

REGIONAL JUDICIAL OPIOID INITIATIVE - OHIO TEAM -

Common Language Glossary

This resource was developed as an integral part of Ohio's work related to the Regional Judicial Opioid Initiative, a cross-disciplinary approach to address the opioid epidemic from a regional perspective. The Ohio team strived to research and select terminology from sources that emphasized that addiction is a brain disease, carefully considered the use of person-first language, and demonstrated a philosophy of acceptance.

The words we use matter. By using clinical and non-shaming terminology, we promote greater education and understanding for the public. Language choice also can help to reduce the stigma associated with substance use disorders and eradicate misconceptions about individuals who suffer from the disease of addiction. Furthermore, standardizing recovery language helps promote standards of care across disciplines and amongst the professionals dedicated to combating the opiate crisis.

TERMS

12-Step Program

A group providing mutual support and fellowship for people recovering from addictive behaviors. The first 12-step program was Alcoholics Anonymous, founded in 1935; an array of 12-step groups following a similar model have since emerged and are the most widely used mutual aid groups and steps for maintaining recovery from alcohol and drug use disorders. It is not a form of treatment, and it is not to be confused with the treatment modality called Twelve-Step Facilitation.

Source: Surgeon General

A

Abstinence

Intentional and consistent restraint from the pathological pursuit of reward and/or relief that involves the use of substances and other behaviors. These behaviors may involve, but are not necessarily limited to, gambling, video gaming, spending, compulsive eating, compulsive exercise, or compulsive sexual behaviors.

Source: American Society of Addiction Medicine (ASAM)

Addiction

A primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.

Source: American Society of Addiction Medicine (ASAM)

Addiction Medicine Physician

A physician who is board certified in some specialty (e.g., family medicine, pediatrics, psychiatry, neurology) and who has specialized training in addiction diagnosis, treatment and management. They typically do not provide addiction-specific therapy or counseling, but may work in collaboration with other health care providers who do. An addiction psychiatrist is board certified in psychiatry and the sub-specialty of addiction psychiatry and frequently provides counseling in addition to other addiction medicine interventions.

Source: National Center on Addiction and Substance Abuse (adapted)

Ambulatory Withdrawal Management

The management of intoxication episodes and withdrawal episodes with medication protocols to meet the need of the individual.

Source: American Society of Addiction Medicine (ASAM)

Assessment

An evaluation of a person's medical, psychological and substance use history, current health status, symptoms of addiction, potential withdrawal syndrome and related health conditions. This helps to formulate a treatment plan. It should be performed by a qualified health professional.

Source: National Center on Addiction and Substance Abuse

B

Behavioral Health

A term often used to speak generally about mental health and addiction together. The term is also used to distinguish mental health and addiction from other physical health conditions.

Source: National Center on Addiction and Substance Abuse (adapted)

Brief Intervention

Brief interventions are provided by trained health care providers to individuals who screen positive for risky substance use, some forms of substance abuse and nicotine addiction. They help patients reduce use by providing feedback about the extent and effects of substances, enhancing motivation to change behavior, and offering recommendations for how to do so. Brief interventions can be conducted face-to-face, over the phone or through computerized feedback to the individual. An intervention is considered "brief" when it only involves one to three sessions or lasts five to 15 minutes.

Source: National Center on Addiction and Substance Abuse

C

Case Management

Connecting individuals to support services and resources (including mutual support, family and peer support and other needed services such as housing,

employment, child care, etc.) to facilitate disease management.

Source: National Center on Addiction and Substance Abuse

Craving

A state of desire to use substances or engage in addictive behaviors, experienced as a physical or emotional need for reward and/or relief.

Source: American Society of Addiction Medicine (ASAM)

Compulsivity

Repetitive behaviors in the face of adverse consequences, as well as repetitive behaviors that are inappropriate to a particular situation. People suffering from compulsions often recognize that the behaviors are harmful, but they nonetheless feel emotionally compelled to perform them. Doing so reduces tension, stress, or anxiety.

