory](#) for a list of free services in your area. ([Source: Anna Freud Jargon Buster](#))

Mental Wellbeing

Mental wellbeing doesn't have one set meaning. We might use wellbeing to talk about how we feel, how well we're coping with daily life or what feels possible right now.

Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But poor mental wellbeing can make it more difficult to cope with daily life.

Looking after our mental wellbeing can help us deal with pressure and improve our ability to cope with life's ups and downs. ([Source: Mind Glossary](#))

Mind Glossary

[glossary-final.pdf \(mind.org.uk\)](#) (some of its content is incorporated in this document)

Mindfulness

Mindfulness can help us enjoy life more and pay better attention to the world around us, especially how we interact with it through our bodies. Mindfulness techniques and meditations are designed to awaken us to the sensations of the present moment, such as the sound of the birds or the feel of an object. The goal is that we are not caught up in the constant workings of our thoughts and have more time to see the present moment clearly. ([Source: Anna Freud Jargon Buster](#))

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N

National Institute for Clinical Excellence (NICE)

An organisation responsible for providing guidance on best practice and the prevention and treatment of ill health. ([Source: HPFT CAMHS Jargon Buster](#))

Neurocognitive functioning

Neurocognitive functioning refers to how particular areas, pathways and networks in our brains can affect or determine our thought processes, experiences and behaviours. ([Source: Anna Freud Jargon Buster](#))

Neurodiversity

Neurodiversity is the diversity in human brains and minds - the many natural variations in neurocognitive functioning within humans. ([Source: Anna Freud Jargon Buster](#))

Neurodiversity Movement

The Neurodiversity Movement is the concept that neurological differences should be recognised and respected by society instead of treated as disorders. These differences can include those labelled as Dyspraxia, Dyslexia, Attention Deficit Hyperactivity Disorder, Dyscalculia, Autistic Spectrum, Tourette Syndrome, and others. The neurodiversity movement is an approach that argues that these neurological conditions are the result of natural, normal, and often useful variations in the human genome.

Neurodiversity advocates for society to be more accepting and inclusive of neurodivergent individuals, rather than make attempts to 'cure' these conditions. A body of people, such as a school or university, can be described as neurodiverse, to reflect the variety of different people who will all think in different ways. ([Source: Anna Freud Jargon Buster](#))

Neurotypical

Neurotypical describes those whose neurocognitive functioning falls within society's typical standards of 'normal'. ([Source: Anna Freud Jargon Buster](#))

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O

Obsessive-Compulsive Disorder (OCD)

Obsessive-Compulsive Disorder (OCD) is an anxiety disorder in which people attempt to manage their anxiety by having repeating thoughts (obsessions) or performing repeated actions (compulsions) that interfere with every day life and are often in themselves distressing.

For more support and advice, please visit [OCD Action](#). ([Source: Anna Freud Jargon Buster](#))

Oppositional Defiance Disorder (ODD)

ODD is mostly diagnosed in childhood. Children with ODD are uncooperative, defiant, and hostile toward peers, parents, teachers and other authority figures. They are more troubling to others than they are to themselves. Usually a result of inconsistent parenting strategies.

Open or Inclusive Activity

An activity aiming to be open to everyone regardless of age, gender, disability or mental health problem. Activities can also be targeted. ([Source: Mind Glossary](#))

Outcome Measures

Tools used to measure a person's wellbeing usually before, during and after an intervention to track how things are going e.g. Strengths and Difficulties Questionnaires (SDQ), Revised Children's Anxiety and Depression Scale (RCADS), Goal Based Outcomes (GBO)

Outcomes

'Outcomes' is the word used by services to describe whether an intervention is being useful to the client or young person. A good outcome is when the intervention is helpful and a poor outcome is when it is not.

