

# CalOptima Medical Terminology (BHS)

| <b>Term</b>  | <b>Easily Understood Language (6th Grade)</b>                                    |
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| <b>ABILIFY</b>   | A drug commonly used to help improve a person's mood                             |
| <b>ADDERALL XR</b>                                     | A drug commonly used to help a person who can't sit still or think before acting |
| <b>ADJUSTMENT DISORDER</b>                             | Mental problems caused by stress   |
| <b>ADOLESCENT</b>                                      | A teenager   |
| <b>AGGRESSION OR AGGRESSIVE BEHAVIOR</b>               | An act that is violent and cannot be predicted                                   |
| <b>AGORAPHOBIA</b>                                     | A condition when a person is afraid to be away from home                         |
| <b>ALCOHOL ABUSE</b>                                   | A pattern of drinking that can cause problems in a person's life                 |
| <b>AMBIEN CR</b>                                       | A drug commonly used to help a person sleep                                      |
| <b>ANTIDEPRESSANT</b>                                  | A drug commonly used to help a person feel less sad                              |
| <b>ANTIPSYCHOTIC DRUG</b>                              | A drug commonly used to help a person know what is real or not real              |
| <b>ANTISOCIAL BEHAVIOR</b>                             | Acts that harm others or are against the law                                     |
| <b>ANTISOCIAL PERSONALITY DISORDER</b>                 | A condition when a person harms others or commits crimes                         |
| <b>ANXIETY</b>   | A feeling of fear or stress  |
| <b>ASPERGER'S SYNDROME</b>                             | A condition that affects a person's social skills                                |
| <b>ATTENTION DEFICIT DISORDER (ADD)</b>                | A condition when a person cannot focus on a task for very long                   |
| <b>ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)</b> | A condition when a person cannot focus on a task or sit still for long           |
| <b>AUTISTIC SPECTRUM DISORDER (ASD)</b>                | A group of conditions when a person has poor social skills and repeats actions   |
| <b>BEHAVIOR MODIFICATION</b>                           | A method to help a person learn new things                                       |
| <b>BEHAVIORAL HEALTH HOME CARE TRAINING</b>            | A service that teaches a family to cope with one that may not act like others    |

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| <b>BEHAVIORAL HEALTH LEVEL I</b>                | A place where a person lives and receives mental and physical health treatment  |
| <b>BEHAVIORAL HEALTH PERSONAL CARE SERVICES</b> | A trained care giver to help a person with things done every day  |
| <b>BEHAVIORAL HEALTH SELF-HELP/PEER SUPPORT</b> | A person who had a problem helps a person with the same problem get help  |
| <b>BEHAVIORAL HEALTH THERAPEUTIC HOME</b>       | A home with trained staff where a person lives and gets help with daily needs   |
| <b>BEHAVIORAL MANAGEMENT</b>                    | Behavioral Health treatment helps with the way you act or react to people or events. Doctors or other clinical staff with special licenses helps with these types of issues. They work with you to find the services you need to help you get better. (6.4) |
| <b>BEHAVIORS</b>                                | Acts  |
| <b>BIOFEEDBACK</b>                              | A special treatment to help a person control their thinking or reactions  |
| <b>BIPOLAR DISORDER</b>                         | A condition causing big mood swings from happy to sad without reason  |
| <b>BUPROPION</b>                                | Is a drug that is commonly used to help people feel less sad  |
| <b>CARBAMAZEPINE</b>                            | Is a drug that is commonly used to help a person's moods  |
| <b>CARDIOLOGIST</b>                             | Heart doctor  |
| <b>CASE MANAGEMENT</b>                          | Is when a person with special training helps you set up services and support to reach your goals  |
| <b>CLONIDINE</b>                                | Is a drug that is commonly used to help people who can't sit still, focus or think before they act  |
| <b>CLOZAPINE</b>                                | Is a drug that is commonly used to help people who have trouble telling what is real and what is not  |
| <b>CONCERTA</b>                                 | Is a drug that is commonly used to help people who can't sit still, focus or think before they act  |
| <b>CONDUCT DISORDER</b>                         | Is when youth run away, hurt others or break the law  |
| <b>CONVERSION DISORDER</b>                      |   |

