



COOK COUNTY HEALTH

Glossary of Terms for CCH BH Summit 2024

PURPOSE: Create a common language and understanding of what CCH-OBH means when it says Behavioral Health and the related programs and services for all stakeholders involved in the Behavioral Health Summit in February 2024. This levels the playing field for engagement and ensures that community members and leaders can participate in discussions about different strategies and proposed interventions. *A list of acronyms is at the end of this document.*¹

Behavioral Health Terms

Behavioral Health: The umbrella term that encompasses mental health and substance use disorder services. In the case of CCH Office of Behavioral Health's Strategic Planning Process: We believe in a behavioral health system that provides services and supports that promote mental health well-being, early intervention, prevention and treatment of mental health and substance use conditions and parity in access to health-related social needs that contribute to well-being.

Co-occurring Disorders: When an individual has both a mental health disorder and a substance use disorder simultaneously.

Crisis Care: Crisis services are for **anyone, anywhere and anytime**. Examples of crisis level safety net services seen in communities around the country include (1) 911 accepting all calls and dispatching support based on the assessed need of the caller, (2) law enforcement, fire or ambulance personnel dispatched to wherever the need is in the community *and* (3) hospital emergency departments serving everyone that comes through their doors from all referral sources. These services are for **anyone, anywhere and anytime**.²

Crisis Intervention: Short-term delivery of interventions that may be provided in direct response to an individual who, in the course of treatment or intervention, appears to need immediate intensive intervention to achieve crisis symptom reduction and stabilization. Crisis Intervention includes specific crisis intervention, de-escalation, and response techniques.

Dual Diagnosis: Another term for co-occurring disorders, indicating the presence of both mental health and substance use disorders.

¹ This document was created by the Kennedy Forum for the Cook County Health Office of Behavioral Health.

² National Guidelines for Behavioral Health Crisis Care – A Best Practice Toolkit *Knowledge Informing Transformation*, Substance Abuse and Mental Health Services Administration (SAMHSA).

Early Intervention: Refers to the proactive approach of identifying and addressing behavioral health concerns in their early stages, ideally before they escalate into more severe or chronic conditions.

Health-related Social Needs (HRSN)³: These are an individual’s unmet, adverse social conditions (e.g., housing instability, homelessness, nutrition insecurity) that contribute to poor health and are a result of underlying social determinants of health (conditions in which people are born, grow, work and age).

Intellectual & Developmental Disability (IDD): According to HHS ASPE, intellectual and developmental disabilities (IDD) are severe, chronic conditions that are caused by physical and/or mental impairments. IDDs are usually present at birth and can begin at any time up to age 22. They are characterized by differences in an individual's physical, intellectual, and/or emotional development.

Mental Health: Mental health includes emotional, psychological, and social well-being. It affects how people think, feel and act, and helps determine how people cope with stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Mental Illness: Mental illnesses are disorders, ranging from mild to severe, that affect a person’s thinking, mood and/or behavior. According to the National Institute of Mental Health, nearly one-in-five adults live with mental illness. Many factors contribute to mental health conditions, including:

- Biological factors, such as genes or brain chemistry;
- Life experiences, such as trauma or abuse; and
- Family history of mental health problems.

Peer Support: Assistance and guidance provided by individuals who have experienced mental health or addiction issues themselves, often through peer support groups. A Certified Recovery Support Specialist (CRSS) credential is for people who provide peer services for people recovering from mental illness or substance use disorders. CRSS credential holders use their personal recovery experience to help others recover and wellness.

Prevention: Services and supports that work to educate and support individuals and communities to prevent the use and misuse of drugs. It also includes interventions that address the social and environmental factors that impact an individual’s and/or a community’s mental health and well-being. determinants of mental health problems before

Recovery: The process of regaining health, well-being, and stability after experiencing a mental health or substance use issue.

Serious Emotional Disturbance: For people under the age of 18 the term “Serious Emotional Disturbance” (SED) refers to a diagnosable mental, behavioral, or emotion disorder in the past year which resulted in functional impairment that substantially interferes with or limits the child’s role or function in family, school, or community activities. SED is a standard used by many public benefits programs to determine eligibility for services and health coverage.

