

Derbyshire Mental Health Jargon Buster

A glossary of terms to help you cut through the jargon used in the Derby and Derbyshire mental health sector and to help you get the most out of our Forum Meetings and Forum News e-bulletins.

This is not an extensive list so if you feel a term is missing, please contact dmhf@erewashcvs.org.uk and we'll aim to get it added as soon as we can.

[A](#) [B](#) [C](#) [D](#) [E](#) [G](#) [H](#) [I](#) [J](#) [L](#) [M](#) [N](#) [O](#)
[P](#) [R](#) [S](#) [T](#) [U](#) [V](#)

Term	Description
<u>A</u>	
AMHP	See Approved Mental Health Professional
Appointed Governor	An appointed governor is a type of governor who is not elected but rather appointed by a specific body or organisation.
Approved Mental Health Professional (AMHP)	The role of the AMHP is to coordinate the assessment of individuals who are being considered for detention under the Mental Health Act 1983
ARFID	See Avoidant Restrictive Food Intake Disorder
ASC	See Autism Spectrum Condition
ASD	Autism Spectrum Disorder, see Autism Spectrum Condition
Autism Spectrum Condition (ASC)	Sometimes referred to as the autism spectrum or autism spectrum disorder. It is developmental

	condition which affects how someone experiences the world around them. It can make communicating with others difficult and can cause great anxiety but it can also mean that the person has an interesting and unusual way of looking at things.
Autism Spectrum Disorder	See Autism Spectrum Condition
Avoidant Restrictive Food Intake Disorder (ARFID)	An eating disorder that causes the individual to restrict food intake by volume and/or variety. It is similar to anorexia in that both conditions involve intense restrictions on the amount of food and types of foods you eat.
<u>B</u>	
BDA	See British Deaf Association
British Deaf Association (BDA)	Deaf-led organisation that works directly with Deaf people that use British Sign Language (BSL). Their work concentrates on campaigning for equal rights on a national level and working at a local level empowering Deaf people to achieve access to their local public services.
British Sign Language	A sign language used in the United Kingdom and is the first or preferred language among the Deaf community in the UK.
BSL	See British Sign Language
<u>C</u>	
CAMHS	See Child and Adolescent Mental Health Services
Care Quality Commission (CQC)	CQC is the independent regulator of health and adult social care in England. They make sure health and social care services provide people with safe, effective, compassionate, high-quality care and encourage care services to improve.
CAYP	Children and Young People
CBT	See Cognitive Behavioural Therapy

CCG	Clinical Commissioning Group (defunct from 1 July 2022) - see Integrated Care Board (ICB)
CCT	See Community Care Team
Child and Adolescent Mental Health Services (CAMHS)	NHS-provided service for children, generally until school-leaving age, who have difficulties with their emotional well-being or are deemed to have persistent behavioural problems. CAMHS are organised locally, and the exact services provided may vary, often by local government area.
Clinical Support	A broad term for meaning support from a healthcare professional. Depending on the context it could also relate to an individual or team of individuals assisting a healthcare professional.
CMHF	See Community Mental Health Framework
CMHT	See Community Mental Health Team
Co-Delivery	Statutory and/or voluntary sector working with the community, service users and/or people with lived experience to provide an end service.
Co-Design	Statutory and/or voluntary sector working with the community, service users and/or people with lived experience in the design and creative process of developing new services or improving existing ones.
COF	See Commissioning Outcomes Framework
Cognitive Behavioural Therapy (CBT)	A type of therapy that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders. CBT focuses on challenging and changing cognitive distortions (such as thoughts, beliefs, and attitudes) and their associated behaviours to improve emotional regulation and develop personal coping strategies that target solving current problems.
Commissioner	A commissioner is responsible for the planning, procurement (obtaining) and ongoing monitoring of services for the NHS or Local Council.
Commissioning Outcomes Framework (COF)	A framework used by the NHS Commissioning Board to: drive local improvements in quality and

	outcomes for patients, to hold clinical commissioning groups to account and so that there is clear, publicly available information on the quality of healthcare services.
Community Care Team (CCT)	Also known as Adult Care Services. It is a local government service that helped people stay independent as long as possible.
Community Group	Group, club, small organisation run by volunteers with no paid staff.
Community Mental Health Framework (CMHF)	It describes how the Long Term Plan's vision for a place-based community mental health model can be realised, and how community services should modernise to offer whole-person, whole-population health approaches, aligned with the new Primary Care Networks.
Community Mental Health Team (CMHT)	It is made up of a range of mental health experts who work together to provide the right care for people with mental health difficulties. They include: doctors, community mental health nurses, social workers, occupational therapists, psychologists, mental health support workers and consultant psychiatrists.
Community of Practice (CoP)	A group of people who share a concern or a passion for something and learn how to do it better through regular meetings and sharing of ideas and experiences.
Community Psychiatric Nurse (CPN)	A mental health specialist nurse who cares for people in their own homes, care homes, or close to where they live, in clinics and GP practices.
Community Voluntary Service (CVS)	Local service that provides advice, training, facilities and support to organisations in the local voluntary, community and social enterprise (VCSE) sector.
CoP	See Community of Practice
Co-Production	Statutory and/or voluntary sector working with the community, service users and/or people with lived experience to provide a service or deliver changes or improvements to the provision of care.