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| <b>COUNSELING</b>  | Is a visit to a person with special training to help with mental health problems                          |
| <b>CYMBALTA</b>  | Is a drug that is commonly used to help people feel less sad  |
| <b>DELUSION</b>  | Is an idea that is not real and the person still thinks it is real  |
| <b>DELUSIONAL DISORDER</b>                                   | Is when people's fixed false beliefs lead to problems in their daily lives                                |
| <b>DEPAKOTE</b>  | Is a drug that is commonly used to help a person's moods  |
| <b>DEPLIN</b>  | Is a drug that is commonly used to help sad people who have too little folate in their bodies             |
| <b>DEPRESSION</b>  | Is when people feel so sad that they do not do well in their daily lives                                  |
| <b>DETOX FROM ALCOHOL</b>                                    | Is a special treatment to help a person safely stop drinking  |
| <b>DEXEDRINE SPANSULES</b>                                   | Is a drug that is commonly used to help people who can't sit still, focus or think before they act        |
| <b>DISRUPTIVE BEHAVIOR DISORDER, NOT OTHERWISE SPECIFIED</b> | Is when a youth does not follow the rules and/or acts in a way that harms others                          |
| <b>DYSTHYMIC DISORDER</b>                                    | Is when people feel very sad for at least one to two years. This leads to problems in their daily lives.  |
| <b>EATING DISORDER</b>                                       | Is when people have a problem with how they eat. This leads to problems in their daily lives.             |
| <b>ECT (ELECTROCONVULSIVE THERAPY) AKA SHOCK THERAPY</b>     | An electrical brain treatment. It is sometimes used to help people who are too sad or too happy.          |
| <b>EFFEXOR</b>   | A drug commonly used to treat depression (long times of sadness) and anxiety (feelings of fear and worry) |
| <b>EVALUATION</b>  | Is a report by a person with special training   |
| <b>GENERALIZED ANXIETY DISORDER</b>                          | Is when people worry all the time. This leads to problems in their daily lives.                           |
| <b>GENERIC MEDICATION</b>                                    | Is a drug that does the same thing as a brand name and costs less   |

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| <b>GEODON</b>  | Is a drug that is commonly used to help people who have trouble telling what is real and what is not  |
| <b>GUIDELINES (MEDICAL NECESSITY CRITERIA)</b>   | Are the rules that are followed to make payment decisions   |
| <b>HCTC (HOME CARE TRAINING TO HOME CARE CLIENTS)</b>  | Is a special home setting for mental health treatment   |
| <b>HIGH BLOOD PRESSURE AKA HYPERTENSION</b>  | Is when a person's blood pressure is above normal   |
| <b>HISTRIONIC PERSONALITY DISORDER</b>   | Is when people are very emotional or dramatic. This leads to problems in their daily lives.   |
| <b>IDEATION, SUICIDAL</b>  | Is when a person thinks about killing him or herself  |
| <b>IMPULSE CONTROL</b>   | Is when a person does not act without thinking first  |
| <b>IMPULSE CONTROL DISORDER</b>  | Is when people act before they think and it leads to problems for them or others  |
| <b>INDIVIDUAL THERAPY</b>  | Is a visit to a person with special training to help with mental health problems  |
| <b>INPATIENT PSYCHIATRIC RESIDENTIAL TREATMENT CENTER (AVAILABLE TO TITLE XIX MEMBERS UNDER 21 YEARS OF AGE)</b> | This is a type of in-patient facility. The facility has a special license from the Arizona Department of Health Services (ADHS) to treat behavioral health issues. Behavioral Health treatment helps with the way you act or react to people or events. In-patient means that the member stays in the facility for a determined amount of time. A doctor decides how long the member will stay in the facility. The member is under the care of a doctor during this time. The doctor helps create a plan to see what services the member needs in order to get better. The doctor also over-see the care given to the member during this time. (7.8) |
| <b>INSTITUTION FOR MENTAL DISEASE (IMD)</b>  | This is an institutional type of placement. These facilities have a special certification from the Arizona Department of Health Services (ADHS). They are monitored by the Department of Economic Security (DES). This is to make sure the facility provides healthcare. It also makes sure people who stay in the facility have a safe place to live. These facilities provide the services people need to help them get better. In this setting, members are watch more closely than if lived at their own home. (7.7)  |

