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

OU D
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

LMS W
Licensed Master Social Worker

SUD
Substance Use Disorder

MI
Motivational Interviewing
This therapy helps people to prepare to change

LPC
Licensed Professional Counselor

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

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

EHR
Electronic Health Record

DSM - 5
Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition

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

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

AA
Alcoholics Anonymous

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

OTC
Over the Counter Medication

OD
Overdose

TA
Technical Assistance
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.