CPN	See Community Psychiatric Nurse
CQC	See Care Quality Commission
CRH	Chesterfield Royal Hospital
Crisis Alternative	Alternative support and care for people experiencing a mental health crisis rather than attending A&E.
Crisis Café	An out-of-hours community mental health drop-in service providing a safe space to access the support without attending A&E.
Crisis Houses	Short term residential accommodation for adults experiencing immediate mental health needs, where their needs would have otherwise been met by hospital inpatient care.
CVS	See Community Voluntary Service
<u>D</u>	
DCC	Derbyshire County Council
DCHS	See Derbyshire Community Health Services NHS Foundation Trust
Dementia Rapid Response Team (DRRT)	A community-based service that is an alternative to hospital care for people with dementia during times of crisis. Delivering rapid assessment and intensive support.
Derby & Derbyshire Healthcare NHS Foundation Trust (DHCFT)	Provider of NHS mental health, learning disabilities and substance misuse (drug and alcohol) services in Derby City and Derbyshire County across community, inpatient and specialist settings.
Derby Wellbeing	The Derby City collaborative for Living Well Derbyshire. See Living Well Derbyshire.
Derbyshire Community Health Services NHS Foundation Trust (DCHS)	Derbyshire Community Health Services - Responsible for community healthcare services such a GPs, community nurses and health visits.
Derbyshire Dialogue	Online forum for the Derbyshire population, providers and commissioners. They have regular

	online meetings which anyone can attend and are shared on YouTube .
Derbyshire Health and Wellbeing Board	A council board that sets priorities to improve health and wellbeing in the county. It is chaired by our Cabinet Member for Health and Communities, and includes representatives from other organisations. These include district and borough councils, GPs, Healthwatch Derbyshire, representatives from Derby and Derbyshire integrated care system, healthcare providers, the voluntary sector and social care agencies.
Derbyshire Health Services	See Derbyshire Community Health Services NHS Foundation Trust (DCHS)
Derbyshire Healthcare	See Derby & Derbyshire NHS Healthcare Foundation Trust
Derbyshire Living Well	A project set up to provide new ways of delivering mental health and wellbeing services and support in your local area, through one team reducing the need for repeated referrals and paperwork.
Derbyshire Mental Health (MH), Neurodiversity (ND) and Learning Disability (LD) Alliance	Derbyshire Mental Health, Neurodiversity and Learning Disability Alliance. A network of organisations with a shared purpose of supporting the people of Derby & Derbyshire to achieve their health and wellbeing potential.
Derbyshire Mental Health Forum (DMHF)	This is us. A project that provides information and support to voluntary sector organisations working to improve the mental health in Derby City & Derbyshire.
DHCFT	See Derby & Derbyshire Healthcare NHS Foundation Trust
DMHF	See Derbyshire Mental Health Forum
DRRT	See Dementia Rapid Response Team
DVA	Derbyshire Voluntary Action (formerly North Derbyshire Voluntary Action)

EBE	Experts By Experience
ED	Eating Disorder
EI	Early Intervention
EVA	Erewash Voluntary Action

G

GDPR	General Data Protection Regulation
Governor	<p>Someone who represents the interests and views of their communities for NHS trusts such as the Derby & Derbyshire Healthcare NHS Foundation Trust (DHCFT), Derbyshire Community Health Services NHS Foundation Trust (DCHS) and University Hospitals of Derby and Burton NHS Foundation Trust (UHDB).</p> <p>The Mental Health Policy Officer at Derbyshire Mental Health Forum is an Appointed Governor at Derbyshire Healthcare Foundation Trust</p>

H

HCA	Healthcare Assistant
Health Watch Derby / Health Watch Derbyshire	Healthwatch Derby / Derbyshire are local, independent, statutory bodies that ensure that local health and social care providers are listening to feedback and experiences from the public in order to improve their services and standards of care.

