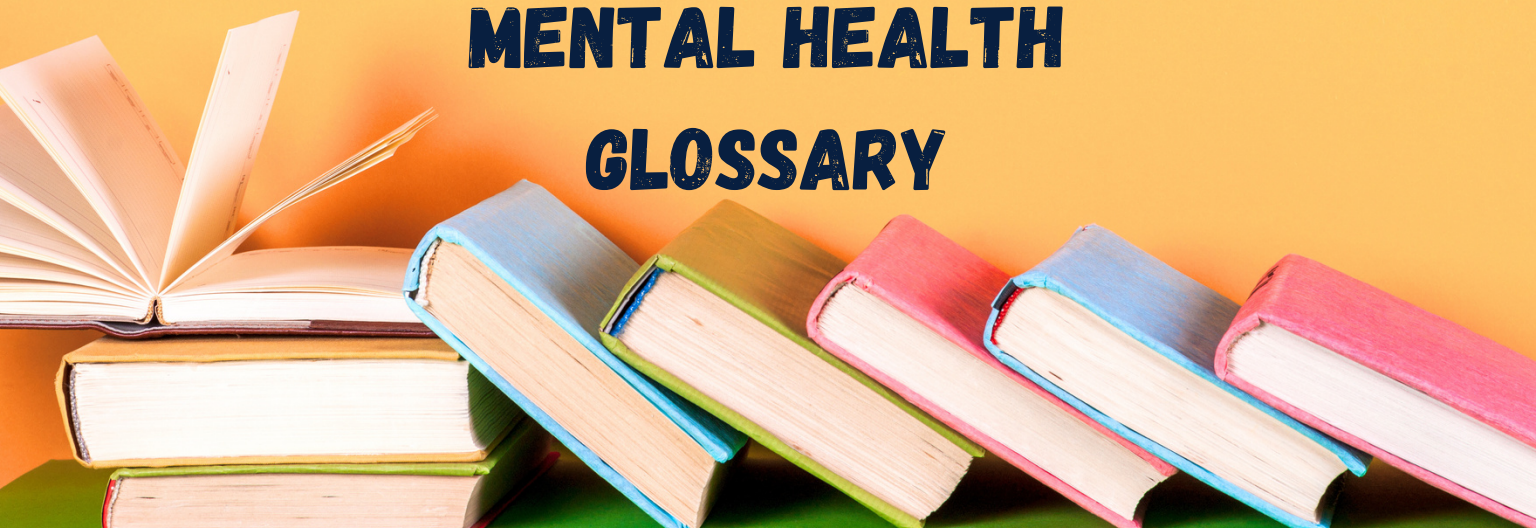




National Center
for Youth Law

MENTAL HEALTH GLOSSARY



PURPOSE

The purpose of this glossary is to be a reference guide for various terms we utilize in our work on youth mental health. For broader terms defined here, we use the definition we typically employ in our written work with the understanding that there are many definitions available. We also provide links to sources where folks can go to learn more about specific terms.

HOW TO USE

For each term included, we included the term or name in the left-most column, the common acronym if available, and the definition we typically use in the right-most column. Whenever possible, we also provide a link to the website or organization we have obtained the provided definition from.

NOTE

This glossary contains terms that are specific to California policy and practice. Our approach to mental health advocacy is grounded in a socio-ecological approach, with the understanding that society and systems create conditions that increase the risk of childhood mental health needs. For more specific information about the approach we take in our mental health work, see the [NCYL Health Page](#). We recognize that terms and programs related to youth mental health are constantly changing and we intend to regularly update this resource accordingly. You will find the version and update date on the bottom right of this page.



What do we mean by mental health?

We see mental health as a critical aspect of health that affects our emotional, psychological, social, and overall well-being and wellness. It can affect how we think, feel, and act. It can determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

<https://www.mentalhealth.gov/basics/what-is-mental-health>

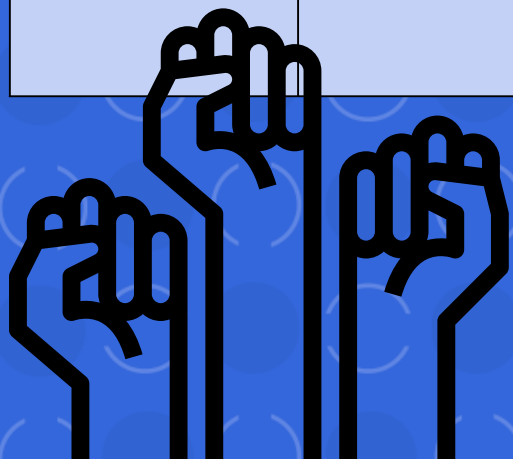
Related terms:

