



The Shorthand Shortcut & Abbreviations Cheatsheet

Our Shorthand Shortcut for Therapy Notes provides therapists with a empowering resource to optimize their note-taking process, enabling them to capture crucial details efficiently.

Number	
1:1	One to one
1 ^o	Primary
2 ^o	Due to; Secondary to
24/7	24 hours a day/7 days a week
5150	WIC 72-hour hold for mental health evaluation
5250	WIC 14-day hold
A	
Ã	Before
@	At
A/H	Auditory Hallucinations
A/O	Alert & Oriented
AA	Alcoholics Anonymous
ACBH	Antioch Children's Behavioral Health
ADD	Attention Deficit Disorder
ADHD	Attention Hyperactive Disorder
ADL	Activities of Daily Living
ADOL	Adolescent
AFS	Alternative Family Services
AM	Morning
AMA	Against Medical Advice
AOD	Alcohol and Other Drugs
AOT	Assisted Outpatient Treatment
APPT	Appointment
APPROX	Approximately
APS	Adult Protective Services
ASAP	As soon as possible
ASSMT	Assessment
ASW	Associate of Social Work
ATOD	Alcohol, Tobacco, and other drugs
ATTN	Attention
AVG	Average
AWOL	Absence With Out Leave

B	
BA	Bachelor of Arts
BACR	Bay Area Community Resource
BARM	Bay Area Rescue Mission
B&C	Board & Care
BDI	Beck Depression Inventory
BF	Boyfriend
BIB	Brought in by
Bid	Twice a day
Bio	Biological
BPD	Borderline Personality Disorder
Bro	Brother
b/t	Between
Bx	Behavior

C	
C	with
C/O	Complains of
CALOCUS	Child and Adolescent Level of Care Utilization System CANS Children and Adolescent Needs and Strengths Assessment
CBO	Community Based Organization
CBT	Cognitive Behavioral Therapy
CCAMH	Central County Adult Mental Health
CCBHS	Contra Costa Behavioral Health Services
CCC	Contra Costa County
CCCMH	Central County Children's Mental Health
CCRMC	Contra Costa Regional Medical Center
CD	Chemical Dependency
CFS	Child and Family Services
CFT	Child and Family Team

C	
CHAA	Community Health for Asian Americans
CLT	Client
CM	Case Management
COFY	Community Options for Family and Youth
COLL	Collateral
CON REP	Conditional Release Program
cont.	Continuously
CPS	Child Protective Services
Crisis Res.	Crisis Residential
CSW	Community Support Worker
CTI	Child Therapy Institute
CWAT	County Wide Assessment Team

D	
D	Divorced
DAU	Daughter
Day Tx	Day Treatment
DBT	Dialectical Behavior Treatment/Therapy
D/C	Discharge
DC	Discontinue
DHCS	California Department of Health Care Services
DD	Developmentally Disabled
DMH	Department of Mental Health
DMV	Department of Motor Vehicles
DOB	Date of Birth
DOS	Date of Service
Dr	Doctor

D	
DSM	Diagnostic & Statistical Manual
DTN	Detention
DTO	Danger to Others
DTS	Danger to Self
DUI	Driving Under the Influence
DV	Domestic Violence
DVR	Diablo Valley Ranch
Dx	Diagnosis
Dz	Disease

E	
EBP	Evidence Based Practice
ECAMH	East County Adult Mental Health
EFC	Emergency Foster Care
EMDR	Eye Movement Desensitization Reintegration
EPSDT	Early & Periodic Screening, Diagnosis, and Treatment
ER	Emergency Room
ERMHS	Educationally Related Mental Health Service
EtOH	Alcohol
EVAL	Evaluation

F	
F/U	Follow Up
Fa	Father
FAS	Fetal Alcohol Syndrome
FOI	Flight of Ideas
FFT	Functional Family Therapy
FSP	Full-Service Partnership

G	
GAD	General Anxiety Disorder
GD	Gravely Disabled

G	
GAF	Global Assessment of Functioning
Gfa	Grandfather
G/F	Girlfriend
GLBTQQ	Gay, Lesbian, Bisexual, Transgendered, Queer, Questioning
GM	Grandmother
Group Tx	Group Therapy

H	
H	Heroin
H&P	History and Physical
H&R	Hospital and Residential
Hal	Hallucinations
H/I	Homicidal Ideation
HIPAA	Health Insurance Portability & Accountability Act
Hosp	Hospitalized
HS	High School
HUD	Housing and Urban Development
HUSB	Husband
HV	Home Visit
Hx	History

I	
ICC	Intensive Care Coordination
ICCo	Intensive Care Coordinator
ICU	Intensive Care Unit
IEP	Individual Education Plan
IHBS	Intensive Home-Based Service
IMD	Institute of Mental Disease
IN-PT	Inpatient
IHSS	In Home Support Services

J	
JACS	Juvenile Assessment and Consultation Services (Juvenile Hall)
JMBH	John Muir Behavioral Health
JUV	Juvenile

K	
KTA	Katie A.