Serious Mental Illness: Serious mental illness (SMI) is defined by someone over 18 having a diagnosable mental, behavior, or emotion disorder that causes serious function impairment that substantially interferes with or limits one or more major life activities. SMI is a standard used by many public benefits programs to determine eligibility for services and health coverage.

³ Kaiser Family Foundation, February 2023.

Stigma: Negative attitudes, beliefs, and discrimination directed at individuals with mental health or addiction problems.

Substance Use Disorder (SUD): Substance use disorders are the recurrent use of alcohol and/or drugs that cause clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school or home. A diagnosed SUD sometimes makes people eligible for publicly funded treatment, health coverage and services.

Trauma-Informed Care: An approach that recognizes the widespread impact of trauma and emphasizes safety, trustworthiness, and collaboration in treatment.

Special Initiatives in IL related to Behavioral Health Continuum:

Certified Community Behavioral Health Centers (CCBHCs): A Certified Community Behavioral Health Clinic⁴ is a specially designated clinic that provides a comprehensive range of mental health and SUD services. CCBHCs serve anyone who walks through the door, regardless of diagnosis and insurance status. CCBHCs must provide nine core services directly or through a designating collaborative organization (DCO). The nine services are:

1. Crisis mental health services, including 24-hour mobile crisis teams, emergency crisis intervention services, and crisis stabilization
2. Screening, assessment, and diagnosis, including risk assessment.
3. Customer-centered treatment planning or similar processes, including risk assessment and crisis planning.
4. Outpatient mental health and substance use services.
5. Outpatient clinic primary care screening and monitoring of key health indicators and health risk.
6. Targeted case management.
7. Psychiatric rehabilitation services.
8. Peer support and counselor services and family supports.
9. Intensive, community-based mental health care for members of the armed forces and veterans, particularly those members and veterans located in rural areas.

There are six organizations in Cook County currently moving forward with the CCBHC certification process that will determine which of the organizations will be included in the Federal Demonstration Application. <https://hfs.illinois.gov/medicalproviders/certifiedcommunitybasedhealthcenterinitiative.html>

Healthcare Transformation Collaboratives⁵: Created by Public Acts 101-650 and Public Act 101-0655 created the Hospital and Healthcare Transformation Program otherwise known as Healthcare Transformation Collaboratives (HTC). The HTC is administered by Illinois Department of Healthcare & Family Services (HFS) and is designed to encourage collaborations of healthcare providers and community partners to improve healthcare outcomes, reduce healthcare disparities, and realign resources in distressed communities throughout Illinois. In particular, the program seeks to increase access to community-based services, preventive care, obstetric care, chronic disease management, specialty care and address the social determinants of health in these communities.

For more information: <https://hfs.illinois.gov/healthcaretransformation.html>.

⁴ IL's enabling legislation uses the term clinic, rather than Center.

⁵ IL Healthcare Transformation Collaboratives, FAQ <https://hfs.illinois.gov/htcfags.html>

Living Room Model: The Division of Mental Health Living Room Program is for individuals experiencing a mental health crisis and provides services and supports designed to reduce the need for psychiatric hospitalization. The Living Room provides a safe, inviting, home-like atmosphere where individuals may calmly process the crisis event, as well as learn and apply wellness strategies in the future. The Living Room Program is staffed by Recovery Support Specialists, people who are trained to utilize their lived expertise of recovery from mental illness to support others. Individuals seeking services at Living Rooms are screened for safety by a mental health professional when they arrive and before their departure. Individuals may refer themselves, or be referred by police, fire, emergency departments, or other organizations. DMH is working to ensure that all Living Room Programs can offer around-the-clock support to people in crisis. For more information: <https://www.dhs.state.il.us/page.aspx?item=126349>

Pathways to Success: Pathways to Success is a program for Medicaid enrolled children under the age of 21 in Illinois who have complex behavioral health needs and could benefit from additional support. The program provides access to an evidence-informed model of intensive care coordination and additional home and community-based services. For more information:

<https://hfs.illinois.gov/medicalproviders/behavioral/pathways.html#:~:text=Pathways%20to%20Success%20is%20a,home%20and%20community%2Dbased%20services.>

Section 1115 Transformation Waiver: The Illinois Department of Healthcare & Family Services (HFS) submitted a proposed Section 1115 Demonstration Waiver application that requested a five year extension and amendment to the Illinois' *Behavioral Health Transformation Demonstration waiver* in June of 2023. The amendment to the existing Section 1115 demonstration waiver submitted additional requests for innovations to address the health-related social needs of Illinoisans. They requested to rename the demonstration to "*Illinois Healthcare Transformation Section 1115 Demonstration.*" The request for additional services to address HRSNs is currently under negotiation with the federal Centers for Medicare & Medicaid Services. For more information:

<https://hfs.illinois.gov/medicalproviders/cc/1115demonstrationwaiverhome/1115demonstrationwaiverbhtfi-veyearextension.html>.

