

# SPEAKING IN ACRONYMS

by Southeast Addiction Technology Transfer Center Network

## SAMHSA

Substance Abuse and Mental Health Administration

## CBT

Cognitive Behavioral Therapy  
Therapist works with clients to understand addiction triggers and develop tools that can be used to avoid or deal with triggers

## OTD

Opioid Use Disorder

## NA

Narcotics Anonymous  
This 12-Step based mutual support group for people with an addiction to illicit and non-prescribed medication such as heroin, cocaine or pain pills

## LMSW

Licensed Master Social Worker

## SUD

Substance Use Disorder

## ACA

Affordable Care Act  
Federal law on healthcare insurance with provisions relevant to SUD treatment. Sometimes referred to as "Obamacare"

## MI

Motivational Interviewing  
This therapy helps people to prepare to change

## LPC

Licensed Professional Counselor

## EHR

Electronic Health Record

## DSM-5

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition

## OBOT

Office Based Opioid Treatment  
A way for patient to receive treatment for OUD located in a physician's office

## PCP

Primary Care Physician  
Provides front-line care for patients

## MAT

Medication Assisted Treatment  
Treatment used for SUD detoxification using medication and/or support a recovery

## NIDA

National Institute on Drug Abuse

## PMP

Prescription Monitoring Program

## AA

Alcoholics Anonymous

## EBPs

Evidence-based practices  
This term refers to treatment practices that have been scientifically proven

## HIPPA

Health Insurance Portability and Accountability Act of 1996  
This law was designed to protect the privacy of medical records

## OD

Overdose

## TA

Technical Assistance

## OTC

Over the Counter Medication



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# A COUPLE TERMS TO KNOW

- **12-Step Program** - A group providing mutual support and fellowship for people recovering from addictive behaviors. Based on modified versions of the 12 Steps of AA. Not a form of treatment.
- **Abstinence** - Not using illicit drugs, alcohol, or non-prescribed medications
- **Addiction** - Severe form of substance use disorder, associated with compulsive or uncontrolled use of one or more substances. Addiction is chronic brain disease that has the potential for both recurrence (relapse) and recovery.
- **Dependence** - A state in which an organism only functions normally in the presence of a substance, experiencing physical disturbance when the substance is removed. A person can be dependent on a substance without being addicted, but dependence sometimes leads to addiction
- **Health Disparities** - Preventable differences in the burden of disease or opportunities to achieve optimal health that are experienced by socially disadvantaged populations, defined by factors such as race or ethnicity, gender, education or income, disability, geographic location (e.g., rural or urban), or sexual orientation.
- **Intervention** - A professionally delivered program, service, or policy designed to prevent substance misuse (prevention intervention) or treat a substance use disorder (treatment intervention).
- **Multiple Pathways** - Concept that there are many ways you can enter recovery such as 12 Step programs, faith-based, or using prescription medication to support recovery.
- **NARCAN** - An opioid antagonist medication that reverses the effects of an overdose.
- **Prevalence** - The proportion of a population who have (or had) a specific characteristic—for example, an illness, condition, behavior, or risk factor—in a given time period.
- **Relapse (Reoccurrence)** - The return to alcohol or drug use after a significant period of abstinence.
- **Substance Misuse** - The use of any substance in a manner, situation, amount or frequency that can cause harm to users or to those around them. For some substances or individuals, any use would constitute as misuse (e.g., under-age drinking, injection drug use).
- **Substance Use** - The use—even one time—of any substance
- **Substance Use Disorder** - A medical illness caused by repeated misuse of a substance or substances. Substance use disorders are characterized by clinically significant impairments in health, social function, and impaired control over substance use and are diagnosed through assessing cognitive, behavioral, and psychological symptoms.



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