More info: [What constitutes a good outcome?](#)

([Source: Anna Freud Jargon Buster](#))

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P

PALMS

A service that provides a specialist multi-disciplinary approach to help children and young people aged 0-19 who have global learning disabilities and/or Autistic Spectrum Disorder. ([Source: HPFT CAMHS Jargon Buster](#))

Panic Attack

A panic attack can involve shortness of breath, chest pains, dizziness and rapid heart rates. They indicate intense fear or anxiety, perhaps connected to a specific worry or circumstance, or as part of a general panic disorder. ([Source: Anna Freud Jargon Buster](#))

Panic Disorder

Panic disorder is an anxiety disorder characterized by episodes of quite sudden, intense fear or panic. Symptoms may include, shortness of breath, chest pains, dizziness, strange sensations, and rapid heart rates. See also: Anxiety. ([Source: Anna Freud Jargon Buster](#))

Participation

Is when we involve young people who use our services in making decisions about how we develop and improve our services. See HPFT's [involving you](#) page ([Source: HPFT CAMHS Jargon Buster](#))

Partnership

This is the term used to describe the ongoing work that young people engage with at Specialist CAMHS. It focuses on the hopes / goals identified at the choice appointment and emphasises the important role that young people and families take in partnership with the service. (Source: HPFT CAMHS Clinician)

Pathological Demand Avoidance (PDA)

In Hertfordshire, this is usually indicated as ASD with PDA traits. Pathological demand avoidance is a profile that describes those whose main characteristics is to avoid everyday demands and expectations to an extreme extent.

Peer mentoring

Peer-mentoring is when someone who has lived through a specific experience acts as a helping hand, a listener and someone who can support another child or young person with making positive changes. A peer mentor supports their mentee on a one-to-one basis. A peer supporter works with children and young people on a one to one or group basis. ([Source: Anna Freud Jargon Buster](#))

Peer support

Peer-support is when people use their experiences to help each other. It can take place in community or support groups, through mentoring or befriending, via online communities and more. ([Source: Anna Freud Jargon Buster](#))

People with lived experience of mental health problems

This term includes people who directly experience mental health problems, people who support a family member or friend who experience mental health problems or those who work to support or care for them. ([Source: Mind Glossary](#))

Person-Centred Approach

Designing a service around its users and tailoring it to their needs. This helps ensure their feelings, ambitions and motivations are at the heart of what's delivered ([Source: Mind Glossary](#))

Personal Information

Personal information is information about a person such as their name, age, address, medical conditions etc. This information should be kept private under GDPR (General Data Protection Regulations) and only be accessed by those authorised to do so.

More info: [Privacy](#) ([Source: Anna Freud Jargon Buster](#))

Phobia

A phobia is an extreme fear of a place, object, person or situation. The main symptom is avoidance (which might be quite extreme), exposure to the feared situation can include nausea, shaking or dizziness. Phobias are the most common type of anxiety disorder and can be treated using a variety of different therapies, such as CBT or exposure therapy. ([Source: Anna Freud Jargon Buster](#))

Physical abuse

Physical abuse is when someone causes intentional injury or trauma to someone else through bodily contact. It isn't an accident and may happen frequently. It is common for children to be told that it is their fault or that they deserve it as a punishment, but this is not the case. Nothing you do makes you deserving of harm and abuse is never your fault. ([Source: Anna Freud Jargon Buster](#))

Pica

Pica is the persistent eating of substances or materials that have no nutritional value, such as hair or dirt. It may be a symptom of another disorder, such as obsessive-compulsive disorder. ([Source: Anna Freud Jargon Buster](#))

Positive reinforcement

Positive reinforcement is the rewarding of good behaviour with a positive outcome, which makes it more likely that the good behaviour will happen again. ([Source: Anna Freud Jargon Buster](#))

Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) is caused by traumatic events (such as severe injury or life threatening accidents). A person with PTSD may experience difficulties with the memory (e.g., intruding through flashbacks or nightmares), active avoidance (e.g., of thinking or talking about it) and traumatic dysregulation (e.g., not being able to concentrate, not being able to sleep, always being on the look out, being more jumpy, being more irritable). The event is often relived through flashbacks or nightmares, and the person may also experience feelings of isolation and trouble sleeping. People who have experience of war or conflict may be at increased risk of developing PTSD. ([Source: Anna Freud Jargon Buster](#))

See also: Trauma.

Previously Looked After Children (PLAC)

PLAC is not how children previously in care would like to be described, so many areas have adopted the term Children Previously Looked After (CPLA).