I

IAPT	Now NHS Talking Therapies - See Talking Therapies
ICB	See Integrated Care Board
ICP	See Integrated Care Partnership
ICS	See Integrated Care System
Integrated Care Board (ICB)	A statutory NHS organisation responsible for developing a plan to meet the health needs of the

	Derby and Derbyshire, managing the NHS budget and arranging the provision of health services in the area.
Integrated Care Partnership (ICP)	A statutory committee formed between the NHS integrated care board and all upper-tier local authorities that fall within the ICS area. The ICP brings together an alliance of partners concerned with improving the care, health and wellbeing of the population, with membership determined locally. The ICP is responsible for producing an Integrated Care Strategy on meeting the health and wellbeing needs of the population in the Integrated Care System area.
Integrated Care Strategy	Joined Up Care Derbyshire's (JUCD) Strategy for how Local Authority, NHS, Healthwatch, and Voluntary Sector organisations will work together to improve the health of Derby and Derbyshire citizens, and further
Integrated Care System (ICS)	A partnership that brings together providers (those who deliver services) and commissioners (those who plan and buy services) with other local partners to collectively plan health and care services to meet the needs of the local population. Also known as Joined Up Care Derbyshire .

J

Joined Up Care Board (JUCB)	See Integrated Care Board (ICB)
Joined Up Care Derbyshire (JUCD)	The name for Derbyshire's Integrated Care System for health and social care services for adults and children. See Integrated Care System .
JUCB	Joined Up Care Board - See Integrated Care Board (ICB)
JUCD	See Joined Up Care Derbyshire

L

LHWB	See Local Health and Wellbeing Board
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Living Well Collaborative	A collection of statutory partners, the local council, voluntary and community organisations as well as people and carers that come together to improve the provision of mental health and wellbeing services in their local area.
Local Health and Wellbeing Board (LHWB)	Local Health and Wellbeing Boards are a formal committee of the local authority charged with promoting greater integration and partnership between bodies from the NHS, public health and local government.
Long Term Plan (10 Year Plan)	The NHS Long Term Plan is a plan launched in 2019 focused on building an NHS fit for the future. The plan sees a focus on adult and children mental health with an increase in budget of £2.3bn a year by 2023/24.

M

Mental Health Act (MHA)	The UK Mental Health Act is a law that regulates the assessment, treatment and rights of people with mental health problems in England and Wales
Mental Health First Aid (MHFA)	A training course teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. Mental Health First Aid won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. Upon completion you become a Mental Health First Aider.
Mental Health First Aid Network (MHFAN)	A network for people who are mental health first aiders in their communities and workplaces. It provides a safe space to discuss challenges, problem solving, share best practice and peer support around being a mental health first aider.
Mental Health Liaison Service	A service provided by Derbyshire Voluntary Action to provide specialist infrastructure support to the mental health voluntary and community sector through collaboration, representation and training.

	They primarily cover North East Derbyshire, Bolsover, Chesterfield, Derbyshire Dales and High Peak regions.
Mental Health Liaison Team (MHLT)	Provide advice, support and a signposting service to patients over the age of 18, where potential mental health and/or drug and alcohol issues are identified. Following referral from a health professional in Accident and Emergency (A&E) or a ward within the general hospital, the team will offer a high-quality intervention, assessment and discharge process. AKA Psychiatric Liaison Team.
Mental Health Policy Officer	Responsible for running the Derbyshire Mental Health Forum (currently Jodie Cook). The role supports voluntary sector organisations to improve mental health in Derby City & Derbyshire.
Mental Health Together (MHT)	Organisation set up to give mental health service receivers and carers a greater say in the services they access; ensuring they are listened to and that their experiences are at the heart of service design and delivery. Part of Health Watch Derbyshire.
Mental Health, Learning Disability, Autism and Childrens Delivery Board	The Board is responsible, on behalf of Joined Up Care Derbyshire (JUCD), for overseeing system-wide delivery, performance improvement and transformation of Mental Health, Learning Disabilities and Autism across Derby and Derbyshire. It aims to implement the requirements of the NHS Long Term Plan. The Derbyshire Mental Health Forum has a place on this board.
MHA	Mental Health Awareness or Mental Health Act
MHFA	See Mental Health First Aid
MHLT	See Mental Health Liaison Team
MHT	See Mental Health Together .

NAVCA	See National Association for Voluntary and Community Action
National Association for Voluntary and Community Action	The national membership body specifically for local infrastructure organisations in England
National Suicide Prevention Alliance (NSPA)	The National Suicide Prevention Alliance (NSPA) is a cross-sector, England-wide coalition working to reduce suicide in England. It consists of over 1,700 individuals and public, private, voluntary and community organisations who care about suicide prevention and are willing to take action to reduce suicide and support those affected by suicide. https://nspa.org.uk/about-us/
Neuro Diverse / Neuro Divergent	An individual whose brain functions outside the “typical” or “normal” range. It can also be used as a noun to refer to such an individual. For example, a neurodivergent person may have a diagnosis of autism, ADHD, OCD, dyspraxia, dyslexia, dyscalculia, or Tourette’s. Neurodivergence is not a disability but a natural and normal variation in the human brain that can lead to positive insights and abilities
NHSE	National Health Service England
NMP	See Non-Medical Prescriber
Non-Medical Prescriber	A qualified nurse or healthcare professional, other than a doctor or dentist, with the authority to prescribe within an area of expertise.
NSPA	See National Suicide Prevention Alliance
<u>O</u>	
Occupational Therapist (OT)	A skilled healthcare professional who helps people with various difficulties or disabilities to carry out everyday tasks or occupations. They aim to improve their clients’ health, quality of life and well-being through meaningful engagement in everyday activities. Some of the tasks they may help with include self-care, work or leisure.
OT	See Occupational Therapist