Source: Surgeon General

Contingency Management

Uses positive reinforcement such as providing rewards or privileges for remaining drug free, for attending and participating in counseling sessions, or for taking treatment medications as prescribed.

Source: National Institute on Drug Abuse (NIDA)

Co-occurring Mental and Substance Use Disorders

The coexistence of both a mental health and a substance use disorder is referred to as co-occurring disorders.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

D

Diagnostic Evaluation

This is a determination made by a trained health professional of the presence, stage and severity of addiction or substance abuse. It is performed using diagnostic tools such as the Diagnostic and Statistical Manual of Mental Disorders (DSM) or the International Classification of Diseases (ICD).

Source: National Center on Addiction and Substance Abuse

Diagnostic and Statistical Manual of Mental Disorders (DSM)

A diagnostic tool used by clinicians to determine whether a patient meets clinical criteria for a substance use disorder or other psychiatric disorders (or both). It is published by the American Psychiatric Association (APA) and revised at regular intervals. The most recent edition is DSM-5.

Source: National Center on Addiction and Substance Abuse (adapted)

Detoxification / Withdrawal Management

The process of safely removing addictive substances from the body. Medically-assisted stabilization, also called detoxification, aims to reduce discomfort and potential physical harm for individuals who are experiencing withdrawal.

Source: National Center on Addiction and Substance Abuse

Disease Management

A process whereby persons with long-term chronic health conditions work with health care providers to maintain their health and functioning. It may include medications and/or therapies to ensure that patients remain symptom free and that other health conditions and the patient's nutrition and exercise requirements are addressed. Disease management can improve an individual's ability to function, suppress symptoms, prevent the development of additional health conditions and reduce relapse.

Source: National Center on Addiction and Substance Abuse

Drug Diversion

A medical and legal concept involving the transfer of any legally prescribed controlled substance from the person for whom it was prescribed to another person for any illicit use.

Source: Surgeon General

Drug Testing

The process of collecting a biological specimen (e.g., urine, blood or hair) to test for the presence of alcohol and other drugs. Non-stigmatizing language should be used when discussing test results. For example, "clean" should be replaced by "negative or substance-free" and "dirty" should be replaced by "positive."

Source: Life of Purpose (adapted)

H

Harm Reduction

A treatment and prevention approach that encompasses individual and public health needs, aiming to decrease the health and socio-economic costs and consequences of addiction-related problems, especially medical complications and transmission of infectious diseases, without necessarily requiring abstinence.

Source: American Society of Addiction Medicine (ASAM)

I

Inpatient Treatment

An addiction treatment venue that requires overnight stays usually in a hospital setting. ASAM – 24 hour nursing care with daily physician care and/or availability for the degree of severity with acute intoxication and/or withdrawal potential; biomedical conditions and complications; emotional, behavioral, or cognitive conditions and complications.

Source: National Center on Addiction and Substance Abuse

Integrated Care

Integrating primary medical care with behavioral health (mental health and substance abuse) care. Physical and behavioral health problems often occur at the same time and health care professionals should consider all conditions at once. The integration of substance abuse treatment into the medical care system would increase physician oversight of the complex problems often experienced by people with substance use problems.

Source: National Center on Addiction and Substance Abuse

Intervention

The process in which a group of formally prepared, concerned parties intervene to encourage a person to get help for a substance use disorder; the interruption of the progress of an illness or potential illness.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

L

Levels of Care

Treatment settings offer varying levels of intensity of services. Examples include crisis services, outpatient, inpatient rehabilitation and residential. The placement of patients with substance problems into a specific level of care is usually based on an assessment of symptoms, functioning, risk factors and levels of support and based on objective criteria such as those developed by the American Society of Addiction Medicine (ASAM).

Source: National Center on Addiction and Substance Abuse (adapted)

M

Medication Assisted Treatment (MAT)

The use of medications in combination with psychosocial therapies to treat substance problems. Research shows that combined treatments often work better than either treatment alone. Although MAT most often refers to an approach for opioid use disorders, it is often recommended for alcohol, nicotine, or other drugs as well. For those addicted to opioids, however, a medication like naltrexone, methadone, or buprenorphine is usually necessary for treatment to be effective.

