

Common Terms in the Community – Children

(Easy Reading Version)



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Advanced Practice Nurse: This is a type of nurse that can figure out what kind of illness a person has. They can prescribe medication. Some specialize in mental health.

Children’s Mental Health Case Manager: They help families find help for their child’s mental and physical health problems and make a crisis plan to stay safe. They also help families understand their different choices for their child’s treatment.

Children’s Therapeutic Skills and Supports (CTSS): Sometimes called a “skills worker” or a Behavioral Mental Health Aide. They meet with children and families in their home, school, or in the community. They help children learn how to cope with big feelings, make friends, handle anger, and have fun in the community.

Licensed Alcohol and Drug Counselor (LADC): This person works with adolescents and parents who are worried about their drug or alcohol use.

Occupational Therapy: They work with children who have problems with how their body handles things like loud noises, being touched, or needing to move their bodies a lot. They also might help children with issues such as bad handwriting or problems taking care of themselves.

Peer Support: This is someone who has had mental illness or substance use problems in their family. They use their experience to help other families find resources and get support.

Personal Care Attendant (PCA): This person comes to a client’s home and helps with things like bathing or getting dressed. They also watch and take care of the child so that parents can take a break. They may bring the child to fun events in the community.

Physician Assistant: They work with doctors and can prescribe medication.

Psychiatrist: A medical doctor that works on the brain and sees people with mental health problems. They can prescribe medications. They typically do not have time to do therapy.

Psychologist: This person is not a medical doctor. They **cannot** prescribe medication. They give therapy. They help people find ways to deal with what they are feeling. They might do a **psychological evaluation** by asking the client questions about their thoughts and feelings. They then help the client and family better understand their emotions, behavior, and personality.

Social Worker: This person might help with resources such as housing, finding mental health care, or financial concerns. Some social workers can do therapy.

Therapist: Therapists help people talk about their problems and learn new ways of thinking. They can be a Psychologist, Licensed Clinical Social Worker, Licensed Professional Clinical Counselor, or a Marriage and Family Therapist. People can get individual, group, or family therapy.