

Common Terms in the Community – Adults



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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.

Adult Rehabilitative Mental Health Services (ARMHS) Worker/Rehab. Worker: This person meets clients in their home or in the community, usually once or twice a week. They help people with lots of things, such as: how to cope with their problems, find a job or start school, learn to do things at home like cooking and being healthy, or find fun things to do in the community.

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

Peer Support: This is someone who has had mental illness or substance use problems themselves. They use their experience to help other people with these problems find resources and get support.

Personal Care Attendant (PCA): This person comes to a client's home and helps them take care of themselves. They can encourage a client to do daily tasks that may seem overwhelming to someone with a mental illness. These can include bathing, brushing their teeth, or cooking. They can also help a client find activities to do in the community. They can also be good company for someone who has trouble going out or making new friends.

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 use this information to help the client 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.

Targeted Case Manager (TCM): This person meets with clients in their home or in the community. They help people find resources, get help for their mental and physical health problems, and make a crisis plan to stay safe.

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.