

# Common Terms in the Community – Adults

(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.

**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.