Sobering Centers: A sobering center is a facility that provides short-term recovery from the effects of alcohol or drug intoxication. Sobering centers are an alternative to jail and emergency departments. They are designed for nonviolent, intoxicated individuals who are mostly uninsured, homeless, or marginally housed. Sobering centers are available 24/7 and operate in partnership with local law enforcement, emergency services, and/or health and community organizations. Sobering Centers were pioneered in San Francisco – for more information National Sobering Collaborative: <https://nationalsobering.org/>.

Behavioral Health Systems Terms:

Community Mental Health Center Services & Supports Terms

Assertive Community Team (ACT): ACT is the integration of crisis intervention, treatment services and rehabilitative supports focused on skill building and stabilization to promote and maintain community living. ACT services are available to the customer 24 hours a day, every day of year, are provided by a multidisciplinary team under the direction of an allowable team lead.

Behavioral Health Clinic (BHC): BHCs are designed to serve individuals with low to moderate intensity needs. BHCs are intended to be smaller entities that focus on specific populations or diseases, meeting the specific needs of their community.

Community Mental Health Center (CMHC): Certified Comprehensive Community Mental Health Centers are a specialty service provider type embedded in the community with knowledge and expertise in providing services to adults with or at risk of serious mental illnesses (SMI) and/or children and youth with or at risk of serious emotional disturbances (SED). CMHCs provide outpatient services, including specialized outpatient services for children, the elderly, individuals who are chronically mentally ill, and residents of the CMHC's mental health service area who have been discharged from inpatient treatment at a mental health facility; 24 hour-a-day emergency care services; day treatment, or other partial hospitalization services, or psychosocial rehabilitation services; and screening for patients being considered for admission to State mental health facilities to determine the appropriateness of such admission. CMHCs collaborate with other social service and health care providers to deliver integrated care to individuals in the identified geographic service area. CMHCs must be nonprofit or local government entities. CMHCs serve the vital function of providing safety net mental health services throughout the state including, but not limited to, the delivery of services reimbursed through the Illinois Medical Assistance Program. CMHCs are the only provider type that is eligible to provide Assertive Community Treatment (ACT) and Psychosocial Rehabilitation Services (PSR). <https://www.ilga.gov/commission/jcar/admincode/059/059001320C00700R.html>

Community Support Team (CST): provided under the direction of a full-time Qualified Mental Health Professional, is available to the customer 24 hours a day, every day of year, and is intended to decrease institutional and behavioral health crisis episodes while increasing community functioning to achieve rehabilitative, resiliency and recovery goals.

Certified Recovery Support Specialist (CRSS): credential is for people who provide peer services for people recovering from mental illness or substance use disorders. CRSS credential holders use their personal recovery experience to help others recover and wellness.

Federally Qualified Health Center (FQHC): A Federally Qualified Health Center (FQHC) is a community-based outpatient clinic that offers *primary care services* to medically underserved areas. FQHCs are non-profit, federally funded health centers that provide services regardless of a person's ability to pay. FQHCs are also known as community health centers (CHCs). FQHCs coordinate with Community Mental Health Centers.

FQHC Look-Alike: A Look-Alike is an organization that meets all of the eligibility requirements of an FQHC that receives a PHS Section 330 grant, but does not receive grant funding. Although they don't receive grant funding, they do receive many of the same benefits as FQHCs. For more information: <https://bphc.hrsa.gov/funding/funding-opportunities/health-center-program-look-alikes>

Psychosocial Rehabilitation Services (PSR): services that help people with mental illness regain skills and function in the community. PSR programs are short-term and intensive, and can include skill-building groups. Services include: Medication management, Psychological support, Family counseling, Vocational and independent living training, Housing, Job coaching, Educational aide, Social support.

