

# Terms to know

When talking to your patients about mental health, you may need to explain some words and terms they're not familiar with. These suggestions can help:

**Coping skill:** A strategy for dealing with difficult situations and unpleasant emotions, thoughts and/or behaviors.

**Health insurance:** Your patients with coverage through Humana Healthy Horizons® in Oklahoma have been deemed eligible for coverage through Medicaid. You can refer them to [Humana.com/OklahomaHandbook](https://www.humana.com/OklahomaHandbook) to access their Member Handbook, which includes key plan information like covered services and benefits.

**Lived experience:** Firsthand, personal experience with mental health and/or substance use issues/challenges.

**Mental health concern:** Anything that leads someone to think there is something wrong with their mental health. A concern can be linked to one or more self-identified symptoms or a diagnosable mental health condition.

**Mental health condition:** A set of related symptoms—including conditions defined by the DSM-V, ICD-11 and people with lived experience—recognized as a mental health condition by the mental health community.

**Mental health professional:** A licensed or certified mental health treatment provider.

**Mental health screen:** An evaluation of someone's mental health and well-being through scientifically validated assessment tools.

**Neurotransmitters:** Chemicals that carry messages throughout your brain.

**Outpatient:** Treatment in an office, hospital or other setting that does not require an overnight stay.

**Peer:** Someone known to your patient (or potentially not known to your patient) who also is living with a mental health condition and/or substance use disorder.

**Protective factor:** Something that decreases someone's risk of developing a mental health and/or substance use condition or potentially balances out an existing risk factor.

**Psychiatrist:** A licensed medical doctor who has completed additional psychiatric training. They are allowed to diagnose mental health conditions, prescribe and manage medicine as well as provide therapy.

**Recovery:** The process of someone improving their health and wellness, living a self-directed life and striving to reach full potential.

**Risk factor:** Something that increases someone's risk of developing a mental health condition or substance use disorder.

**Self-stigma:** Negative attitudes and shame about someone's own mental health. Usually tied to internalizing public stigma.

## Humana Healthy Horizons® in Oklahoma

Humana Healthy Horizons in Oklahoma is a Medicaid product of Humana Wisconsin Health Organization Insurance Corporation.

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**Social determinants of health:** The conditions under which someone lives, learns, works and plays. These conditions usually affect their health, well-being and quality of life. Addressing these conditions may help improve someone's overall health. An example of a social determinant of health could be access to healthy food or reliable transportation for medical appointments.

**Stigma:** Negative, judgmental and/or discriminatory attitude toward mental health challenges and substance use disorders and people who live with them.

**Stress:** An emotional or physical response to feeling overwhelmed or being unable to cope with mental/emotional pressure.

**Symptom:** A physical, mental or emotional feature/sign that indicates the potential existence of a concern, condition or diagnosis.

**Therapist:** A mental health professional trained to help people understand and cope with their thoughts, feelings and behaviors. A therapist may provide in-person or virtual care. A therapy may assess and/or diagnose a mental health condition and/or substance use disorder.

**Trauma:** An emotional response to a disturbing, scary or shocking experience that overwhelms someone's ability to cope.