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| <b>INTERMEDIATE CARE FACILITY FOR THE MENTALLY RETARDED (ICF/MR)</b> | A healthcare institution, Medicaid certified through ADHS and monitored by the DES whose purpose is to provide health, habilitative and rehabilitative services to those with developmental disabilities  |
| <b>INTERMITTENT EXPLOSIVE DISORDER</b>                               | Is when a person has severe temper outbursts. This can harm others or property.   |
| <b>INTUNIV</b>   | Is a drug that is commonly used to help people who can't sit still, focus or think before they act  |
| <b>LAMOTRIGINE</b>   | Is a drug that is commonly used to help a person's moods  |
| <b>LEVEL II BEHAVIORAL HEALTH</b>                                    | Licensed by Arizona Department of Health Services (ADHS). A HCB alternative residential behavioral health treatment setting for individuals who do not require the intensity of services or onsite medical services found in a Level I facility.  |
| <b>LEVEL III BEHAVIORAL HEALTH FACILITY</b>                          | This is a type of living residence, or home. These homes have a special license from the Arizona Department of Health Services (ADHS). The home can provide a place for people with behavioral needs to live where they can be watched and cared for 24 hours a day. Specially trained staff makes sure these people can stay safe. (6.1) |
| <b>LEXAPRO</b>   | A drug commonly used to treat depression (long times of sadness) and anxiety (feelings of fear and worry)   |
| <b>LITHIUM</b>   | Is a drug that is commonly used to help a person's moods  |
| <b>MAJOR DEPRESSIVE DISORDER</b>                                     | Is when people feel very sad for at least two weeks. This leads to problems in their daily lives.   |
| <b>MEDICATION MONITORING</b>   | Is a visit with a doctor to check how a person's drugs are working  |
| <b>MOOD DISORDER</b>   | Is when a person's mood is not normal and it causes them problems in life   |
| <b>MOOD WWINGS</b>   | Is when a person's mood does not stay within a normal range   |
| <b>MULTI-SYSTEMIC THERAPY (MST)</b>                                  | Is a special treatment to help children and their families  |
| <b>NARCISSISTIC PERSONALITY DISORDER</b>                             | Is when people think they are more special than others. This leads to problems in their daily lives.  |