Protective factors

Protective factors shield children from risks to their mental health and wellbeing and can decrease their chances of becoming mentally unwell. Amongst other influences, protective factors can come from the individual child (temperament, intelligence, etc.), their family, their community or their school. ([Source: Anna Freud Jargon Buster](#))

Psychiatrist

A psychiatrist is a medical doctor who has specialised in mental health. They can diagnose and treat mental illnesses. ([Source: Anna Freud Jargon Buster](#))

Psychological Wellbeing Practitioner

A Psychological Wellbeing Practitioner works within the Improving Access to Psychological Therapies (IAPT) service. They are trained to deliver talking therapies to help people understand and manage their emotions and behaviour. ([Source: Mind Glossary](#))

Psychologist

Psychologists help you to explore how you're thinking, feeling and behaving. There are different types of psychologists, like clinical, sport and occupational psychologists.

Clinical psychologists specialise in mental health and provide talking therapies to help people treat and manage their mental health problems. They do not diagnose mental health problems or prescribe treatment. ([Source: Mind Glossary](#))

Psychosis

A psychotic episode is when a person loses touch with reality. They might hear voices, see or feel things that aren't there (hallucination), feel paranoid or believe things that don't rationally make sense (delusion). In addition, there may be effects on their ability to think logically and to communicate coherently. This could be a symptom of a disorder such as schizophrenia or bipolar disorder, but can also be linked to drugs and extreme stress. ([Source: Anna Freud Jargon Buster](#))

For further help and support, please see [Young Minds](#)

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Q

Questionnaires

Questionnaires are often used by child mental health services to help children and young people understand things like their own mental health and wellbeing, the impact it's having on their life or their experience of the treatment or service they receive. The aim of a questionnaire is normally to improve the quality of care or understand how care is helping and child or young person.

For examples of some of the questionnaires or measures you might be asked to complete, please visit [CORC](#). ([Source: Anna Freud Jargon Buster](#))

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R

Recovery

Helps you to realise your hopes and aspirations, develop your relationships and skills so you can live a positive life, with or without on-going episodes of mental ill health. ([Source: HPFT CAMHS Jargon Buster](#))

Recovery College

Recovery colleges offer educational courses about mental wellbeing supporting personal recovery. The ethos is to increase students' knowledge and skills and help them take control by learning self-management strategies to help their mental health and wellbeing. The concept emerged through recognition of people being experts in their own care and their views should be central to their recovery journey

Find out about Hertfordshire's New Leaf Recovery and Wellbeing College for adult residents in Hertfordshire here: [Home \(newleafcollege.co.uk\)](http://newleafcollege.co.uk)

Referral

This is when someone you know asks a service such as CAMHS to offer some support to you. ([Source: HPFT CAMHS Jargon Buster](#))

Rehabilitation

Rehabilitation is the process of getting yourself back to normal functioning after struggling with illness or addiction. This is done through work and therapy, usually in a specialised centre or with support from outreach services. ([Source: Anna Freud Jargon Buster](#))

Relapse

Is when you start to become unwell again after your health had previously improved. ([Source: HPFT CAMHS Jargon Buster](#))

Resilience training

Resilience training or self-management, as it is also known, are strategies and techniques to help you manage your condition and the things life throws at us all yourself and with other people's support. ([Source: Anna Freud Jargon Buster](#))

Revised Child Anxiety and Depression Scale (RCADS)

A questionnaire with 47 questions. It measures the frequency of symptoms of anxiety and depression, in children and young people. ([Source: HPFT CAMHS Jargon Buster](#))

Risks

Risks increase the chances of mental health difficulties developing. They can be linked to differences in a child's character as well as exposure to harmful experiences, environments or events. ([Source: Anna Freud Jargon Buster](#))

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S

Safeguarding

Safeguarding refers to the responsibility of professionals to make sure you are safe. ([Source: Anna Freud Jargon Buster](#))

Schizophrenia

Schizophrenia is a serious mental illness characterised by psychosis (hallucinations, delusions, and thought disorder) which may be lifelong. Many cases first emerge in adolescence and most appear before the mid-thirties. Treatment usually involves a mixture of medication, psychological and social interventions.

Schizophrenia is one of the most misunderstood mental illnesses- for more help understanding what it is and what it means, visit the [Royal College of Psychiatrists website](#). ([Source: Anna Freud Jargon Buster](#))

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder (SAD) is a type of depression that usually happens in the winter, and is thought to be related to the lack of sunlight.

