

OTR TERMS

For clarity on OTR's groups and projects for young people, see the '[What We Do](#)' page on our website, where they are all explained in detail.

Diffusion: Services for professionals to give people the confidence, knowledge and skills to improve mental health

Engagement Worker: Widely used in the mental health sector, within OTR, Engagement Workers act as active members of the local community, engaging in partnership meetings and networking opportunities to ensure the OTR offer is well-known across the board.

Hubs: Weekly sessions (Mon and Sat in Bristol, Wed in Yate) for all - young people and their guardians are all welcome - which is the best place to find out more about mental health, and what we do at OTR. Covers group therapies, 1-to-1 chats, creative activities and self-care tips

Membership Team: Our 'front-of-house' team, here to ensure young people access the right services from the get-go.

Peer Navigator/Peer Nav: volunteers aged 18-30 recruited from the community to support our Hubs four hours a week, seen as 'mental health tourist guides', working within the Membership Team.

Peer Mentor: During the pandemic, Peer Navs become Peer Mentors, providing tailored one-to-one sessions online. Mentors and mentees are matched based on interests and sessions aim to tackle feelings of isolation and loneliness, through skill-sharing, learning together and developing new interests and skills..

Peer Representative/Peer Rep: placement students recruited from universities to work three days a week in the Membership Team.

TTT: Train the Trainer (part of our Diffusion offer)

WP: Wellbeing Practitioner. Here to support young people, aged 11-18, who are experiencing mild to moderate mental health difficulties.

Youth Transitions Worker: Here to work collaboratively with young people (aged 16-25) and mental health professionals to navigate and coordinate services (both social and clinical interventions), connecting into community resources and improving wellbeing.

TERMS USED LOCALLY & IN MENTAL HEALTH

AMHS: Adult Mental Health Services

AWP: Avon and Wiltshire Mental Health Partnership NHS Trust is a teaching, learning and research trust.

BNSSG: Bristol, North Somerset, South Glos

CAHMS: Child and Adolescent Mental Health Services

CCG: Clinical Commissioning Group - this group commissions most of the hospital and community NHS services in the local areas they're responsible for.

CBT: Cognitive behavioural therapy is a talking therapy that can help you manage your problems by changing the way you think and behave.

CWP: Children and Young People's Wellbeing Practitioner

CP: Community Partnerships

CYP: Children and Young People

CYPMHC: Children and Young People's Mental Health Coalition

EIP: Early Intervention Psychosis programme - multidisciplinary community mental health service that provides treatment and support to people experiencing or at high risk of developing psychosis

EMHP(s): Educational mental health practitioner(s) - these people work across education and healthcare to provide mental health support for children and young people.

IAPT: Improving Access To Psychological Therapies - a programme of talking therapies.

Main outcome measures:

ORS: Outcome rating scale

CORS: Child outcome rating scale

SRS: Session rating scale

CSRS: Child session rating scale

MHST: Mental Health Support Team

NICE: National Institute of Health and Clinical Excellence - recommended treatment for depression and anxiety in children.

NS: North Somerset

RHSE: Relationship, health and sex education

YP: Young person/people