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| <b>NEUROLOGIST</b>                      | A special doctor that treats brain and nerve problems   |
| <b>NEUROPSYCHOLOGICAL ASSESSMENT</b>    | Is special testing to find out how a person's brain is working  |
| <b>NURSE PRACTITIONER</b>               | Is a nurse with special training who can prescribe drugs  |
| <b>OBSESSIVE COMPULSIVE DISORDER</b>    | Is when people think and/or act the same way, over and over again. This leads to problems in their daily lives.                       |
| <b>OPPOSITIONAL DEFIANT DISORDER</b>    | Is when youth have temper tantrums and does not follows the rules. This leads to problems in their daily lives.                       |
| <b>PAIN DISORDER</b>                    | Is when people have pain in one or more place that leads to problems in their daily lives   |
| <b>PANIC DISORDER</b>                   | Is when people have sudden anxiety for no reason. This leads to problems in their daily lives.  |
| <b>PANIC DISORDER WITH AGORAPHOBIA</b>  | Is when people have sudden anxiety for no reason and don't want to leave home. This leads to problems in their daily lives.           |
| <b>PAROXETINE (PAXIL)</b>               | Is a drug that is commonly used to help people feel less sad  |
| <b>PARTICIPATED</b>                     | Came to a visit/session   |
| <b>PERVASIVE DEVELOPMENTAL DISORDER</b> | Is when people have problems with how they talk and interact with others. This leads to problems in their daily lives.                |
| <b>POSTTRAUMATIC STRESS DISORDER</b>    | Is when a life-threatening event upsets people so much they think about the event a lot. This leads to problems in their daily lives. |
| <b>PROFESSIONAL</b>                     | Is a person with special training to provide a service  |
| <b>PSYCHIATRIC EVALUATION</b>           | Is a report by a doctor who treats mental health problems   |
| <b>PSYCHIATRIST</b>                     | Is a doctor that treats mental health problems  |
| <b>PSYCHIATRY</b>                       | Is the study of mental disorders  |
| <b>PSYCHOLOGICAL EVALUATION</b>         | Is special testing to find out about a person's problems and how they are doing   |
| <b>PSYCHOLOGIST</b>                     | Is a person with special training in mental health tests and counseling   |
| <b>PSYCHOSEXUAL EVALUATION</b>          | Is an assessment of a person's thoughts and acts about sex  |
| <b>PSYCHOTIC EPISODE OR PSYCHOSIS</b>   | Is when a person has trouble telling what is real and what is not   |
| <b>REACTIVE ATTACHMENT DISORDER</b>     | Is when early abuse or neglect does not let a person be close to or get along with others   |

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| <b>RECOVERY</b>                           | Is the process of getting better   |
| <b>RESIDENTIAL TREATMENT CENTER (RTC)</b> | Is a special place where a child lives, goes to school and gets mental health treatment                        |
| <b>RISPERDAL CONSTA</b>                   | Is a drug that is commonly used to help people who have trouble telling what is real and what is not           |
| <b>RITALIN LA</b>                         | Is a drug that is commonly used to help people who can't sit still, focus or think before they act             |
| <b>SCHIZOAFFECTIVE DISORDER</b>           | Is when people have problems with their thinking and moods. This leads to problems in their daily lives.       |
| <b>SCHIZOPHRENIC DISORDER</b>             | Is when people have problems with their thinking. This leads to problems in their daily lives.                 |
| <b>SEIZURE</b>                            | Is when the brain briefly does not work right. This may cause problems with awareness, memory and movements.   |
| <b>SEPARATION ANXIETY DISORDER</b>        | Is when children are very nervous to leave a parent or caregiver. This leads to problems in their daily lives. |
| <b>SEROQUEL (QUETIAPINE)</b>              | Is a drug that is commonly used to help people who have trouble telling what is real and what is not           |
| <b>SERTALINE (ZOLOFT)</b>                 | Is a drug that is commonly used to help people feel less sad   |
| <b>SEXUALLY INAPPROPRIATE BEHAVIOR</b>    | Is a sexual act that is not normal for a person's age  |
| <b>SUBSTANCE ABUSE</b>                    | Is when people misuse a drug. This leads to problems for them or others.                                       |
| <b>TENEX (GUANFACINE)</b>                 | Is a drug that is commonly used to help people who can't sit still, focus or think before they act             |
| <b>THERAPEUTIC GROUP HOME (TGH)</b>       | Is a special group home where people go for mental health treatment  |
| <b>TOPAMAX</b>                            | Is a drug that is commonly used to stop brain activity that causes seizures                                    |
| <b>TRILEPTAL</b>                          | Is a drug that is commonly used to stop brain activity that causes seizures                                    |
| <b>VALPROATE</b>                          | Is a drug that is commonly used to help a person's moods   |
| <b>VYVANSE</b>                            | Is a drug that is commonly used to help people who can't sit still, focus or think before they act             |
| <b>ZOLOFT</b>                             | A drug commonly used to treat certain mood conditions  |
| <b>ZYPREXA (OLANZAPINE)</b>               | Is a drug that is commonly used to help people who have trouble telling what is real and what is not           |