Qualified Mental Health Professional (QMHP): A mental health professional with a masters-level credential in one of the following: counseling, Social work, Vocational counseling, Psychology, Pastoral counseling, Family therapy, or a related field. QMHPs can provide:

- Providing individual and group therapy
- Providing mental health services to community members
- Providing mental health services to individuals in the PSR program
- Completing timely and accurate documentation
- Providing assessment, treatment planning, therapy, and other mental health services

Safety Net Hospital: A safety net hospital is a medical center that provides care to patients regardless of their insurance status, ability to pay, or immigration status. Safety net hospitals can be for-profit, non-profit, or public hospitals, but most are non-profit or public. Cook County Health is one of the nation's largest safety net hospitals.

The Crisis Care System Terms

Crisis Call Center – SOMEONE TO TALK TO⁶: A readily accessible crisis call center that is equipped to efficiently connect individuals in a mental health crisis to needed care; including telehealth support services delivered by the crisis line itself. SAMHSA's Best Practice Tool Kit outlines best practice for developing Regional Crisis Call Centers. Link [here](#) for more information.

- **988:** The [988 Suicide & Crisis Lifeline](#), previously known as the National Suicide Prevention Lifeline, offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or any other kind of emotional distress. People can also call, text or chat 988 if they are worried about a loved one who may need crisis support. The 988 Lifeline responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors. There are many reasons that people connect with the 988 Lifeline. Some examples in addition to thoughts of suicide are feeling overwhelmed with anxiety, sexual orientation worries, drinking too much, drug use, feeling depressed, mental and physical illness, loneliness, trauma, relationships, and economic worries.
- **How is 988 different from 911?:** The primary goal of the 988 Lifeline is to provide support for people in suicidal crisis or mental health-related distress in the moments they need it most and in a manner that is person-centered. The vast majority of those seeking help from the 988 Lifeline do not require any additional interventions at that moment.
- **How is 988 different from 211?** The 211 system provides health and social service assistance information and referrals. The 988 Lifeline crisis counselors provide support for people in suicidal crisis or mental health-related distress in the very moments they need it most. While generally being different in scope, these systems need to be aligned, and in many cases, local 988 Lifeline centers also respond to 211 contacts.
- **What is the 590 Program?:** A grant program in Illinois that funds non-billable costs for crisis services. 590 programs, also known as Mobile Crisis Response Teams (MCRT), are available 24/7/365. 590 programs are funded by the Illinois Department of Human Services (DMH).

⁶ 988 Suicide & Crisis Lifeline, SAMHSA, <https://www.samhsa.gov/find-help/988/faqs#differences>

- **Mobile Crisis Response (MCR):** All HFS contracted Medicaid Managed Care Organizations (MCOs) serving children have a dedicated mobile crisis responder team (contracted in each community). The MCRs can be dispatched to go to children in crisis to complete an in-person assessment to determine whether the child is best treated in the community versus a residential program.
- **Screening, Assessment and Support Services (SASS):** In an effort to provide improved coordination in the delivery of mental health services to youth, Illinois developed the Screening, Assessment and Support Services (SASS) program for children and adolescents experiencing a mental health crisis. The SASS initiative is a cooperative partnership between the Department of Children and Family Services (DCFS), the Department of Healthcare and Family Services (HFS) and the Department of Human Services (DHS). The development of the tri-department SASS program created a single, statewide system to serve children experiencing a mental health crisis whose care will require public funding from one of the three agencies.
- **Crisis and Referral Entry Service (CARES):** SASS program's single point of entry for all children entering the system and ensures that children receive crisis services in the most appropriate setting. CARES will dispatch MCO Mobile Crisis Response teams to engage with children under the age of 21 on Medicaid.
- **How is 988/590 different from MCR/SASS?:** The 988 and 590 programs are for everyone –no matter age, diagnosis or health insurance coverage. The MCR/SASS programs are targeted toward children under the age of 21 on Medicaid.
- **What is the difference between the 988 vs CARES line?:** The 988 line is a for everyone and is connected to trained counselors able to provide support to people in crisis. The CARES line is dedicated to children on Medicaid who need to be connected with dedicated crisis response team from their Medicaid Health Choices plan.

