



# Assisted outpatient treatment terminology

*Presented by:*

Scott Smith

Consultant, Center for Behavioral Health and Justice

# Treatment terminology

# Treatment Terminology

- **The Diagnostic & Statistical Manual of Mental Disorders (DSM):** The diagnostic guide for mental disorders (including substance use disorders), containing objective criteria for making a diagnosis.
- **Treatment:** any effort to prevent, cure, and/or lessen the severity of a condition.
- **Evidence-based treatment:** Treatment with multiple scientific studies demonstrating its effectiveness.
- **Outpatient treatment:** Treatment that does not require an overnight stay. Examples include a psychiatrist office visit or therapy appointment.
- **Earlier intervention:** Refers to efforts to engage people in services designed to manage SMI (e.g., treatment, vocational support) as close to the onset of their illness as possible. Researchers have found a strong correlation between earlier intervention and a person's prognosis.

# Treatment Terminology

- **Higher level of care:** Refers to a person's need for psychiatric services that exceed what can be provided in outpatient treatment.
- **Inpatient treatment:** Treatment that occurs in a hospital and requires an overnight stay. Also referred to as inpatient psychiatric hospitalization. Services include medication evaluation, group therapy, and behavioral monitoring.
- **Crisis Residential Unit:** An alternative to inpatient treatment that typically occurs in a facility other than a hospital but provides many of the same services.
- **Partial Psychiatric Hospitalization Program (PPHP):** A full-day form of outpatient treatment where an individual receives many of the same services offered in an inpatient hospitalization without the need to stay overnight. Also known as partial hospitalization program (PHP).
- **Psychiatric Urgent Care:** A walk-in facility for mental health and/or substance related treatment.

# Treatment Terminology

- **Voluntary treatment:** Treatment that a person willingly consents to receive (outpatient or inpatient).
- **Involuntary treatment:** Treatment that a person does not consent to receive, including assistant outpatient treatment (AOT) and involuntarily hospitalization. There are legal guidelines around the use of involuntary treatment, and the probate court has jurisdiction over such cases.
- **Non-adherent to treatment:** Refers to someone who has stopped participating in their treatment (e.g., stopped taking their medication).

This training is presented as a part of the  
**Assisted Outpatient Treatment Toolkit**  
to learn more visit:

<http://behaviorhealthjustice.wayne.edu/aot>