Source: National Center on Addiction and Substance Abuse

Methadone Maintenance

Methadone is a synthetic opioid that is used as medication to reduce cravings and withdrawal symptoms of opioid addiction. In maintenance treatment, patients initially come to an outpatient clinic daily to receive their medication. Take home medications may be available for patients who are able to stop use of alcohol and other drugs and demonstrate improved stability in their lives. For most cases of severe or long-term opioid addiction, it is considered the treatment of choice.

Source: National Center on Addiction and Substance Abuse

Morphine Equivalent Dose/Milligram Morphine Equivalent (MED/MME)

A morphine equivalent dose is the amount of opioid prescription drugs, converted to a common unit

(milligrams of morphine), that a patient currently has access to based on the information reported by prescribers and pharmacies to the Ohio Automated Rx Reporting System (OARRS). Morphine is widely regarded as the “standard” for the treatment of moderate to severe pain and is commonly used as the reference point. As MED increases, the likelihood of an adverse effect increases, therefore identifying at-risk patients is a crucial first step towards improving patient safety.

Source: State of Ohio Board of Pharmacy

Misuse

Offers the same intended meaning as what has traditionally been termed as abuse, but without the stigma and judgmental overtones that abuse carries.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

N

Narcotics

Also known as “opioids,” the term “narcotic” comes from the Greek word for “stupor” and originally referred to a variety of substances that dulled the senses and relieved pain. Though some people still refer to all drugs as “narcotics,” today “narcotic” refers to opium, opium derivatives, and their semi-synthetic substitutes. A more current term for these drugs, with less uncertainty regarding its meaning, is “opioid.” Examples include the illicit drug heroin and pharmaceutical drugs like OxyContin, Vicodin, codeine, morphine, methadone, and fentanyl.

Source: Drug Enforcement Agency (DEA)

O

Ohio Automated Rx Reporting System (OARRS)

The Ohio Automated Rx Reporting System (OARRS) is Ohio’s Prescription Drug Monitoring Program (PDMP) created to track the dispensing and personal furnishing of controlled prescription drugs to Ohio patients. OARRS is designed to monitor this information for suspected abuse or diversion (i.e., the transfer of legally prescribed drugs for illegal use) and

can give a prescriber or pharmacist critical information regarding a patient's controlled substance prescription history. This information can help prescribers and pharmacists identify high-risk patients who would benefit from early interventions.

Source: State of Ohio Board of Pharmacy (adapted)

Office-Based Opioid Agonist Treatment (OBOT)

OBOT refers to models of opioid agonist treatment that seek to integrate the treatment of opioid addiction into the general medical and psychiatric care of the patient. An important feature of OBOT is that it allows primary care physicians to provide addiction treatment services in their usual clinical settings, thus expanding the availability of care. OBOT can refer to treatment with methadone (a Schedule II medication) or with buprenorphine (a Schedule III medication).

Source: American Society of Addiction Medicine (ASAM)

Opioid Treatment Program

SAMHSA-certified program, usually comprising a facility, staff, administration, patients, and services, that engages in supervised assessment and treatment, using methadone, buprenorphine, or naltrexone, of individuals who have opioid use disorders. An OTP can exist in a number of settings, including but not limited to intensive outpatient, residential, and hospital settings. Services may include medically supervised withdrawal and/or maintenance treatment, along with various levels of medical, psychiatric, psychosocial, and other types of supportive care.

Source: Surgeon General

Outpatient Treatment

An addiction treatment venue where the patient does not have to stay overnight. The services are offered in an office or clinic setting less than nine hours per week involving recovery or motivational enhancement therapies/strategies. Intensive outpatient addiction treatment services are offered more frequently — typically, on a daily basis — than traditional outpatient services and are designed for patients who experience multidimensional instability and need more regular contact with health care providers.

Source: National Center on Addiction and Substance Abuse

P

Partial Hospitalization

Provision of services 20 hours or more per week for multidimensional instability not requiring 24-hour care and provides services that are capable of meeting the complex needs of people with addiction and co-occurring conditions.