See also Depression. ([Source: Anna Freud Jargon Buster](#))

Section 136

Section 136 allows the police to take or keep a person at a place of safety. They can do this without a warrant if:

they appear to have a mental disorder, AND

they are in any place other than a house, flat or room where a person is living, or garden or garage that only one household has access to, AND

they are "in need of immediate care or control" (meaning the police think it is necessary to keep them or others safe).

Before using section 136 the police must consult a registered medical practitioner, a registered nurse, or an AMHP, occupational therapist or paramedic.

Sectioned

Sectioned the words comes from the fact that people can be hospitalised according to different 'sections' of the Mental Health Act. Sectioning can be voluntary or compulsory, and means that a patient is admitted to hospital while they recover from mental illness. See also: Mental Health Act (1983)

More info: [Know Your Rights](#)

More info: [Inpatient Care](#) ([Source: Anna Freud Jargon Buster](#))

This is a process where you are taken into a hospital, that offers mental health services, against your will, for the safety of yourself and those around you. There are different types of sections according to the mental health act. For more information please visit our 'What it means to be sectioned' page. ([Source: HPFT CAMHS Jargon Buster](#))

Self-care or self-help

Self-care or self-help refers to ways in which a person can help themselves recover or maintain a good level of mental and physical health, e.g. eating healthier foods, exercising on a regular basis and avoiding drugs and alcohol. ([Source: Anna Freud Jargon Buster](#))

Self-management or resilience training

Self-management or resilience training, as it is also known, are strategies and techniques to help you manage your condition and the things life throws at us all yourself and with other people's support. ([Source: Anna Freud Jargon Buster](#))

Service feedback measures

Service feedback measures also referred to as experience measures - collect information from those receiving help about how they found it. This may include information from a parent, child, young person, professional or other, about their experience of an individual session, the therapist or the organisation as a whole. ([Source: Anna Freud Jargon Buster](#))

Service user

A service user is a person that uses the advice or services of an institution, e.g., the NHS. ([Source: Anna Freud Jargon Buster](#))

See also Gender.

Sexual abuse

Sexual abuse is any type of sexual contact that is unwanted. The abuser often uses violence, threat or manipulation, and usually already knows the victim in some way. It is also important to know that nobody under the age of 16 can consent to sexual activity, therefore any sexual acts with people under that age is illegal. Sexual abuse is never the fault of the victim in any way and should always be reported. ([Source: Anna Freud Jargon Buster](#))

Sexualised Behaviour

Children and young people typically display a range of sexualised behaviours as they grow up. However some may display problematic or abusive sexualised behaviour. This is harmful to the children who display it as well as the people it's directed towards.

Sexuality

Sexuality refers to a person's sexual orientation or preference (See: LGBTQ+). This is not the same as a person's gender. ([Source: Anna Freud Jargon Buster](#))

Shared decision making

Shared decision making is when health professionals work with individuals to help them make decisions about their care or treatment that feel most right for them. ([Source: Anna Freud Jargon Buster](#))

Self-harm

Self-harm involves deliberately causing harm to yourself, either by causing a physical injury, or failing to take care of yourself (such as through neglecting your health or putting yourself in dangerous situations). ([Source: Anna Freud Jargon Buster](#))

Signposting

Signposting is when you get given information about a service or services which might be able to help.

More info: [Youth Wellbeing Directory](#) ([Source: Anna Freud Jargon Buster](#))

Single Point of Access (SPA)

A service you or someone you know can call to speak to professionals about their mental health concerns or those of someone close to them. They take referrals and offer advice. Once they have enough information, they will make sure that the individual is linked to the best service to help them. ([Source: HPFT CAMHS Jargon Buster](#))

Sleep Plans

Getting to sleep can be really difficult, particularly for those with an Autism diagnosis. As part of a sleep plan, sleep may be monitored to rule out any triggers or physical ailments that are affecting sleep. A sleep schedule may also be established, as this

can help to provide structure around going to bed, for example, putting on pyjamas, brushing teeth, using the toilet, washing hands, getting in bed, reading or being read to, shutting off the light. This schedule can be shown as a visual checklist to help you get used to the plan, and if any changes need to be made, you can think about this in advance. ([Source: Anna Freud Jargon Buster](#))

Social anxiety disorder

Social anxiety disorder, also called social phobia, is a long-lasting and overwhelming fear of social situations. For example, symptoms can include avoiding or worrying about social activities, such as meeting new people, eating in a group or going to a party. ([Source: Anna Freud Jargon Buster](#))

Social, emotional and mental health (SEMH)

An encompassing term used in education mainly to describe behavioural difficulties relating to or not trauma, attachment, abuse etc.