- [Wellness and well-being](#)
- [Infant and early childhood mental health](#)
- [Social and emotional health and learning](#)



Term	Acronym	Definition
504 Plan		<p>A plan for how a child with disabilities will have access to learning at schools, it provides services and changes to the learning environment to meet the youth's needs as adequately as other students.</p> <p>504 refers to Section 504 of the Federal Rehabilitation Act that protects individuals from discrimination.</p> <p>https://scdd.ca.gov/wp-content/uploads/sites/33/2018/03/The-Difference-Between-IEP-and-504-Plans.pdf</p>
Adverse Childhood Experiences	ACEs	<p>The ACE study was conducted by the Centers for Disease Control and Kaiser Permanente and examined how potentially traumatic events that occur during childhood (0-17 years) and involve aspects of the child's environment affect their sense of safety, stability, and bonding. The study found a direct link between specific types of childhood trauma and onset of chronic disease in adulthood. Examples from the ACE study include witnessing violence and being exposed to substance use problems, but does not encompass all potentially traumatic experiences.</p> <p>https://www.cdc.gov/violenceprevention/aces/fastfact.html</p>
Affordable Care Act	ACA	<p>The ACA is a comprehensive federal health care reform law enacted in March 2010 (sometimes known as ACA, PPACA, or "Obamacare") that was intended to make affordable health insurance available to more people through subsidies and lower costs, expand the Medicaid program to cover all adults with income below 138% of the Federal Poverty Level (FPL), and support innovative medical care delivery methods to lower the costs of healthcare.</p> <p>https://www.healthcare.gov/glossary/affordable-care-act/</p>

Term	Acronym	Definition
Black, Indigenous, and people of color	BIPOC	<p>BIPOC stands for Black, Indigenous, and people of color and intends to center the experiences of Black and Indigenous groups while demonstrating solidarity between communities of color. The terms "BIPOC" and "people of color" originate from the term "women of color." This term was developed by a coalition of women, led by Loretta Ross and other Black women, as a term embodying "a solidarity definition, a commitment to work in collaboration with other oppressed women of color who have been 'minoritized.' " Using the term BIPOC is not intended to, nor should it, replace naming specific communities of people or in reference to issues affecting specific communities.</p> <p>https://www.ywcaworks.org/blogs/ywca/wed-04062022-0913/why-we-use-bipoc#</p> <p>https://www.womenshistory.org/education-resources/biographies/loretta-ross</p>
California Advancing and Innovating Medi- Cal	CalAIM	<p>California Advancing and Innovating Medi-Cal initiative – known as CalAIM – is a multi-year plan to innovate California's Medi-Cal program and integrate it more seamlessly with other social services. The goal of CalAIM is to improve outcomes for the millions of Californians covered by Medi-Cal, especially those with the most complex needs. CalAIM is a state-led initiative.</p> <p>https://www.chcf.org/publication/calaim-explained-five-year-plan-transform-medi-cal/</p>



Term	Acronym	Definition
California Victims Compensation Board	CalVCB	<p>The California Victim Compensation Board (CalVCB) and its network of providers throughout California helps victims of violent crimes recover financially through reimbursement for crime-related expenses to victims who suffer physical injury or threat of physical injury.</p> <p>https://victims.ca.gov/</p>
Child and Family Teams	CFTs	<p>A Child and Family Team works to address the needs of a dependency-involved child or youth through the legal process. It can include medical and mental health providers, educators, attorneys, and other supportive adults in addition to the youth and their family.</p> <p>https://www.cdss.ca.gov/inforesources/foster-care/child-and-family-teams</p>
Child and Youth Behavioral Health Initiative	CYBHI	<p>The Child and Youth Behavioral Health Initiative program was announced in 2021 to enhance, expand, and redesign California's behavioral health systems for children and youth. The goal of this \$4.5 billion investment is to promote well-being and prevent behavioral health challenges. CYBHI is led by the California Health and Human Services Agency.</p> <p>https://www.chhs.ca.gov/home/children-and-youth-behavioral-health-initiative/</p>