Source: American Society of Addiction Medicine (ASAM)

Partial Recovery

The term recognizes the fact that the recovery process is incremental. Partial recovery entails a reduction in the frequency, duration, and intensity of use along with a diminution of the problems associated with continued alcohol and drug use.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

R

Recovery

A process of sustained action that addresses the biological, psychological, social and spiritual disturbances inherent in addiction. Recovery aims to improve the quality of life by seeking balance and healing in all aspects of health and wellness, while addressing an individual's consistent pursuit of abstinence, impairment in behavioral control, dealing with cravings, recognizing problems in one's behaviors and interpersonal relationships, and dealing more effectively with emotional responses. An individual's recovery actions lead to reversal of negative, self-defeating internal processes and behaviors, allowing healing of relationships with self and others. The concepts of acceptance and surrender are also useful in this process. Since some prescribed and non-prescribed medications can interfere with recovery, it would be prudent to consult with an addiction specialist physician in selected cases.

Source: American Society of Addiction Medicine (ASAM)

Recovery Coach

One who provides clinical intervention, access to resources, inspiration, and support to those in treatment and recovery. Underlying the concept of coach is the

notion that the patient/client is doing the actual work of recovery, while the coach provides support. Other suggested terms include recovery guide and recovery support specialist.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Recovery Community

This term describes all who are either in recovery from alcohol and drug disease, family members, workforce members, and others who have a personal commitment to the issue.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Recovery Management

A straightforward description of what the recovery process entails. As with other chronic illnesses such as diabetes and hypertension, a substance use disorder is an illness that can be treated and managed, and from which people recover. The focus of recovery management is on the individual, whereas the focus of disease management is more on the broader level efficiency of costs and services.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Recovery Support Groups

This term is more accurate than self-help groups because it conveys the fact that individuals are not only helping themselves, but they are supporting one another in their recovery.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Recovery Support Services

Recovery support services help people enter and navigate systems of care, remove barriers to recovery, stay engaged in the recovery process, and live full lives in communities of their choice. Recovery support services include culturally and linguistically appropriate services that assist individuals and families working toward recovery from mental and/or substance use problems. They incorporate a full range of social, legal, and other services that facilitate recovery, wellness, and linkage to and coordination among service providers, and other supports shown

to improve quality of life for people in and seeking recovery and their families.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Relapse

A process in which an individual who has established abstinence or sobriety experiences recurrence of signs and symptoms of active addiction, often including resumption of the pathological pursuit of reward and/or relief through the use of substances and other behaviors. When in relapse, there is often disengagement from recovery activities. Relapse can be triggered by exposure to rewarding substances and behaviors, by exposure to environmental cues to use, and by exposure to emotional stressors that trigger heightened activity in brain stress circuits. The event of using or acting out is the latter part of the process, which can be prevented by early intervention. Please note that the preferred term to speak about relapse is “recurrence of symptoms.”

Source: American Society of Addiction Medicine (ASAM) (adapted)

Remission

A state of wellness where there is an abatement of signs and symptoms that characterize active addiction. Many individuals in a remission state remain actively engaged in the process of recovery. Reduction in signs or symptoms constitutes improvement in a disease state, but remission involves a return to a level of functioning that is free of active symptoms and/or is marked by stability in the chronic signs and symptoms that characterize active addiction.

American Society of Addiction Medicine (ASAM)

Residential Treatment

An addiction treatment venue where patients are provided 24-hour care with trained counselors to stabilize multidimensional imminent danger. Length of stay may vary and clinical services are provided to assist and prepare for a lower level of outpatient services.

Source: American Society of Addiction Medicine (ASAM)

Risk and Need Assessment

RNA instruments are actuarial-based tools used to classify offenders into levels of risk (e.g., low, medium,

and high) and to identify and target interventions to address offender needs (e.g., antisocial attitudes, antisocial peer groups) generally related to recidivism.

