

Glossary of abbreviations often used when delivering services

Sometimes we use odd words or phrases. Whilst we will try hard to make sure that what we say is in plain language; however, sometimes we forget and you might come across abbreviations. Feel free to ask us to explain when we do this. However, here is a list of common terms that we might use:

ABA – Applied Behaviour Analysis

ADD – Attention Deficit Disorder

ASD – Autism Spectrum Disorder

ADHD – Attention Deficient and Hyperactivity Disorder

BPD – Borderline Personality Disorder

CAMHS – Child and Adolescent Mental Health Services

CAPA – Choice and Partnership Approach

CAT - Cognitive Analytic Therapy

CCA – Continuing Care Assessment

CMHT – Community Mental Health Team

CLDT – Community Learning Disability Team

CPA – Care Programme Approach

CYP – Children and Young people

DNA – Did Not Attend

DSH – Deliberate Self Harm

EMDR – Eye Movement Desensitisation & Reprocessing Therapy

EIP - Early Intervention in Psychosis

EP – Educational Psychologist

GAD – Generalised Anxiety Disorder

IAPT - Improving access to Psychological Therapies

LAC – Looked after Child

LD – Learning Disability

MHA – Mental Health Act

MHP – Mental Health Practitioner

MLD - Moderate Learning Disability

MDT – Multi Disciplinary Team

OCD – Obsessive Compulsive Disorder

ODD – Oppositional Defiance Disorder

OT – Occupational Therapist

PCP – Person Centred Plan

PD – Personality Disorder

PMH – Primary Mental Health

PTSD – Post-Traumatic Stress Disorder

ROMS – Routine Outcome Measures

SFPT – Solution Focussed Brief therapy

SLD – Severe Learning Disability

SPA – Single Point of Access

SSRI – Selective Serotonin Reuptake inhibitors

YP – Young Person