

WORDS TO KNOW AND UNDERSTAND



Here's a list of terms you have seen highlighted in **bold blue print** throughout the guide or that you may encounter in your transition process. We've provided some helpful definitions to make you feel more confident in understanding these terms.

- **Application** – Forms that you fill out.
- **Consequence** – The result of an action or choice you make.
- **Cost Effectiveness** – Comparing costs of services to the personal value to you of participating in services.
- **Early Periodic Screening, Diagnosis and Treatment (EPSTD)** – If you are under 21 years old and you need an outpatient behavioral health service that isn't normally covered for your age group, the EPSTD benefit can be requested (see page 16 for more information).
- **Estimating** – Taking an educated guess; often used to roughly calculate the value or cost of something.
- **Idaho Behavioral Health Plan (IBHP)** – Offers a variety of outpatient behavioral health services to Medicaid members in Idaho; including behavioral health services for children and adults, based on medical necessity.
- **Medicaid** – The United States' public health insurance program for people with lower income.
- **Optum Idaho** – A health care company managing the outpatient benefits for the Idaho Behavioral Health Plan (IBHP) for Idaho Medicaid members and the Idaho Department of Health and Welfare (IDHW).
- **Persistent** – Continuing to do something over a long period of time.
- **Prior Authorization** – The process a Provider goes through to ask for permission to provide a service to a patient.
- **Self Advocacy** – To stand up for yourself in a positive way so that you can explain to others what you need to be successful.
- **Transition-Aged Youth** – Teens who are between the ages of 17 year and 19 years old (these ages relate specifically to this Guide).
- **Treatment Team** – All of the people who work with you to help guide your success in life. Each team member has special skills and a unique role. YOU are the most important member of your treatment team.