Source: National Center for State Courts (NCSC)

S

Serious Mental Illness

Serious mental illness among people ages 18 and older is defined at the federal level as having, at any time during the past year, a diagnosable mental, behavior, or emotional disorder that causes serious functional impairment that substantially interferes with or limits one or more major life activities. Serious mental illnesses include major depression, schizophrenia, and bipolar disorder, and other mental disorders that cause serious impairment.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Sobriety

A state of sustained abstinence with a clear commitment to and active seeking of balance in the biological, psychological, social and spiritual aspects of an individual's health and wellness that were previously compromised by active addiction.

Source: American Society of Addiction Medicine (ASAM)

Stages of Change Model

A framework for understanding the behavior change process for people considering changing an unwanted behavior, such as substance use. The model identifies a series of five stages through which people progress as they change behavior. It is often used to understand behavior change related to substance use. The five stages include: Pre-contemplation, Contemplation, Preparation, Action, and Maintenance.

Source: National Center on Addiction and Substance Abuse

Substance Abuse

Substance abuse refers to a less serious drug or alcohol use disorder in which substance use causes distress and problems. However, the problem has not progressed to addiction, which is a more serious form of the disorder.

Source: National Center on Addiction and Substance Abuse

Substance Use Disorder

Substance use disorders include misuse, dependence, and addiction to alcohol and/or legal or illegal drugs. The term is helpful because it encompasses a range of severity levels, from problem use to dependence and addiction.

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

T

Therapy

A general term used to mean psychosocial therapy, excluding pharmaceutical therapy.

Source: National Center on Addiction and Substance Abuse

Tolerance

Alteration of the body's responsiveness to alcohol or a drug such that higher doses are required to produce the same effect achieved during initial use.

Source: Surgeon General

Treatment

Treatment is the use of any planned, intentional intervention in the health, behavior, personal and/or family life of an individual suffering from alcoholism or from another drug dependency designed to enable the affected individual to achieve and maintain sobriety, physical and mental health, and a maximum functional ability.

Source: American Society of Addiction Medicine (ASAM)

W

Withdrawal

A set of symptoms that are experienced when discontinuing use of a substance to which a person has become dependent or addicted, which can include negative emotions such as stress, anxiety, or depression, as well as physical effects such as nausea, vomiting, muscle aches, and cramping, among others. Withdrawal symptoms often lead a person to use the substance again.

Source: Surgeon General

RESOURCES

American Society for Addiction Medicine (ASAM)

<https://www.asam.org/docs/default-source/public-policy-statements/1-terminology-atr-7-135f81099472bc604ca5b7ff000030b21a.pdf?sfvrsn=0>

<https://www.asam.org/docs/default-source/public-policy-statements/1obot-treatment-7-04.pdf?sfvrsn=0>

Drug Enforcement Agency (DEA)

https://www.dea.gov/druginfo/drug_data_sheets/Narcotics.pdf

Life of Purpose Treatment

www.lifeofpurposetreatment.com/our-words-have-power-substance-use-disorder-terminology/

National Center on Addiction and Substance Abuse

<https://www.centeronaddiction.org/addiction/glossary>

National Center for State Courts (NCSC)

http://www.ncsc.org/~media/microsites/files/csi/bja%20rna%20final%20report_combined%20files%208-22-14.ashx

National Institute of Drug Abuse (NIDA)

<https://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drug-abuse-addiction>

Office of National Drug Control Policy

<https://www.ncjrs.gov/pdffiles1/ondcp/pdmp.pdf>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.naabt.org/documents/Languageofaddictionmedicine.pdf>

<https://www.samhsa.gov/medication-assisted-treatment/opioid-treatment-programs>

<https://www.samhsa.gov/disorders>

State of Ohio Board of Pharmacy

<https://www.ohiopmp.gov/Portal/Documents/Brochure.pdf>

Surgeon General

<https://addiction.surgeongeneral.gov/glossary-and-abbreviations.pdf>

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Mahoning County Common Pleas Court

Licking County Common Pleas Court

University of Cincinnati

Ohio Department of Education

Ohio Department of Health

Ohio Department of Job and Family Services

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