



Children and Young People with Mental Health Needs in Acute Settings:

online resources for staff supporting CYP with MH needs, autism spectrum condition and learning disabilities



Glossary of Terms

Overarching terms	
Children and Young people (CYP)	CYP refers to all those aged under 16 but this programme acknowledges that much of the information is equally applicable to 16 and 17 year olds and beyond. Whilst those aged 16 and older may end up on adult wards, especially if they also require a physical health admission, not all healthcare professionals feel that have the confidence or skill to look after this age group and so these resources are equally relevant to them.
Lived Experience	These resources utilise personal knowledge provided by autistic people, people with a learning disability or people with a mental health condition who have direct, first-hand experience of the conditions and situations covered. Where possible we have made every effort to utilise content that is also co-produced by those with lived experience. Where this was not possible, we have remained committed to illustrating the service user and carers' voices.
Autism spectrum condition and learning disability terms	
Augmentative and Alternative Communication (AAC)	AAC is the term used to describe methods of communication which can be used to supplement the more usual methods of speech and writing when these are impaired. AAC may include unaided systems such as signing and gesture, as well as aided techniques ranging from picture charts to the most sophisticated computer technology currently available. AAC can be a way to help someone understand, as well as a means of expression.
Autism Spectrum Condition (ASC)	Sometimes described as autism spectrum disorder (ASD), we have chosen to use autism spectrum condition in response to autistic people and their objection to the negative connotations disorder has.
Behaviours of distress	Sometimes known as behaviours that challenge, 'behaviours of distress' is how we talk about a range of behaviours which some people with severe learning disabilities and / or autistic spectrum condition may display when their needs are not being met.
Diagnostic Overshadowing	Diagnostic overshadowing happens when symptoms of physical ill health are wrongly ascribed to someone's mental health, behaviour or learning disability. Researchers have highlighted that it is particularly pertinent when new behaviours develop or existing one's increase.
Hospital passports	A hospital passport provides important information about a patient with a learning disability and /or autism spectrum condition, including personal details, the type of medication they are taking, communication needs and any pre-existing health conditions.
Learning Difficulty	A learning disability is different from a learning difficulty as a learning difficulty does not affect general intellect. As with a learning disability, learning difficulties also exist on a scale.

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Learning Disability	A learning disability is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socializing or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. (Mencap)
Picture Exchange Communication System (PECS)	PECS is a type of AAC that uses visual symbols to teach the learner to communicate with parents, caregivers, teachers, and peers. The aim is to teach intentional, functional communication and to allow users to communicate their wants and needs.
Profound and Multiple Learning Disability (PMLD)	A profound and multiple learning disability (PMLD) is when a person has a severe learning disability and other disabilities that significantly affect their ability to communicate and be independent.
Reasonable Adjustments	Reasonable adjustments are a legal requirement to make sure health services are accessible to all. Reasonable adjustments can be simple changes made by one healthcare professional, or they can be more complex and need multiple teams to work together. Making reasonable adjustments can mean removing barriers, or providing something extra for someone to enable them to access the healthcare they need.
Social stories	A social story is a visual story to illustrate what is going to happen during an event or scenario, combining social and emotional expectations.
Visual supports	Visual supports are used to consolidate meaning of a verbal exchange and provide the individual with information on what is happening and/ or support following an instruction.
Mental health terms	
Attention Deficit Hyperactivity Disorder (ADHD)	This is a prevalent neurodevelopmental disorder that is characterized by key symptoms: Impulsivity, lack of concentration and inattention. The symptoms are impairing to the CYP daily life.
Behaviour that challenges	This definition occupies the perspective of the user of this education program. This title refers to behaviours exhibited by the CYP, that may pose difficulties to respond too or understand the meaning of for the staff member. It is accepted that behaviour is a form of communication and with the use of this specific terminology, it is hoped the program recognizes the need to look behind the behaviour and assist staff in compassionate management of this.
Bipolar	Bipolar was previously referred to as 'manic depression'. This disorder describes severe oscillation in mood from 'high' to 'low' or vice versa. CYP with this condition may take risks, feel hopeless and lack enjoyment in activities.
Deliberate self-harm	This is often referred to as 'Self Harm' or 'Self Injury' which are not illnesses but indicate high levels of distress. With the addition of 'deliberate' or 'intentional' self-harm, this indicates the CYP purposeful intent to harm. The National Institute of Clinical excellence (NICE) describes it as 'self-poisoning, or injury, irrespective of the apparent purpose of the act'.



