

Acronyms for Caregiver Advisors in Ontario’s Addiction & Mental Health System

This is a sample of a list of acronyms that may be helpful for Caregiver Advisor to understand acronyms being used within the committee, council, or project. While the list was created for a hypothetical Ottawa-based organization, it can be adapted for any given organization

Table of Acronyms

Acronym	Explanation	Description
ACTT	Assertive Community Treatment Team	Assertive Community Treatment (ACT) is an integrated team-based approach designed to provide comprehensive community-based supports to help people with severe mental illness.
ALC	Alternate Level of Care	A level of care given to hospital patients who are healthy and stable enough to be cared for elsewhere. Typically patients stay in hospital as ALC if they are waiting for additional care outside of the hospital.
ALOS	Average Length of Stay	The average number of days that patients spend in hospital measured by dividing the total number of days stayed by all inpatients during a year by the number of admissions or discharges.
ASIST	Applied Suicide Intervention Skills Training	Workshops on how to help prevent suicide.
BD	Bipolar Disorder	A mental disorder, previously known as manic depression, characterized by periods of depression and periods of abnormally elevated mood that last from days to weeks.
BPD	Borderline Personality Disorder	A serious, long-lasting and complex mental health problem that is characterized by difficulties regulating or managing emotions or controlling impulses. People with BPD are highly sensitive to what is going on around them and can react with intense emotions to small changes in their environment.
CAMH	Centre for Addictions and Mental Health	Mental Health and Addiction Centre of Excellence in Toronto (services, teaching and research).
CBT	Cognitive Behavioural Therapy	Cognitive-behavioural therapy is a practical, short-term form of psychotherapy. It helps people to develop skills and strategies for becoming and staying healthy.



CCAC	Community Care Access Centre	A health agency that helps provide more care to patients and caregivers in their home or in their community.
CCB	Consent and Capacity Board	An independent provincial tribunal, the Consent and Capacity Board's mission is the fair and accessible adjudication of consent and capacity issues, balancing the rights of vulnerable individuals with public safety.
CD	Concurrent Disorders	Describes a condition in which a person has both a mental illness and a substance use problem.
CFHI	Canadian Foundation for Healthcare Improvement	CFHI and the Canadian Patient Safety Institute are now amalgamated as a new organization called Healthcare Excellence Canada.
CHC	Community Health Centres	Non-profit organizations that provide primary health and health promotion programs, established and managed by community-elected board of directors.
CMH	Community Mental Health	A program that provides mental health services directed to the community.
CIHI	Canadian Institute for Health Information	A Canadian health agency that collects and reports on clinical and non-clinical data.
CMHA	Canadian Mental Health Association	An organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.
CoI	Community of Interest	A community of interest is a gathering of people assembled around a topic of common interest. Its members take part in the community to exchange information, to obtain answers to questions or problems and to improve their understanding of a subject.
CoP	Community of Practice	A community of practice is a group of people who share a common concern, a set of problems, or an interest in a topic and who come together to fulfill both individual and group goals.
CPSO	College of Family Physicians and Surgeons of Ontario	The body that regulates the practice of medicine to protect and serve the public interest.
CTO	Community Treatment Order	Signed legal agreement that allows persons with a severe and persistent mental illness to receive treatment, support and supervision in their own community instead of being in the hospital.
DBT	Dialectical Behaviour Therapy	Dialectical means "the existence of opposites." In DBT, people are taught two seemingly opposite strategies: acceptance (i.e., that their experiences and behaviours are valid), and change (i.e., that they have to make positive changes to manage emotions and move forward).
DD	Dual Diagnosis	Refers to an individual with a mental illness and a developmental disability.



