

Basic Glossary Terms: Substance Use Disorder (SUD) Treatment

12-Step Program - Peer-based, grassroots movement that provides recovery support

AA - 12 step program designed for people with alcohol addiction

Aftercare - Recommended next steps following a level of care

Al-Anon - 12 step support for families of alcoholics

Alternative Treatment - A form of treatment that may or may not be evidenced base

Assessment - Clinical intervention whereas the proper level of care (if any) is determined

Bump Up - Moving to a more intensive level of care

CA - Cocaine Anonymous

CARF - Third Party Accreditation Agency for substance abuse treatment facilities

CBT - Cognitive Behavioral Therapy

Co-occurring Disorders - Presence of both a substance use and mental health disorder

Co-Pay - Patient Financial responsibility when seeking medical or behavioral health treatment services (called co-insurance when it is a percentage of the fee example 80% covered, 20% paid by patient)

DBT - Dialectical Behavior Therapy

DDAP - Pennsylvania Department of Drug and Alcohol Programs is the agency responsible for granting and renewing facility licenses

Dual Diagnosis - Presence of both a substance use and mental health disorder (also called co-occurring disorder)

EAP - Employee Assistance Professional. This person is a third party advocate to help employees, and often their covered dependents confidentially obtain behavioral health or substance abuse help within the confines of their health plans

Enabling - Continued support of maladaptive behavior

Evidence - Based Treatment-Treatment models rooted and supported by research

Extended Care - Similar to Halfway house, a longer length of stay commonly used after residential rehab. A combination recovery house with a full day partial program can be an excellent extended program for certain patients

Halfway House - A licensed level of care; less intense than residential rehab but with professional staff unlike recovery houses

Holistic Treatment - Mind, Body, Spirit

In Network Provider - A facility that has pre-negotiated contract rates and terms with your insurance plan, usually, accepts all HMO type policies

Intervention - The science of increasing motivation to change behaviors

Building Recovery Together

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The Joint Commission - A third Party accreditation agency for both behavioral and physical health organizations. Livengrin has been accredited since 1980

LOS - Length of Stay at a particular level of care or an entire continuum of care

MAT - Medication Assisted Treatment

MRT - Moral Recantation Therapy

NA - 12 step program for people with drug addictions

Nar-Anon - 12 step support for families of addicts

Narcan - Medication used to revive someone from an overdose

Out of network provider - A facility that has no existing contract with your carrier but is licensed by their state to provide addiction treatment. If your plan has a PPO benefit, you can go to any licensed provider and your insurance will cover it, although usually with higher deductible payments. Make sure you understand if you are responsible for any uncovered services or balances that your insurance company won't pay

PCC - Patient Care Coordinator. Aftercare person who helps with non-clinical need and helps get patient engaged in early recovery

PHP - Partial hospitalization program also called "partial" or more recently "Day treatment" is a full day treatment program, usually similar to the inpatient schedule but the patient may go home (or to a sober living house) in the evening and possibly the weekend

Precertification - Often called a "pre-cert", is the authorization required by most insurance companies to admit a covered patient into treatment after reviewing the patient's assessment

Prom note - A legal and binding promissory note where the facility agrees to special terms to allow the patient to pay for their uncovered fees or deductibles over time. (Do not just sign these in crisis without knowing what you are signing).

Public Provider - A treatment facility that accepts most Medicaid and publicly funded county policies.

Recovery - A profound, progressive change of thought, behavior and attitudes and the ability to adapt to life on life's terms without the use of alcohol and or drugs

Recovery House - A private business that provides a highly structured recovery oriented living environment (more strict than a sober house)

Relapse - The return of addictive behavior

Sober Living - A private residential living facility that provides a supportive recovery living environment

Step-Down - Moving to a less intensive level of care

Suboxone - Medication that is partial agonist and antagonist used to treat opioid addiction

UDS or UT - Urine drug screen or Urine Test

Verification - This is the first step in gaining insurance coverage where the patient's plan is confirmed and the payment balances if any are provided to the patient. This is usually done by the treatment provider

Vivitrol - An opioid antagonist medication-opioid receptor blocker-non-narcotic used in the treatment of opioid and alcohol-related disorders