Term	Acronym	Definition
Community-Based Organizations	CBOs	<p>Community-Based Organizations (CBOs) are public or private not-for-profit organizations that provide specific services to a community or for a targeted population within a community.</p> <p>https://www.law.cornell.edu/definitions/uscode.php?width=840&height=800&iframe=true&def_id=20-USC-1991540508-1493090985&term_occur=999&term_src=</p>
Community-based trauma		<p>An aggregate of trauma experienced by a community or an event that only directly affects a few people but has wide-reaching structural and socially traumatic consequences.</p> <p>https://icjia.illinois.gov/researchhub/articles/individual-and-community-trauma-individual-experiences-in-collective-environments</p>
Community schools		<p>A community school is both a place and a set of partnerships between the school and other community resources that integrate academics, services, supports and opportunities.</p> <p>https://www.cde.ca.gov/ci/gs/hs/ccspp.asp#:~:text=A%20community%20school%20is%20a,students%2C%20families%2C%20and%20partners.</p>
Coordination of Service Teams	COST	<p>A Coordination of Services Team (COST) is a strategy for managing and integrating various learning supports for students. COST teams identify and address student needs holistically and ensure that the overall system of supports work together. COST was developed and implemented by the Center for Health Schools and Communities, which is staffed through the Alameda County Health Care Services Agency, and is now used in schools throughout the country.</p> <p>https://cpehn.org/assets/uploads/archive/149_cost_toolkit_single_pdf.pdf</p>

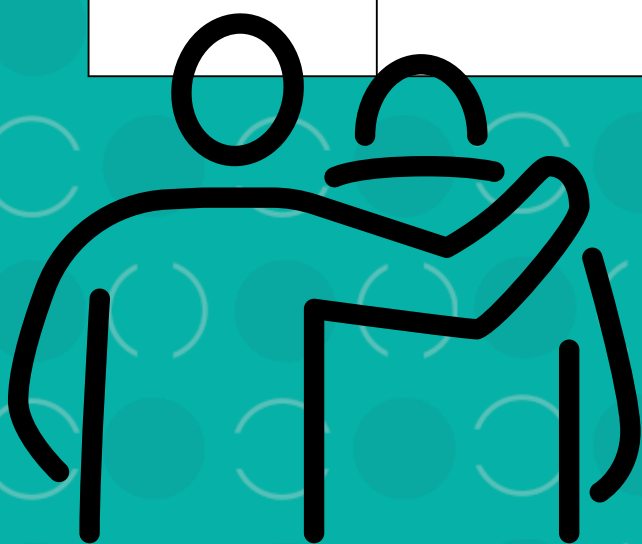
Term	Acronym	Definition
County Mental Health Plans	MHPs	<p>County Mental Health Plans are responsible for providing or arranging provision of Specialty Mental Health Services (SMHS) to Medi-Cal enrollees (adults and children) in each county.</p> <p>https://www.dhcs.ca.gov/individuals/Pages/MHPContactList.aspx</p>
Diagnostic and Statistical Manual of Mental Disorders	DSM	<p>The Diagnostic and Statistical Manual of Mental Disorders (DSM) is the handbook used by health care professionals in the United States as a guide to the diagnosis of mental disorders; it contains descriptions, symptoms and other criteria for diagnoses.</p> <p>https://www.psychiatry.org/psychiatrists/practice/dsm/frequently-asked-questions#:~:text=The%20Diagnostic%20and%20Statistical%20Manual,criteria%20for%20diagnosing%20mental%20disorders.</p>
Dyadic Care Benefit		<p>The Dyadic Care benefit was funded in the California 2021-2022 budget and is a benefit that covers a form of therapy that treats both the young child and caregiver holistically.</p> <p>https://cssp.org/2021/03/californias-medicaid-breakthrough-an-opportunity-to-advance-childrens-social-and-emotional-health/</p>