DI	Diagnostic Imaging	A department in a hospital that uses medical technology to diagnose and consult on medical illnesses. Also call MI for Medical Imaging.
DSM-5	Diagnostic and Statistical Manual of Mental Disorders (5 th Edition)	The DSM-5 is a manual for the assessment and diagnosis of mental disorders published by the American Psychiatric Association in 2013.
Dx	Diagnosis	The abbreviation for diagnosis, the determination of the nature of a disease.
ECFAA	Excellent Care For All Act	A piece of provincial legislation that focuses on enhancing every hospital's quality agenda.
ECT	Electroconvulsive Therapy	Electroconvulsive therapy is a procedure, done under general anesthesia, in which small electric currents are passed through the brain, intentionally triggering a brief seizure. ECT seems to cause changes in brain chemistry that can quickly reverse symptoms of certain mental health conditions.
EENet	Evidence Exchange Network	Evidence Exchange Network is a mental health and addictions knowledge exchange network that connects stakeholders across Ontario.
EHR	Electronic Health Record	An electronic health record is a digital version of a patient's paper chart. EHRs are real-time, patient-centered records that make information available instantly and securely to authorized users.
EMR	Electronic Medical Record	A centralized computer system that collects patient clinical and demographic information.
FHT	Family Health Teams	Primary health care organizations that include a team of family physicians, nurse practitioners, registered nurses, social workers, dietitians, and other professionals who work together to provide primary health care for their community.
HCP	Health Care Provider	
HIC	Health Information Custodian	A health care practitioner or person who operates an organization listed under PHIPA that provides health care to an individual and has custody or control of their personal health information.
HQO	Health Quality Ontario	A partner in transforming Ontario's health care system so that it can deliver a better experience of care and better outcomes for Ontarians and better value for money.
IAR	Integrated Assessment Record	Computer program allows authorized users to view health information.
IT	Information Technology	A department focused on clinical and non-clinical information systems and technology.



LAI	Long-Acting Injectable	Long-acting injectable antipsychotics are a pharmacologic strategy for treating patients with schizophrenia who relapse due to nonadherence to antipsychotic medication. Rather than the daily pill-taking required with oral antipsychotics, LAI antipsychotics are administered by injection at two- to four-week intervals.
MCSS	Ministry of Community and Social Services	Ministry responsible for social assistance programs.
MCYS	Ministry of Children and Youth Services	Ministry responsible for services to children and youth health services and youth in the law.
MDAO	Mood Disorders Association of Ontario	Offer free support programs to people across Ontario, and their families, who are living with depression, anxiety or bipolar disorder.
MDD	Major Depressive Disorder	A mood disorder that causes a persistent feeling of sadness and loss of interest and can interfere with daily functioning.
MHCC	Mental Health Commission of Canada	The Mental Health Commission of Canada is a national non-profit organization that leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.
MOHLTC	Ministry of Health and Long Term Care	The portion of the provincial government that governs healthcare, long-term care and health promotion / prevention.
NAMI	National Alliance on Mental Illness	The National Alliance on Mental Illness is the largest grassroots mental health organization in the United States and is dedicated to building better lives for the millions of Americans affected by mental illness.
OCAN	Ontario Common Assessment of Need	A standardized, consumer-led, decision-making tool that assists with mental health recovery by identifying individual needs, matching these needs to existing services, and highlighting service gaps.
OCD	Obsessive Compulsive Disorder	Obsessive-compulsive disorder is a mental disorder in which a person has certain thoughts repeatedly (called "obsessions") or feels the need to perform certain routines repeatedly (called "compulsions") to an extent that generates distress or impairs general functioning.
OCTC	Ottawa Children's Treatment Centre	Provides specialized care for children/youth with physical/developmental and associated behavioural needs in Ottawa



