

TERMS (CONTINUED)

Progressive Treatment Plan (PTP) in Maine is a court-ordered mental health treatment plan for individuals with severe and persistent mental illness who are unlikely to follow treatment voluntarily.

Psychosis is an SMI/SBD condition characterized by a disconnection from reality, where individuals may experience hallucinations, delusions, and disorganized thinking.

Psychotic features refer to symptoms that indicate a loss of contact with reality, which can include hallucinations (seeing or hearing things that aren't there) and delusions (strongly held false beliefs).

Psychiatric hold is a legal process where an individual is admitted to a mental health facility for evaluation and treatment, often against their will, due to a severe mental health crisis that poses a risk to themselves or others.

Psychiatric hospital is a specialized medical facility that focuses on treating severe mental/brain disorders such as schizophrenia, bipolar disorder, and major depression.

Positive symptoms include hallucinations, delusions, disorganized thinking, and abnormal motor behavior.

Reflective statements involve repeating or paraphrasing what a client has said to show understanding and validate their feelings. This technique helps build trust and encourages clients to explore their thoughts and emotions more deeply.

Safe Plan/Suicide Prevention Plan is a personalized strategy designed to help individuals manage crises, particularly those involving suicidal thoughts. It outlines coping strategies, sources of support, and specific actions to take during a crisis to ensure safety.

Schizoaffective disorder is a severe brain disorder that combines symptoms of schizophrenia, such as hallucinations and delusions, with mood disorder symptoms, including depression and mania.

Schizophrenia is a severe brain disorder that affects how a person thinks, feels, and behaves, often leading to symptoms like hallucinations, delusions, and disorganized thinking.

Severe/Serious Mental Illness refers to a group of severe brain diseases that significantly impair an individual's ability to function in daily life. This includes conditions like schizophrenia, bipolar disorder, and major depression, which often require long-term treatment and support.

Self-harm is the deliberate non-suicidal injuring of one's body.

TERMS (CONTINUED)

Suicidality/suicidal thinking/ideation refers to thoughts or ideas about wanting to end one's own life, which can range from fleeting thoughts to detailed planning.

Suicidal intent represents a heightened level of danger, characterized by a clear, present desire or firm resolve to end one's life. This state often includes the development of a specific plan, identifying the means to carry it out, and establishing a timeline for the action.

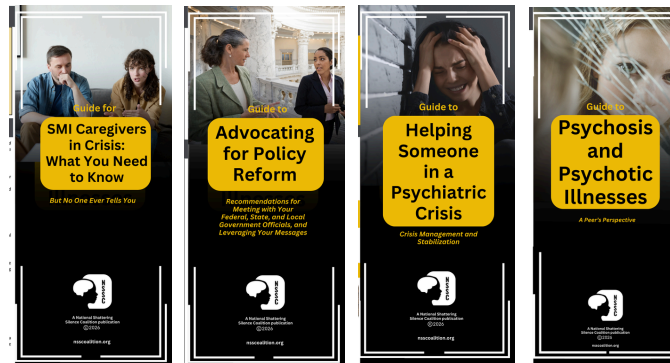
Support groups are gatherings of individuals who share common challenges, providing emotional and moral support. These groups help members cope with issues by sharing personal stories and strategies.

Triggers are events a person encounters that strongly remind them of a prior traumatic experience and provoke an intense response.

Voluntary admission refers to the process where an individual willingly seeks treatment at a mental health facility, acknowledging their need for help.

Wellness/Treatment plan is a personalized guide designed to enhance an individual's mental, emotional, and physical health. It typically includes self-assessment, goal setting using the SMART criteria, and resource identification to support overall well-being.

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Guide to

SMI/SBD Treatment Terms

A Glossary of Language Used Around Severe Mental/Brain Illnesses



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INTRODUCTION

The National Shattering Silence Coalition developed this guide to help families, caregivers, and advocates understand the language used in mental health care. It provides clear explanations of treatment terms, diagnoses, and interventions, empowering you to navigate the system, ask informed questions, and make decisions that support recovery for those living with severe mental illness/severe brain diseases.

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TREATMENT TERMS TO BE FAMILIAR WITH

Here's an alphabetical list of terms you should be familiar with when someone is experiencing severe mental/brain illness symptoms.

Acute episode refers to a sudden onset of severe mental/brain illness symptoms that significantly impair a person's ability to function.

Anosognosia is a condition where a person is unaware of their own mental or physical health issues, often due to brain damage affecting self-awareness. In SMI/SBDs, it is also known as 'lack of insight.'