Social inclusion

Social inclusion attempts to make all groups of people within society feel equal and included, regardless of race, gender, class or sexual orientation. This involves their access to healthcare, education and employment. ([Source: Anna Freud Jargon Buster](#))

Social information

Social information processing is a theory that looks at how we interact with each other online or using technology, such as via email, text, and instant messaging. ([Source: Anna Freud Jargon Buster](#))

Social Prescribing

When healthcare professionals refer people to community services that don't take place in traditional medical settings (for example, exercise classes, gardening sessions or art groups). You can find more information on the King's Fund website. ([Source: Mind Glossary](#))

SMART goals

A goal that incorporates all of the following criteria:

Specific

Measurable

Attainable

Relevant

Time-related ([Source: Mind Glossary](#))

Specialist CAMHS

This is a service that works with young people who have significant mental health and emotional wellbeing needs. Most young people will already have received some help from counselling or early intervention services before a referral to this service. (Source: HPFT CAMHS Clinician)

SSRI stands for selective serotonin reuptake inhibitors

SSRI stands for selective serotonin reuptake inhibitors, and they are a type of antidepressant medication. They are mainly used to treat depression or anxiety. ([Source: Anna Freud Jargon Buster](#))

Step2

Hertfordshire Community NHS Trust's [Step2 CAMHS service](#) provides brief, targeted, goal-focused interventions over six sessions, for 0-19s who are experiencing mild to moderate mental health difficulties which is adversely affecting their everyday lives.

Stigma

Discrimination and negative attitudes people may have towards those with mental health difficulties. [Time to change](#) and [Rethink](#) are national campaigns which aim to reduce stigma and get people talking about mental health ([Source: Anna Freud Jargon Buster](#))

A stigma is usually the negative way in which society perceives something. Mental illness has carried a stigma for years, but luckily as time goes on and more people speak up, the stigma surrounding struggling with mental health or seeking help is diminishing. ([Source: Anna Freud Jargon Buster](#))

Stimulants

Stimulants is a term that can apply to medicinal or recreational drugs. In a medical context, they might be prescribed to treat sleep, mood or impulse control disorders, such as ADHD. In a recreational context, they can be referred to as "uppers" and are used for a temporary lift in energy or mood. Stimulants should only be taken if prescribed by a medical professional.

See also: Medicine

More info: [About diagnosis](#) ([Source: Anna Freud Jargon Buster](#))

Strength and Difficulties Questionnaire (SDQ)

A questionnaire to help us find out how things are going from your point of view, and that of your parent's and teacher's. ([Source: HPFT CAMHS Jargon Buster](#))

Stress

Stress describes the feelings we get when we are struggling to cope with a situation. Sometimes stress is a normal, healthy reaction to an external pressure, but at other times it can become overwhelming and difficult to manage. Physical symptoms of

stress can include headaches, an increased heart rate, or an upset stomach. There are many ways of coping with stress including taking care of yourself, talking to someone about managing the cause of your stress, and therapy. ([Source: Anna Freud Jargon Buster](#))

Substance

Substance use is the use of drugs, such as alcohol or marijuana, for recreational purposes. It can lead to addiction or emotional and physical distress. ([Source: Anna Freud Jargon Buster](#))

Suicide

Suicide refers to the act of taking one's life voluntarily and intentionally. It is important to avoid ever using the phrase 'commit suicide' as this implies that it is a crime which it has not been for decades now.