ODSP	Ontario Disability Support Program	Government program providing income support/employment supports for people with a disability.
OFCAN	Ontario Family Caregivers' Advisory Network	A provincial community of mental health and addiction caregivers and family caregiver advisories that is advancing system change through co-design to improve health outcomes. Their vision is to have a healthcare system that empowers and partners with family caregivers.
OHA	Ontario Hospital Association	Supports hospitals across the province by providing hospital staff and leadership with high-quality products and services, education opportunities, and championing health system innovation and policy.
OHT	Ontario Health Teams	A group of health professions who work as an inter-disciplinary team as regulated by the Ontario government.
OMA	Ontario Medical Association	Represents the political, clinical and economic interests of the province's medical profession.
ONA	Ontario Nurses Association	A proactive union committed to improving the economic welfare and quality of work-life for its members, to enable them to provide high-quality health care.
ON-BPD	Ottawa Network for Borderline Personality Disorder	Provides support and educates relatives of persons who are affected by BPD through the Family Connections Program, conferences and lectures.
OPDI	Ontario Peer Development Initiative	Voice of consumer survivor organizations across Ontario – offers peer support training certification and lobbies for policy changes.
OPOC-MHA	Ontario Perception of Care Tool for Mental Health and Addictions	The OPOC-MHA tool is a standardized way for gathering client and caregiver feedback on the quality of care received across both community and hospital settings.
OTN	Ontario Telemedicine Network	Technology used by service providers to deliver care using video conferencing.
OW	Ontario Works	Government program that provides temporary financial assistance and employment supports for those in urgent need.
PFCC	Patient- & Family-Centred Care	An approach to the planning, delivery and evaluation of health care that is grounded in mutually beneficial partnerships among patients, families and health care providers.
PGT	Public Guardian and Trustee	Assumes financial and health responsibilities for people who are at risk or are deemed incapable if there is no one else to do this.
PHI	Personal Health Information	A term used to generalize all health information related to a patient.
PHIPA	Personal Health Information Protection Act	PHIPA provides a set of rules for the collection, use and disclosure of personal health information.



PLEO	Parents' Lifeline of Eastern Ontario	Ottawa grass roots organization providing systems navigation and support to parents and caregivers who have children, youth and young adults with mental illness in Champlain.
POA	Power of Attorney	A Power of Attorney is a legal document in which you give someone you trust (called your "attorney") the right to make decisions for you if something happens and you are no longer able to look after matters on your own. There are two types: Power of Attorney for Personal Health and Power of Attorney for Property.
PPAO	Psychiatric Patient Advocate Office	Protects and promotes the rights and entitlements of Ontarians with mental illness through advocacy, rights advice and education.
PSO	Psychiatric Survivors of Ottawa	Offer free programs, peer and family peer support, public education, volunteer opportunities, and much more to people experiencing mental health challenges and their families.
PTSD	Post-Traumatic Stress Disorder	A disorder that develops in some people who have experienced a shocking, scary, or dangerous event.
QA	Quality Assurance	A term used to describe activities that are undertaken to ensure the quality of any task performed is at an acceptable level.
QI	Quality Improvement	A principle of involving all stakeholders in planned changes to improve patient outcomes, better system performance, and better professional development.
QIP	Quality Improvement Plan	A government mandated annual strategy to improve quality.
QS	Quality Standard	A defined and measurable standard of care that someone should be able to expect from the health system for a particular health condition.
RDSP	Registered Disability Savings Plan	A long-term savings plan to help Canadians with disabilities and their families save for the future.
ROHCG	Royal Ottawa Health Care Group	The Royal Ottawa Health Care Group is made up of the Royal Ottawa Mental Health Centre, the Brockville Mental Health Centre, the University Of Ottawa Institute of Mental Health Research, the Royal Ottawa Place, and the Royal Ottawa Foundation for Mental Health.
ROP	Royal Ottawa Place	House recovery program and long term residential care facility for the Royal Ottawa
SAD	Seasonal Affective Disorder	A type of depression that occurs during the same season each year, usually in the fall or winter.
SDM	Substitute Decision Maker	Substitute decision making is when one person makes decisions on behalf of another when the other is not mentally capable.



SFT	Strengthening Families Together	An education program developed by the Schizophrenia Society of Canada for family and friends of individuals with serious mental illness.
SLT	Senior Leadership Team	A group of health administrators consisting of the organizations CEO and VPs.
SMI	Serious Mental Illness	A mental, behavioural, or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities.
SZ	Schizophrenia	A serious mental disorder in which people interpret reality abnormally. Schizophrenia may result in some combination of hallucinations, delusions, and extremely disordered thinking and behavior that impairs daily functioning.
TBD	To Be Determined	A term used when further planning is needed.
WRAP	Wellness Recovery Action Plan	Workshops to help people develop their own care plan and manage crisis.