Crisis Receiving and Stabilization Centers (or Units) – SOMEWHERE TO GO: Crisis receiving, and stabilization services offer the community a no-wrong-door access to mental health and substance use care; operating much like a hospital emergency department that accepts all walk-ins, ambulance, fire and police drop-offs. These services create places for people to go in the community, rather than a hospital emergency department. SAMHSA's Best Practice Tool Kit outlines best practice for developing Crisis Receiving & Stabilization Centers. Link [here](#) for more information.

Mobile Crisis Teams – SOMEONE TO RESPOND: Mobile crisis team services offer community-based intervention to individuals in need wherever they are; including at home, work, or anywhere else in the community where the person is experiencing a crisis. SAMHSA's Best Practice Tool Kit outlines best practice for developing Mobile Crisis Team Services. Link [here](#) for more information.

Mental Health Care and Treatment Terms

Primary Federal Agency: Substance Abuse and Mental Health Services Administration (SAMHSA).

Primary State Agency: The IL Department of Human Services/Division of Mental Health (DMH).

As the State Mental Health Authority, the Division of Mental Health (DMH) is responsible for assuring that children, adolescents and adults, throughout Illinois, have the availability of and access to public-funded mental health services for those who are diagnosed with a mental illness or emotional disturbance and an impaired level of functioning based on a mental health assessment.

Treatment Terms

Advanced Practice Nurse or APN: A nurse with a psychiatric specialty licensed under the Nurse Practice Act. (see below).

Behavioral Health Assessment: A comprehensive evaluation of an individual's mental health and substance use history to determine treatment needs. The standardized behavioral health assessment tool required by HFS/MCOs for Community Mental Health services is called the Illinois Medicaid+Comprehensive Assessment of Needs & Strengths (IM+CANS).

Case Manager: A professional who helps individuals access and coordinate behavioral health services, housing, and social support.

Counselor: A professional who provides counseling and psychotherapy services to individuals, couples, or groups.

Here's how the IL Medicaid program categorizes counselors in statute:

Licensed Practitioner of the Healing Arts or LPHA – An Illinois licensed health care practitioner who, within the scope of State law, has the ability to independently make a clinical assessment, certify a diagnosis and recommend treatment for persons with a mental illness and who is one of the following: a physician; an **advanced practice nurse** with psychiatric specialty licensed under the Nurse Practice Act [225 ILCS 65]; a clinical psychologist licensed under the Clinical Psychologist Licensing Act [225 ILCS 15]; a **licensed clinical social worker (LCSW)** licensed under the Clinical Social Work and Social Work Practice Act [225 ILCS 20]; a **licensed clinical professional counselor (LCPC)** licensed under the Professional Counselor and Clinical Professional Counselor Licensing Act [225 ILCS 107]; or a **licensed marriage and family therapist (LMFT)** licensed under the Marriage and Family Therapist Licensing Act [225 ILCS 55] and 68 Ill. Adm. Code 1283.

Crisis Plan: A pre-established plan of action for individuals to follow during a mental health crisis, often developed with a therapist or counselor.

Holistic Health: An approach that considers an individual's physical, emotional, social, and spiritual well-being as interconnected aspects of overall health.

Inpatient Treatment: A level of care that involves 24-hour medical and therapeutic support for individuals with severe mental health or addiction issues, often in a hospital or specialized facility.

Integrated or Collaborative Care Model: CoCM is an evidence-based model for integrating behavioral health into primary care settings using a person-centered, team-based approach. The goal of CoCM services is to extend the capabilities of primary care practices to identify and treat customers with low to moderate behavioral health needs. CoCM is intended for customers with common behavioral health conditions that require systematic follow-up due to their chronic nature, including but not limited to: mild to moderate depression, anxiety, post-traumatic stress disorder (PTSD), and substance use disorders (SUD).

The CoCM team is led by a primary care provider (PCP) and includes a behavioral health care manager (BHCM) and a psychiatric consultant. The team develops, implements, and regularly monitors a person-centered care plan, making referrals to specialized services when necessary. The model requires the use of validated screening tools and a patient registry. Five core principles define effective collaborative care and are necessary for an effective implementation of the model:

- Person-centered care: the customer is part of the treatment team and makes the ultimate decision regarding their treatment.
- Measurement based treatment-to-target strategy: validated tools are used for the measurement of customer symptoms and needs.