Term	Acronym	Definition
Early and Periodic Screening, Diagnostic, and Treatment benefit	EPSDT	<p>Under federal Medicaid law, the Early and Periodic Screening, Diagnostic, and Treatment benefit provides comprehensive and preventive health care services for children under age 21. States are required to provide such services and provide all Medicaid coverable, appropriate, and medically necessary services to correct and ameliorate health conditions, including mental health.</p> <p>https://www.medicaid.gov/medicaid/benefits/early-and-periodic-screening-diagnostic-and-treatment/index.html</p>
Educationally Related Mental Health Services	ERMHS	<p>Educationally Related Mental Health Services (ERMHS) are mental health services for students who qualify for special education that are intended to support student's social-emotional and mental health needs, and can also help to improve the student's academics, behavior, and overall well-being. ERMHS can be provided alongside with an IEP or 504 Plan.</p> <p>https://www.disabilityrightsca.org/publications/educationally-related-mental-health-services-ermhs-0</p>
Equity		<p>Equity in terms of mental or behavioral health is the right to access high-quality and affordable health care services and supports for all populations. Advancing health equity involves ensuring that everyone has a fair and just opportunity to be as healthy as possible, which can mean that different communities need different supports, services, and investments to achieve a fair and just outcome. Advancing equity is critical in addressing historical wrongs that affect specific communities.</p> <p>https://www.samhsa.gov/behavioral-health-equity</p>



Term	Acronym	Definition
Essential health benefits		<p>Essential health benefits are a set of 10 categories of services that health insurance plans must cover, as defined by the federal Affordable Care Act (ACA). Examples include doctors' services, inpatient and outpatient hospital services, prescription drug coverage, pregnancy and childbirth, and mental health.</p> <p>https://www.healthcare.gov/glossary/essential-health-benefits/</p>
Family Therapy benefit		<p>In 2020, a new policy made Family Therapy a covered Medi-Cal benefit for children and their families. A child's mental health diagnosis is not a prerequisite for this service; a family may qualify based on the child having one or more risk factors, for example.</p> <p>https://first5center.org/blog/new-medi-cal-policy-expands-access-to-family-therapy-for-young-children</p>
Fee-for-Service Medi-Cal	FFS Medi-Cal	<p>Under the FFS system, beneficiaries could see any provider who accepted Medi-Cal. Providers were then reimbursed for each individual service or visit. This is in contrast with managed care, in which the state contracts with health plans to deliver Medi-Cal benefits for a monthly premium, for each member.</p> <p>https://www.kff.org/report-section/medi-cal-managed-care-an-overview-and-key-issues-issue-brief/</p>



Term	Acronym	Definition
Free Appropriate Public Education	FAPE	<p>Under the IDEA and Section 504 of the Rehabilitation Act of 1973, students with disabilities are entitled to a “free appropriate public education” (FAPE).</p> <p>https://www2.ed.gov/about/offices/list/ocr/docs/edlite-FAPE504.html</p>
Healing-Centered Approach/Healing-Centered Engagement	HCE	<p>Healing Centered Engagement (HCE) is a holistic approach to trauma that considers “culture, spirituality, civic action, and collective healing.” HCE builds upon trauma-informed care through its strength based, collective view of healing that does not limit trauma to the experience of an individual and instead offers a more holistic approach to promote well-being. The term was coined by Dr. Shawn Ginwright, whose work focused centered engagement in youth serving systems.</p> <p>https://cssp.org/wp-content/uploads/2021/05/Crosswalk-Youth-Thrive-and-Healing-Centered-Engagement.pdf</p>
Historical trauma		<p>Multigenerational trauma experienced by a specific community related to major oppressive events. Examples of such events include slavery, the Holocaust, and the violent colonization of Native Americans.</p> <p>https://www.acf.hhs.gov/trauma-toolkit/trauma-concept#</p>
Hotlines and warmlines		<p>Hotlines and warmlines are phone numbers dedicated to providing the caller free, important resources on specific issues. Mental health hotlines are primarily used in crisis situations, whereas warmlines are for individuals who may not necessarily be in crisis.</p> <p>List of mental health hotlines and warmlines</p>

Term	Acronym	Definition
Individuals with Disabilities Education Act	IDEA	<p>The federal law that mandates that all children with disabilities have available to them a free appropriate public education (FAPE) that includes special education. Part B of IDEA provides assistance to state education agencies for children with disabilities. Part C funds state agencies to assist in the provision of early intervention services to infant and toddlers with disabilities.</p> <p>https://www.dhcs.ca.gov/provgovpart/Pages/LEAGlossary.aspx#i</p>
Individualized Education Program	IEP	<p>Under the IDEA, an IEP is a written legal plan that maps out the program of special education instruction, supports, and services youth need in school. They are created for eligible youth in public schools.</p> <p>https://www.understood.org/en/articles/what-is-an-iep</p>
Infant and Early Childhood Mental Health	IECMH	<p>IECMH is defined as the developing capacity of a young child from 0-5 years old to form relationships, express and manage emotions, explore, and learn from, their environment. It is considered to be an important foundation for lifelong development.</p> <p>IECMH also refers to services and supports necessary to promote health development among the 0-5 population.</p> <p>https://www.zerotothree.org/wp-content/uploads/2017/08/The-Basics-of-Infant-and-Early-Childhood-Mental-Health_-A-Briefing-Paper.pdf</p>