P

PCNs	See Primary Care Networks
Personality Disorder	A mental health condition that affects how a person thinks, feels, behaves, or relates to others.
PHE	Public Health England
PICU	Psychiatric Intensive Care Unit
Public Governor	Public governors are nominated and voted for by the members of the trust, who are also members of the public. See Governor for more detail.
Primary Care Networks (PCN)	A Primary Care Network (PCN) is a group of general practices that work together to provide a wider range of services to patients and to collaborate with other health and care organisations. PCNs are part of the NHS long-term plan to improve the quality and accessibility of primary care in England.
Primary Healthcare	The first point of contact for health care for most people. It is mainly provided by GPs (general practitioners), but community pharmacists, opticians and dentists are also primary health care providers.
Procurement	Procurement is the process of obtaining goods, services, or works from an external source through a competitive bidding process. In a mental health context the NHS or local government may have a procurement process for mental health services to be provided from the private or voluntary sector.
Provider Collaboratives	Local providers working together to oversee and direct the design of the Living Well service.
Public Health	A department of local councils responsible for the provision of services to help local people stay healthy. E.g. Suicide Prevention. It is not the NHS which is responsible for the provision of health care but they often work in partnership together.

R

RDH	Royal Derby Hospital
S	
Safe Haven	A crisis alternative in Derby (and North East Derbyshire by the end of 2023) providing high quality support for people in crisis or requiring urgent support. It's open 7 days a week from 4.30pm – 12.30am and aims to be an alternative to A&E.
SAT	See Specialist Autism Team
Secondary Healthcare	Medical care provided by a specialist or facility upon referral by a primary care practitioner.
Severe Mental Illness (SMI)	A term used where a mental illness significantly interferes with or limits one or more major life activities 1.
SMI	See Severe Mental Illness
Social Enterprise	A social enterprise is a business with a social or environmental purpose that reinvests most of its profits or surpluses to achieve its mission. Unlike a charity, a social enterprise generates its own income through selling goods or services, rather than relying on donations or grants.
Social Services	Service run by local government that aims to protect the wellbeing of children and vulnerable adults.
Specialist Autism Team	A group of professionals who work together to provide support and care for people who have autism, as well as family and carers.
SS	See Social Services
Statutory Services	Government mandated care or service required by law.
T	
Talking Therapies	Talking therapies can help with common mental health problems like stress, anxiety and depression. Examples include: Guided self-help,

	Cognitive Behavioural Therapy (CBT) and Counselling
Tender	Submitting a proposal or bid to provide a project or service or piece of business.
Trauma Informed	An approach to health and care interventions that is based on the understanding that trauma exposure can affect an individual's neurological, biological, psychological, and social development. It aims to increase practitioners' awareness of how trauma can negatively impact individuals and communities, and their ability to feel safe or develop trusting relationships with health and care services and their staff. It also seeks to avoid re-traumatization, which is the re-experiencing of thoughts, feelings, or sensations that occurred at the time of a traumatic event or circumstance in a person's past
U	
UHDB	See University Hospitals of Derby and Burton NHS Foundation Trust
University Hospitals of Derby and Burton NHS Foundation Trust (UHDB)	A trust of 5 hospitals - Royal Derby, Queen's Hospital Burton, Florence Nightingale Community Hospital, Samuel Johnson Community Hospital, Sir Robert Peel Community Hospital
V	
VCSE	See Voluntary, Community and Social Enterprise
VCSE(F)	See Voluntary, Community and Social Enterprise (Faith) .
VCSE Alliance	A project aiming to facilitate better partnership working between Joined Up Care Derbyshire and the VCSE sector and enhance the role of the VCSE sector in strategy development and the design and delivery of health care provision.
Voluntary Organisation	A formalised organisation or body established for a particular public benefit. It does not distribute a profit to owners or directors and is independent of the public or private sector. A proportion of the

	staff will be volunteers although there may also be paid employees.
Voluntary, Community and Social Enterprise Sector (VCSE)	A voluntary organisations, community group and social enterprise businesses. Not local authority or statutory organisations, or commercial businesses.
Voluntary, Community and Social Enterprise Sector (Faith) (VCSE(F))	A voluntary organisations, community group and social enterprise businesses including Faith groups. Not local authority or statutory organisations, or commercial businesses.