- Population-based care: the use of a patient registry to allow the team to monitor the customer's outcomes over time.
- Evidence-based treatment: treatments offered to customers are evidence-based (e.g., medications, brief interventions).
- Accountable care: the team is accountable for the customer's care, including the quality of care and clinical outcomes.

For more information: <https://hfs.illinois.gov/medicalproviders/notices/notice.prn220621b.html>

Medication Management: The process of prescribing, monitoring, and adjusting psychiatric medications to treat mental health conditions.

Outpatient Treatment: Mental health or addiction services provided on an appointment basis without the need for hospitalization.

Psychiatrist: A medical doctor who specializes in the diagnosis, treatment, and prevention of mental illnesses, often prescribing medications.

Psychologist: A mental health professional trained in psychological assessment and psychotherapy but does not prescribe medications.

Psychotherapy: Also known as talk therapy or counseling, it is a therapeutic method where a trained therapist helps individuals explore their thoughts, feelings, and behaviors to address mental health concerns.

Relapse Prevention: Strategies and skills to prevent a recurrence of mental health symptoms or substance use after a period of recovery.

Telehealth: The use of telecommunications technology to provide mental health services remotely, such as through videoconferencing or phone calls.

Therapeutic Modalities: Different approaches or techniques used in therapy, such as cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), or family therapy.

Wellness Plan: A personalized plan that outlines an individual's goals and strategies for achieving and maintaining mental and emotional well-being.

SUD Care & Treatment Terms

Primary Federal Agency: Substance Abuse and Mental Health Services Administration (SAMHSA).

Primary State Agency: The IL Department of Human Services/Division of Substance Use Prevention & Recovery (SUPR).

SUPR emphasizes a “recovery-oriented system of care” (ROSC) to ensure that an appropriate mix of SUD services and recovery supports for youth, adults and families is available and accessible throughout the state.

Treatment Terms

Abstinence: SAMHSA defines abstinence as “the act of completely stopping substance abuse”. This includes abstaining from alcohol, drugs, and non-prescribed medications. Recovery from SUD has many pathways, and abstinence is one pathway to recovery.

Harm Reduction: A set of practical strategies and ideas aimed at reducing negative consequences associated with substance use. Harm reduction incorporates a spectrum of strategies that includes safer use of substances, managed use, abstinence, meeting people who use drugs or alcohol “where they’re at” and addressing “conditions of use” along with the use itself. Harm reduction as a strategy requires that interventions and policies reflect the individual and community needs, so there is no “one size fits all” approach. It focuses on equipping people (and communities) with life-saving tools and information to create opportunities for people with SUD to engage in healthier, more positive behaviors. IL funds harm reduction through supportive services under SUPR and through direct intervention services related to the [Overdose Prevention and Harm Reduction Act, \(Public Act 101-0356\)](#).

Intensive Outpatient Program (IOP): IOP stands for "intensive outpatient program". IOPs are structured treatment plans for substance use disorders (SUDs) and co-occurring mental health disorders. IOPs differ from residential treatment in that they don't require around-the-clock supervision. Clients may attend treatment a few times a week, though they can go more frequently, even daily, depending on their treatment plan.

Medication-assisted treatment: SAMHSA defines medication assisted treatment as the use of FDA-approved medications in combination with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of SUD.

Recovery: SAMHSA defines recovery as “a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential”. SAMHSA includes HOME, HEALTH, PURPOSE & COMMUNITY as dimensions of recovery.

Recovery Housing⁷: SAMHSA delineates that housing or having a home— a stable and safe place to live—is one of the major dimensions that support a life in recovery. Recovery housing provides residents a stable and safe place to live. Persons with substance use issues often return from treatment and institutions to living environments that enable addictive lifestyles. Secure housing is an important component of recovery and has proven to promote successful recovery outcomes.

Recovery Supports: Recovery support services are non-clinical services and supports that assist individuals in initiating and sustaining recovery from an SUD.

SUD Treatment: SAMHSA defines treatment as “counseling or treatment for drug and alcohol use, or for medical issues related to use of substances. Treatment can be in-patient (person resides at a facility for care) or out-patient (person is not receiving care in a facility).