Term	Acronym	Definition
Intensive Care Coordination	ICC	<p>Intensive Care Coordination is a targeted case management service that facilitates assessment of, care planning for, and the coordination of services for Medi-Cal beneficiaries under 21 eligible for full scope services and who meet the “medically necessary” criteria. It is a Specialty Mental Health Service that is specific to children and youth.</p> <p>https://www.dhcs.ca.gov/services/MH/Pages/Specialty_Mental_Health_Services.aspx#:</p>
Intensive Home-Based Services	IHBS	<p>Intensive Home-Based Services are individualized, strength-based interventions that are intended to correct or ameliorate mental health conditions that interfere with the functioning of a child or youth. The interventions are designed to build skills for successful functioning for the individual and to help the family’s ability to promote the child or youth’s functioning. It is a Medi-Cal Specialty Mental Health Service that is specific to children and youth.</p> <p>https://www.dhcs.ca.gov/services/MH/Pages/Specialty_Mental_Health_Services.aspx#</p>
Interdisciplinary teams		<p>Generally speaking, an interdisciplinary team is a group of professionals from different fields or specialties (e.g., education and mental health) that work to address the needs of a child. Specific examples are Multidisciplinary Teams (MDTs), Child and Family Teams (CFTs), and Coordination of Services Teams (COSTs).</p> <p>https://www.courts.ca.gov/documents/BTB24-3H-5.pdf</p>
Intergenerational trauma		<p>The transmission of the traumatic effects of historical events. Intergenerational trauma can, and does, result in harmful impacts on individuals and communities.</p> <p>https://oie.duke.edu/inter-generational-trauma-6-ways-it-affects-families</p>

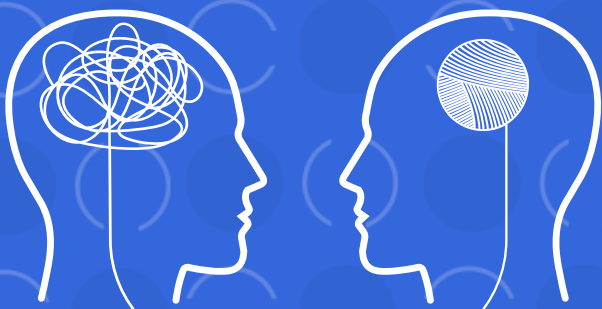
Term	Acronym	Definition
Least Restrictive Environment	LRE	<p>Least restrictive environment is a federal and state law requirement that students with disabilities receive their education with nondisabled peers, to the maximum extent appropriate. It is also a guiding principle in the mental health context, indicating that care should be provided in the least restrictive setting possible (e.g., home or community-based setting, rather than inpatient hospitalization).</p> <p>https://serr.disabilityrightsca.org/serr-manual/chapter-1-information-on-basic-rights/1-52-what-does-least-restrictive-environment-lre-mean/</p>
Local Education Agency Billing Option Program	LEA-BOP	<p>The Local Educational Agency (LEA) Medi-Cal Billing Option Program reimburses LEAs (such as school districts, county offices of education, charter schools, community college districts, and University of California campuses) the federal share of the maximum allowable rate for approved health-related services provided by health service practitioners to Medi-Cal eligible students. This is a mechanism through which school districts can be direct billers of mental health services provided to students.</p> <p>https://www.dhcs.ca.gov/provgovpart/Pages/LEA.aspx</p>
Medi-Cal Managed Care Plans	MCPs	<p>Medi-Cal Managed Care Plans are contracts for health care services through networks of organized systems of care that emphasize primary and preventive care. Most children and youth on Medi-Cal are enrolled in an MCP. MCPs are responsible for providing them with all medically necessary mental health services except for Specialty Mental Health Services (SMHS), which are “carved out” of MCP contracts and delivered through county Mental Health Plans (MHPs).</p> <p>https://www.dhcs.ca.gov/services/Pages/Medi-CalManagedCare.aspx</p>