AOT (Assisted Outpatient Treatment) is a legal process that mandates outpatient mental health treatment for individuals with severe mental illness who struggle to engage in treatment voluntarily.

Baker-Acted refers to the process of involuntarily committing someone for mental health evaluation and treatment under the Florida Mental Health Act.

Bipolar disorder is a severe mental illness characterized by extreme mood swings, including episodes of mania (high energy and mood) and depression (low energy and mood). There are two types (I and II) that differ, based on frequency and presence of manic symptoms.

Brain diseases are conditions that affect the brain's structure or function, impacting thoughts, memory, movement, and behavior. They can include a variety of disorders such as Alzheimer's disease, epilepsy, brain tumors, and severe mental/brain illnesses, etc.

Catatonia is a neuropsychiatric syndrome characterized by abnormal movement and behavior, often seen in individuals with mood disorders or psychotic disorders. Symptoms can include immobility, mutism, unusual postures, and fluctuating levels of consciousness, and it is treatable with medication or therapy.

Crisis is a significant event or period that leads to an unstable and dangerous situation, often requiring immediate action to prevent further harm. It can affect individuals, groups, or society as a whole and is typically characterized by high levels of uncertainty and perceived threat.

Crisis Intervention Trained (CIT) Officers are members of the Police Department with specialized training in de-escalating mental health crises and connecting people to mental health care.

De-escalation refers to the methods and actions taken to decrease the severity of a conflict, whether of physical, verbal or another nature.

Danger to oneself or others refers to a situation where a person poses a significant risk of causing harm to themselves or to others, often due to mental illness. This can include behaviors that indicate a likelihood of suicide or violent actions against others.

Delusion, in psychology, is a rigid system of beliefs with which a person is preoccupied and to which the person firmly holds, despite the logical absurdity of the beliefs and a lack of supporting evidence.

Dying with their rights on refers to the situation where individuals, particularly those with severe mental illness, are unable to receive necessary treatment due to legal restrictions that prioritize their rights over their immediate health needs, leading to their death.

Emergency responders are individuals, such as paramedics, police officers, and firefighters, who are among the first to arrive at the scene of an emergency to provide assistance and manage the situation.

Forensic psychologists apply psychological principles to legal issues, assessing individuals involved in the judicial system, such as defendants and victims. They help bridge the gap between psychology and law enforcement, providing expert opinions in various legal contexts.

Flat affect is a condition where a person shows little to no emotional expression, even when they are feeling emotions internally.

Guardian is one who is legally responsible for the care and management of the person or property of an incompetent or minor.

Grandiose thoughts are inflated beliefs about one's own importance, power, or abilities that are often unrealistic and not based on reality.

Hallucinations are false perceptions where a person sees, hears, smells, tastes, or feels things that aren't actually present.

Healthcare Proxy is a legal document that allows you to appoint someone, known as an agent, to make medical decisions on your behalf if you are unable to do so.

Hyper-religious refers to a psychiatric condition where a person experiences intense religious beliefs or episodes that disrupt their normal functioning.

Hyper-sexual refers to an intense and often uncontrollable focus on sexual thoughts, fantasies, or behaviors that can lead to distress or impairment in daily life.

Hypomanic refers to a milder form of mania characterized by an elevated mood, increased energy, and reduced need for sleep, but without the severe functional impairment seen in full-blown mania.

Imminent risk of danger refers to a situation where there is an immediate threat that could cause serious harm or injury.

Institution of Mental Diseases (IMD) is defined as a facility with more than 16 beds that primarily provides diagnosis, treatment, or care for individuals with mental diseases, including substance use disorders.

Involuntary hold (see Psychiatric hold)

Involuntary treatment refers to medical care provided to individuals without their consent, often in psychiatric settings, when they are deemed a danger to themselves or others.

LEAP method stands for Listen-Empathize-Agree-Partner, is a communication approach designed to help individuals build trust and improve relationships, particularly with those who may not recognize their mental illness.

Mania is a condition characterized by an abnormally elevated mood, increased energy, and heightened activity levels. It often includes symptoms like racing thoughts, decreased need for sleep, and impulsive behavior, and can be part of disorders such as bipolar disorder or schizoaffective disorder.

Mental health court is a specialized court designed to handle cases involving defendants with mental illnesses, focusing on problem-solving rather than traditional punitive measures.

Motivational interviewing is a counseling approach designed to help individuals explore and resolve their ambivalence about making changes in their behavior.

Negative symptoms refer to deficits in emotional expression and motivation, including lack of emotion, decreased joy, and difficulty initiating activities.

Open-ended questions are those that cannot be answered with a simple "yes" or "no" and require the respondent to elaborate on their thoughts.