Payers for Behavioral Health Care:

Commercial health insurance: health insurance coverage connected to employment. Unlike government-sponsored insurance, commercial insurance is often offered through your employer's benefit packages.

⁷ *Best Practices for Recovery Housing*, SAMHSA 2023.

Federal Block Grants: SAMHSA provides block grants to states to pay for services and treatment for people who do not have health insurance coverage.

Medicaid: public health insurance program that offers free or low-cost health coverage to low-income individuals and families. It is administered by the IL Department of Healthcare & Family Services and is called the **HealthChoice Illinois** program. HealthChoice Illinois pays for behavioral health services. To be eligible for HealthChoice Illinois (or Medicaid⁸), you must be a resident of the state of Illinois, a U.S. national, citizen, permanent resident, or legal alien, in need of health care/insurance assistance, whose financial situation would be characterized as low income or very low income. You must also be one of the following:

- Pregnant, or
- Be responsible for a child 18 years of age or younger, or
- Blind, or
- Have a disability or a family member in your household with a disability.
- Be 65 years of age or older.

Medicaid Managed Care Organizations (MCOs): IL contracts with health plans to coordinate the health and behavioral healthcare for residents on the HealthChoice Illinois Medicaid program. For more information about MCOs operating in Illinois <https://enrollhfs.illinois.gov/en/managed-care>.

Medicare: a federal health insurance program for people who are 65 or older. Medicare is a fee-for-service program, meaning that you typically pay a portion of the costs for covered services as you get them.

Other initiatives in Cook County:

Justice Advisory Council: The Justice Advisory Council (JAC) coordinates and implements Cook County Board President Toni Preckwinkle’s criminal and juvenile justice reform efforts and community safety policy development. The work of the Justice Advisory Council is guided by the county's [Policy Roadmap](#) which identifies a central priority of building safe and thriving communities throughout Cook County. <https://www.cookcountyil.gov/agency/justice-advisory-council>

⁸ Illinois Medicaid, <https://www.benefits.gov/benefit/1628>.

Acronyms in the Glossary of Behavioral Health Terms:

ACT: Assertive Community Team

BHC: Behavioral Health Clinic

BHCM: Behavioral Health Care Manager

CADC: Certified Alcohol and Other Drug Counselor

CARES: Crisis and Referral Entry Service

CBT: Cognitive Behavioral Therapy

CCBHC: Certified Community Behavioral Health Center

CCH: Cook County Health

CMHC: Community Mental Health Center

CoCM: Collaborative Care Model

CRSS: Certified Recovery Support Specialist

CST: Community Support Team

DBT: Dialectical Behavior Therapy

DCFS: Illinois Department of Children and Family Services

DCO: Designated Collaborative Organization (part of a CCBHC).

DHS: Illinois Department of Human Services

DMH: Illinois Department of Human Services, Division of Mental Health

FDA: United States Food and Drug Administration

FQHC: Federally Qualified Health Center

FQHC LAL: Federally Qualified Health Center Look-Alike

HFS: Illinois Department of Healthcare & Family Services

HHS ASPE: Department of Health & Human Services, Office of the Assistant Secretary for Planning and Evaluation

HRSN: Health-Related Social Needs

HTC: Healthcare Transformation Collaborative

IDD: Intellectual & Developmental Disability

IM+CANS: Illinois Medicaid+Comprehensive Assessment of Needs & Strengths

IOP: Intensive Outpatient Program

JAC: Justice Advisory Council

MCO: Managed Care Organization

MCR: Mobile Crisis Response

MCRT: Mobile Crisis Response Teams

MHP: Mental Health Professional

PCP: Primary Care Provider

PSR: Psychosocial Rehabilitation Services

PTSD: Post-Traumatic Stress Disorder

QMHP: Qualified Mental Health Professional

ROSC: Recovery-Oriented System of Care

SAMHSA: Substance Abuse and Mental Health Services Administration

SASS: Screening, Assessment and Support Services

SED: Serious Emotional Disturbance

SMI: Serious Mental Illness

SUD: Substance Use Disorder

SUPR: Illinois Department of Human Services, Division of Substance Use Prevention & Recovery