Term	Acronym	Definition
Mental health parity		<p>The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (MHPAEA) is a federal law that prevents health plans and issuers that provide mental health or substance use disorder benefits from providing less favorable limitations on those benefits compared to medical/surgical benefits. Parity is the equal treatment of mental health and substance use in insurance plans. When plans have parity, it means if you are provided unlimited visits for a condition like diabetes then they must offer unlimited visits for a mental health condition such as depression.</p> <p>https://www.cms.gov/CCIIO/Programs-and-Initiatives/Other-Insurance-Protections/mhpaea_factsheet</p> <p>https://www.nami.org/Your-Journey/Living-with-a-Mental-Health-Condition/Understanding-Health-Insurance/What-is-Mental-Health-Parity</p>
Mental Health Services Act	MHSA	<p>The MHSA was passed by California voters in 2004 to expand and transform California's behavioral health system to better serve individuals with, and at risk of, serious mental health issues, and their families to address a broad set of service needs and the necessary infrastructure, technology, and training elements that effectively support the public behavioral health system.</p> <p>https://www.dhcs.ca.gov/services/MH/Pages/MH_Prop63.aspx</p>



Term	Acronym	Definition
Mental Health Services Oversight and Accountability Commission	MHSOAC	<p>The primary role of the Mental Health Services Oversight and Accountability Commission (MHSOAC) is to oversee the implementation of the Mental Health Services Act (MHSA) and to develop strategies to improve the mental health of Californians. The MHSOAC was created through the passing of Proposition 63.</p> <p>https://mhsoac.ca.gov/</p>
Mental Health Student Services Act	MHSSA	<p>Mental Health Student Services Act (MHSSA) is a California law that provides ongoing funding for establishing additional mental health partnerships between county behavioral health departments and school districts, charter schools, and county offices of education.</p> <p>https://mhsoac.ca.gov/sites/default/files/MHSSA%20Listening%20Session%20%233%20Brief%20Final.pdf</p>
Minor Consent Mental Health		<p>In most health care cases, parents must provide consent in order for minor children to receive services. However, under California law, there are situations in which minors may consent to their own care or where other adults may consent to care on behalf of the minor.</p> <p>https://teenhealthlaw.org/consent/</p>
Multidisciplinary Teams	MDTs	<p>Cross-agency teams are a type of county/government mechanism that allow for the collaboration with the stated goal of providing support to young people and their family. Teams can include medical providers, law enforcement, child welfare agency staff, and school staff. MDTs may also be formed to support specific subgroups of youth.</p> <p>https://caclapeer.org/what-is-a-multi-disciplinary-team/</p>

Term	Acronym	Definition
Multi-Tier System of Support	MTSS	<p>In California, MTSS is an integrated, comprehensive framework that focuses on Common Core State Standards, core instruction, differentiated learning, student-centered learning, individualized student needs, and the alignment of systems necessary for all students' academic, behavioral, and social success.</p> <p>https://www.cde.ca.gov/ci/cr/ri/mtsscompirti2.asp</p>
Psychiatrist		<p>A psychiatrist is a medical doctor specialized in mental health, including substance use disorders.</p> <p>https://www.psychiatry.org/patients-families/what-is-psychiatry#:~:text=A%20psychiatrist%20is%20a%20medical,psychiatric%20help%20for%20many%20reasons.</p>
Psychologist		<p>Psychologists are individuals trained in one or more field(s) of psychology. Training is obtained at a university or a school of professional psychology, leading to a doctoral degree in philosophy (PhD), psychology (PsyD), or education (EdD)</p> <p>https://dictionary.apa.org/psychologist</p>
Regional Centers		<p>Regional centers provide assessments, determine eligibility, and provide case management services and also develop, purchase, and coordinate the services in each person's Individual Program Plan.</p> <p>https://www.dds.ca.gov/rc/</p>



Term	Acronym	Definition
School-Based Health Centers/ wellness centers	SBHCs	<p>School-based health centers are health centers based at or near schools which provide age-appropriate health care, including primary medical care; mental/behavioral health care; dental/oral health care; substance abuse counseling.</p> <p>https://www.schoolhealthcenters.org/school-based-health/programs/</p>
School Medi-Cal Administrative Activities	SMAA	<p>The SMAA Program offers a way for Local Governmental Agencies (LGAs) and Local Educational Consortia (LECs) to obtain federal reimbursement for the cost of certain administrative activities necessary for the proper and efficient administration of the Medi-Cal program.</p> <p>https://www.dhcs.ca.gov/provgovpart/Pages/SMAADescription.aspx</p>
Section 504 of the federal Rehabilitation Act	504	<p>Section 504 of the Rehabilitation Act of 1973 is a federal law that protects qualified individuals from discrimination based on their disability, including students.</p> <p>https://www.hhs.gov/sites/default/files/ocr/civilrights/resources/factsheets/504.pdf</p>
Serious Mental Illness	SMI	<p>Mental illnesses are conditions that affect a person's mood, behavior, and/or thinking. Severity of illnesses can range from mild to severe. A severe mental illness (SMI) interferes with a person's ability to function. There are many kinds of SMIs.</p> <p>https://www.samhsa.gov/serious-mental-illness</p>