L	
LCSW	Licensed Clinical Social Worker
LD	Learning Disability
LOCUS	Level of Care Utilization System
LMFT	Licensed Marriage and Family Therapist
LPT	Licensed Psychiatric Technician
LPS	Lanternman-Petris-Short
LVN	Licensed Vocational Nurse

M	
M	Male
Ma	Married
MD	Medical Doctor/Physician
MDD	Major Depressive Disorder
Med Hx	Medical History
Meds	Medications
MFT	Marriage & Family Therapist
MAFTI	Marriage & Family Therapist Intern
MH	Mental Health
MHCS	Mental Health Clinical Specialist
MHP	Mental Health Plan

M	
MHRC	Mental Health Rehabilitation Center
MHRS	Mental Health Rehab Specialist
MHSA	Mental Health Services Act or Prop 63
MHTC	Mental Health Treatment Center
MHW	Mental Health Worker
MI	Motivational Interviewing
MJ	Marijuana
MMPI	Minnesota Multiphasic Personality Inventory
Mo	Mother
MRN	Medical Record Number
MRT	Mobile Response Team
MSE	Mental Status Exam
MSG	Message
MST	Multisystemic Therapy
MSW	Masters of Social Worker (not registered with the board)
Mt. D	Mount Diablo Unified School District
MTG	Meeting
MWC	Miller Wellness Center

N	
N/A	Not Applicable
NA	Narcotics Anonymous
NAMI	National Alliance for the Mentally Ill
NARC	Narcotic
N/C	No Complaints
NEG	Negative
NKA	No Known Allergies
NKDA	No Known Drug Allergies
NOA	Notice of Action
NOC	Night
NOS	Not Otherwise Specified

N	
NPI	National Provider Identifier
NS	No Show

O	
OCC	Occasionally
OCD	Obsessive Compulsive Disorder
OCE	Office of Consumer Empowerment
Od	Overdose
OD	Officer of the Day
ODD	Oppositional Defiant Disorder
OT	Occupational Therapy
Outpt	Outpatient

P	
p.c.	After meals
Prn	As needed
P/C	Phone Call
PCP	Primary Care Physician
PD	Plan Development
PDD	Pervasive Developmental Disorder
PDR	Physician's Desk Reference
PEI	Prevention and Early Intervention
PES	Psychiatric Emergency Services
PhD	Doctor of Philosophy
PHF	Psychiatric Health Facility
PHI	Protected Health Information
PHN	Public Health Nurse
PHQ	Patient Health Questionnaire
PP	Presenting Problem
Pm	Afternoon

P	
PN	Psychiatric Nurse
PO	Probation Officer
Po	By mouth
PREG	Pregnant
PROB	Problem
PROG	Progress
PST	Problem Solving Therapy
PsyD	Doctor of Psychology
Pt	Patient
P/T	Part Time
PTSD	Post-Traumatic Stress Disorder
P/U	Pick Up

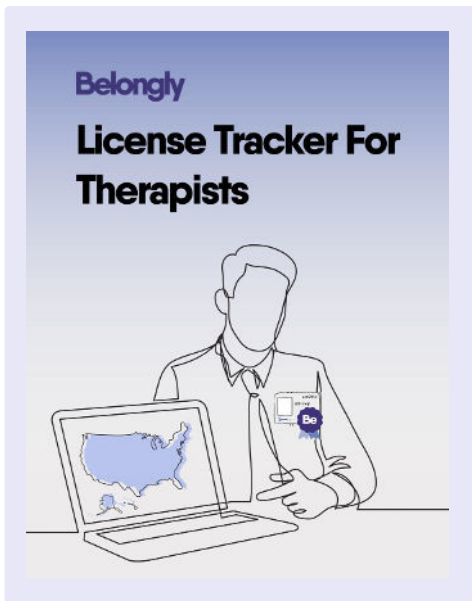
Q	
Q	Every
q2h	Every 2 hours
QA	Quality Assurance
Qam	Every morning
Qh	Every hour
Qhs	At night
Qid	Four times a day

R	
R/O	Rule Out
R&B	Room and Board
REC'D	Received
Re	Regarding
REC	Recommend
REG	Regular
REHAB	Rehabilitation
REL	Relationship
ROI	Release of Information
REV	Review
RI	Recovery Innovations
RN	Registered Nurse
Rx	Prescription
Rxn	Reaction

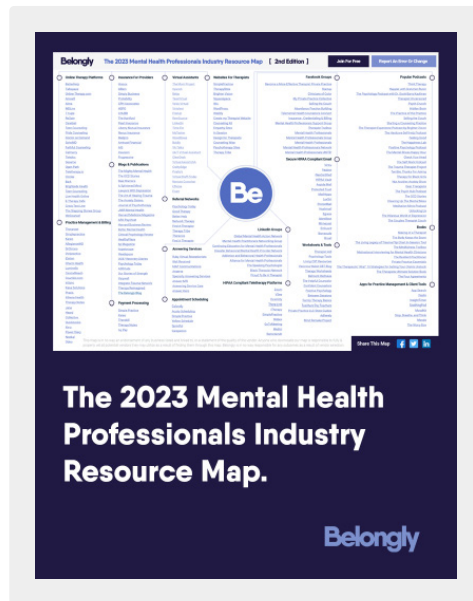


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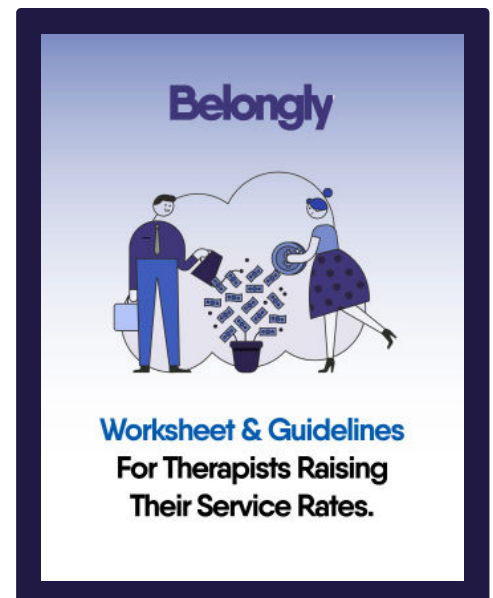
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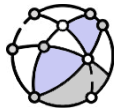
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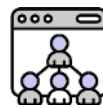
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