If you or someone you know are feeling suicidal and need to speak to someone, you can call the Samaritan's for free on 116 123. ([Source: Anna Freud Jargon Buster](#))

Suicide Prevention Programmes

Suicide Prevention Programmes are designed to support someone who is at risk of suicide or feels like they want to die. The programme aims to keep the person safe from harm. ([Source: Anna Freud Jargon Buster](#))

Sustainability

The likelihood that something will continue. It may refer to a project continuing after the funding has ended. ([Source: Mind Glossary](#))

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TAU

TAU stands for Treatment-As-Usual, which means that the usual and accepted treatment will be given ([Source: HPFT CAMHS Jargon Buster](#))

Talking Therapies

Talking therapies cover a wide range of treatments which involve talking to a trained professional (such as a therapist or counsellor) about your thoughts, feelings and behaviours.

Usually there's very little difference between counselling, psychotherapy and psychological therapy – they all broadly refer to talking therapy. But sometimes they might indicate differences in who the therapist is, or refer to a specific type of talking therapy. ([Source: Mind Glossary](#))

THRIVE

THRIVE is an integrated, person centred and needs led approach to delivering mental health services for children, young people and families which conceptualises need in five categories; Thriving, Getting Advice, Getting Help, Getting More Help and Getting Risk Support. Emphasis is placed on prevention and the promotion of mental health and wellbeing and clients are empowered to be actively involved in decisions about their care through shared decision making. ([Source: Anna Freud Jargon Buster](#)) [Anna Freud THRIVE framework](#))

Thriving – part of the THRIVE Framework being adopted in Hertfordshire

“Those whose current need is support in maintaining mental wellbeing through effective prevention and promotion strategies” ([Anna Freud THRIVE framework](#))

Tourette’s Syndrome

Tourette's syndrome is a condition that causes a person to make involuntary sounds and movements called tics. ([Source: Anna Freud Jargon Buster](#))

Transition Plan

A transition plan is a plan made with a young person, CAMHS, and adult services for those turning 18 who will leave CAMHS and go onto AMHS (adult mental health services). ([Source: Anna Freud Jargon Buster](#))

Transition

There is a transition pathway for young people who are open to Specialist CAMHS and approaching their 18th birthday. This focuses on the young person’s hopes and needs. (Source: HPFT CAMHS Clinician)

Trauma

Trauma is a state caused by an event/series of events that overwhelms an individual and leaves them unable to process or cope with what has happened. Trauma comes from the Greek word 'wound' and it can be caused by a one-off occurrence, such as a natural disaster or a violent encounter, or by long-term and recurring experiences, such as abuse. It can be caused by the actual event itself or the reaction to an event. ([Source: Anna Freud Jargon Buster](#))

Triage

This is part of a CAMHS service that makes a decision about what will happen to your referral. This may involve the service asking for additional information. ([Source: Anna Freud Jargon Buster](#))

Triggers

Lots of different things can make someone become unwell. These are often known as triggers because a situation, thought or feeling may trigger someone to become unwell. ([Source: HPFT CAMHS Jargon Buster](#))

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V

Validated tools and measures

A tool or measure that has been extensively tested to demonstrate reliability, consistency and sensitivity in understanding a particular client outcome. ([Source: Mind Glossary](#)) Also see [Outcome Measures](#)

Voluntary Sector

The voluntary sector are local charities that can provide help or information for young people. To find local services in your area, please visit the [Youth Wellbeing Directory](#). ([Source: Anna Freud Jargon Buster](#))

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W

Watchful Waiting

Watchful waiting or active monitoring, as it is also known, is an approach which involves allowing some time to pass before any treatment is given. During the wait, more tests may be run and a professional will monitor the situation. ([Source: Anna Freud Jargon Buster](#))

Wellbeing

A state of being comfortable, healthy and happy. This includes both physical and mental wellbeing which are equally important. ([Source: Anna Freud Jargon Buster](#))

WHHT

West Herts NHS Hospital Trust

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Y

Young Carers

Young people who live with a family member, who needs help from them because they have an illness, disability, or addiction. As well as caring for another person's medical needs, they may also act as translators. ([Source: HPFT CAMHS Jargon Buster](#))

A young carer may also be a person who looks after someone they don't live with, who has a disorder, addiction, mental health problem or a disability. This could be a parent or guardian, sibling, other family member, or friend.

A young carer can receive support/advice at any time. [Back to the top](#)