Term	Acronym	Definition
Social Determinants of Health	SDOH	<p>Socioeconomic and environmental conditions in which people are born, live, learn, work, and play that affect health and quality of life outcomes. Examples include economic stability, educational access, built environment, and health care access.</p> <p>https://health.gov/healthypeople/priority-areas/social-determinants-health</p>
Social Emotional Health and Learning	SEL	<p>Social and emotional health and learning are critical parts of development and education. Five components of SEL are: self-awareness, self-management, responsible decision making, social awareness, and relationship skills. Social and emotional health is our ability to understand and manage our emotions in order to form and sustain relationships with the world.</p> <p>https://thrivingschools.kaiserpermanente.org/mental-health/social-emotional-health/#:~:text=Social%20emotional%20health%20is%20the,and%20well%2Dbeing%20in%20life.</p>
Social Security Disability Insurance	SSDI	<p>The SSDI program pays benefits to individuals with disabilities and certain family members if they have worked long and recently enough and paid Social Security taxes on their earnings.</p> <p>https://www.ssa.gov/benefits/disability/</p>



Term	Acronym	Definition
Specialty Mental Health Services	SMHS	<p>Specialty Mental Health Services are provided to Medi-Cal beneficiaries through a county Mental Health Plan and can include Rehabilitative Mental Health Services, Psychiatric Inpatient Hospital Services, and Psychiatric Nursing Facility Services. Services are only provided if they are medically necessary.</p> <p>https://www.disabilityrightscalifornia.org/publications/specialty-mental-health-services-through-a-county-mental-health-plan-mhp</p> <p>Criteria for accessing SMHS were recently updated and are available here: https://www.dhcs.ca.gov/Documents/BHIN-21-073-Criteria-for-Beneficiary-to-Specialty-MHS-Medical-Necessity-and-Other-Coverage-Req.pdf</p>
Therapeutic Behavioral Services	TBS	<p>Therapeutic behavioral services are an intensive, individualized, one- to-one behavioral mental health service available to full-scope Medi-Cal covered young people under 21 years with serious emotional challenges and their families. It is a Specialty Mental Health Service that is specific to children and youth.</p> <p>https://www.dhcs.ca.gov/services/MH/Pages/Specialty_Mental_Health_Services.aspx#</p>
Therapeutic Foster Care	TFC	<p>Therapeutic Foster Care is a short-term, trauma-informed, individualized, highly coordinated Specialty Mental Health Service (SMHS) provided by a specially trained and intensely supported TFC caregiver. It is a Specialty Mental Health Service that is specific to children and youth on Medi-Cal.</p> <p>https://www.dhcs.ca.gov/services/MH/Pages/Specialty_Mental_Health_Services.aspx#</p>

Term	Acronym	Definition
Substance Use Disorders	SUDs	<p>A substance use disorder (SUD) is a mental disorder that affects a person's brain and behavior, leading to a person's inability to control their use of substances such as legal or illegal drugs, alcohol, or medications that can range from moderate to severe, with addiction being the most severe form of SUDs.</p> <p>https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health#</p>
Supplemental Security Income	SSI	<p>Supplemental Security Income (SSI) is a federal income supplement program designed to help aged, blind, and disabled people, who have little or no income and provides cash to meet basic needs.</p> <p>https://www.ssa.gov/ssi/</p>
Telehealth		<p>Telehealth or telemedicine allows patients to connect with their doctors without an in-person office visit via online visits through a computer, tablet, or smartphone.</p> <p>https://telehealth.hhs.gov/patients/understanding-telehealth/#what-does-telehealth-mean</p>
Toxic stress		<p>The body's response to sustained and serious stress. The body becomes unable to turn off the stress response normally and can harm the body and brain, causing lifelong health problems. Unlike chronic stress, this kind of persistent and systemic stress can alter the developing brain, and can become a part of that person's functioning and affect their world view.</p> <p>https://www.acesaware.org/wp-content/uploads/2019/12/2-What-is-Toxic-Stress-English.pdf</p> <p>https://ourtime.org.uk/stories/toxic-stress-vs-chronic-stress-what-is-the-difference/</p>