Emerging Personality Disorders	<p>There are many terms used in description of these disorders, including</p> <ul style="list-style-type: none"> • Borderline Personality Disorder, • Emotionally Unstable Personality Disorder-borderline type, and • Emerging Borderline Personality Disorder. <p>As a rule, personality disorders are not diagnosed before the age of 18 years. This is where the term ‘emerging’ stems from.</p> <p>The CYP will have daily impairment in mood, relationships, social interactions, and deliberate self-harm. There is a high incidence of this disorder co existing with other disorders including anxiety, depression, and substance abuse.</p>
Enhanced Observations	<p>These are the eyesight observations of a patient, usually implemented following a risk assessment and to provide patient safety or to allow for a closer assessment of their behaviour. The level of observation differs in frequency and proximity to the patient. Observations are known by different names including:</p> <ul style="list-style-type: none"> • specialing, • close and constant, • routine observations, • constant observations • intermittent observations.
Gender Dysphoria	<p>Gender dysphoria is used to describe the ‘mis match’ or incongruent unease a CYP may feel between their birth sex and their current emotional and psychological identity.</p>
Identity	<p>Identity for the purpose of this program, is used to describe an element of normal CYP biological, emotional, and social development whereby the CYP may experience difficulties leading to emotional distress and act as a trigger for mental health difficulties.</p>
Mental Health Disorders	<p>Mental Health Disorders are distinguished as different from a mental health difficulty, in that it is a diagnosed illness that disrupts mental functioning. This causes distress, impairment and suffering to the person’s daily life.</p>
Non-Pharmacological	<p>The use of treatment options other than drugs / medications, including psychological therapies.</p>
Pharmacological	<p>The use of drugs/medication as one intervention in the treatment of mental health difficulties with CYP.</p>
Psychosis	<p>Psychosis involves the experience of disordered thinking and perceptions of reality for the CYP. This may involve symptoms of hallucinations and delusions. Psychosis is often confused with Schizophrenia.</p> <p>Schizophrenia is a disorder that contains the psychotic symptoms.</p> <p>The use of drugs / medication as one intervention in the treatment of mental health difficulties with CYP.</p>
Psychosomatic	<p>This is often described as a psychological condition that leads to the CYP experiencing physical symptoms or difficulties. Known triggers for this condition are stress and anxiety.</p>
Rapid Response	<p>Rapid Response often referred to as intensive interventions, refers to psychological interventions that occur at a faster speed and with greater intensity than a ‘usual’ patient pathway would predict. This can sometimes provide the CYP with a short acting intervention, that also allows them to stay at home. It is also usual that rapid response interventions are associated with higher levels of risk or impairment.</p>

Restrictive Practice	Restrictive Practice is a global term that defines any act or practice that inhibits, restricts, or impinges on a CYP, rights, freedom of movement. In mental health practice, these restrictions fall into five categories: Chemical, Environmental, Mechanical, Physical and Seclusion.
Routine Outcome Measures (ROM)	ROMs are quantitative questionnaires used with CYP and their families regularly, to ascertain feedback on their experience of care, treatment, and recovery.
Safety Huddles	Safety huddles are short multidisciplinary briefings, held at a predictable time and place, and focused on the patients most at risk. Effective safety huddles involve: <ul style="list-style-type: none"> • agreed actions, • are informed by visual feedback of data and • provide the opportunity to celebrate success in reducing harm.
Safewards	Safewards is a model to assist staff to reduce the rates of conflict and support containment on the wards using the following interventions; <ul style="list-style-type: none"> • clear mutual expectations, • soft words, • talk down, • positive words, • bad news migration, • know each other, • mutual help meetings, • calm down methods, • reassurance and • discharge messages.
Substance misuse	Substance misuse is defined in contrast to substance abuse. This term takes on board the immature moral development of the CYP population in making informed decisions regarding ‘choosing’ to engage with substances that may cause them harm, are not appropriate for their age or are illegal.
Suicidal Ideation	Suicidal ideation is otherwise known as having ‘suicidal thoughts’ or being preoccupied with suicide, to a degree of impairment. The CYP is known to be at risk of suicide, feeling suicidal or planning suicide. The CYP may also partake in acts with the intent to end their life.
Transitions	In mental health care ‘transitions’ has multiple meanings and connotations attached. For the purpose of this program content, this term may feature in two ways: <ol style="list-style-type: none"> 1) to describe the point in a patient journey when they move on from any setting to another, to receive care 2) in relation to gender and considerations regarding biological identity.
Legal terms	
For Legal Glossary of Terms, please visit HERE .	