Term	Acronym	Definition
Trauma-informed practices	SMHS	<p>Trauma-informed practices are procedures and practices that acknowledge and integrate an understanding of the impact of trauma and its signs and symptoms, and actively avoid re-traumatization.</p> <p>https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/</p>
Wellness and well-being		<p>Well-being means meaningful and positive outcomes for people. It reflects how well individuals perceive their lives are going. There are different aspects of well-being, such as emotional or physical well-being that contribute to overall wellness. Wellness and well-being are impacted by structural, systemic, and historical situations.</p> <p>https://www.cdc.gov/hrqol/wellbeing.htm</p> <p>https://www.nccih.nih.gov/health/wellness-and-well-being</p>
Wellness Coach		<p>This definition is specific to wellness coach as defined by the California Children and Youth Behavioral Health Initiative (CYBHI). Wellness coaches will provide non-clinical services to support youth behavioral health and well-being.</p> <p>https://www.chhs.ca.gov/wp-content/uploads/2022/12/CYBHI-December-Update--ADA-Compliant.pdf</p>

Hotlines and Warmlines	Contact Information	Purpose
988 Suicide & Crisis Lifeline	<ul style="list-style-type: none"> • Run by U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) • Call or Text: 988 • For Spanish, call: 1-888-628-9454 • Online chat: https://988lifeline.org/chat/ 	<p>The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24/7, across the United States.</p> <p>https://988lifeline.org/?utm_source=google&utm_medium=web&utm_campaign=onebox</p>
Crisis Text Line	<ul style="list-style-type: none"> • Non-profit • Text HOME to 741741 • Online chat: https://connect.crisistextline.org/ 	<p>Crisis Text Line provides free support from a live, trained Crisis Counselor via text.</p> <p>https://www.crisistextline.org/</p>
County-specific crisis services phone line directory	<ul style="list-style-type: none"> • Numbers for county-run services • See pdf: https://files.covid19.ca.gov/pdf/wp/county_crisis_services_and_suicide_prev_hotlines_4-08-2020.pdf 	<p>County-specific phone numbers for crisis services</p>
SAMHSA National Helpline	<ul style="list-style-type: none"> • Run by U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) • Call: 1-800-662-HELP (4357) 	<p>SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.</p> <p>https://www.samhsa.gov/find-help/national-helpline</p>
California Youth Crisis Line	<ul style="list-style-type: none"> • Non-profit • Call or text: 1-800-843-5200 	<p>The California Youth Crisis Line (CYCL) operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis.</p> <p>https://calyouth.org/cycl/</p>

Hotlines and Warmlines	Contact Information	Purpose
CalHOPE Peer-Run Warm Line	<ul style="list-style-type: none"> • Run by the California Department of Healthcare Services (DHCS) • Call: 833-317-HOPE (4673) 	<p>The CalHOPE warm line connects callers to other people who have persevered through struggles with stress, anxiety, and/or depression. The peer counselors listen with compassion, provide non-judgmental support and guide you to additional resources that can give hope and help them cope.</p> <p>https://www.calhope.org/pages/current-services.aspx</p>
Teen Line	<ul style="list-style-type: none"> • Non-profit • Call: 800-852-8336 (6-10 pm) • Text: Text TEEN to 839863 (6-9 pm) 	<p>Teen Line is an anonymous, nonjudgmental space for youth. Through the hotline, teens can access personal peer-to-peer support from highly trained teens supervised by adult mental health professionals.</p> <p>https://www.teenline.org/who-we-are</p>
The Trevor Project	<ul style="list-style-type: none"> • Non-profit • Call: 1-866-488-7386 • Text: Text START to 678-678 • Online chat: https://www.thetrevorproject.org/webchat 	<p>The Trevor Project provides 24/7 support by trained crisis counselors that understand the challenges LGBTQIA+ youth face.</p> <p>https://www.thetrevorproject.org/get-help/</p>
Trans Lifeline	<ul style="list-style-type: none"> • Non-profit • Call: 1-877-565-8860 	<p>Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.</p> <p>https://translifeline.org/about/</p>