



Often used Acronyms

AA - Alcoholics Anonymous

AA is a peer-led fellowship of people who come together to solve their substance use issues. The primary purpose is to help participants to achieve sobriety through the 12-step model.

ASAM - American Society of Addiction Medicine

ASAM Developed The ASAM Criteria, the most widely used and comprehensive set of guidelines for placement, continued stay, transfer, or discharge of patients with substance use disorder and co-occurring conditions.

CARF - Commission on Accreditation of Rehabilitation Facilities

CARF provides accreditation services to health and human service providers around the world. An accreditation demonstrates a provider's commitment to continuously improve service quality and to focus on the satisfaction of the people served. The Haven is a CARF-accredited facility.

CBT - Cognitive Behavioral Therapy

CBT is a form of psychological treatment that has been demonstrated to be effective for a range of issues including depression, anxiety disorders, and substance use disorders. CBT treatment usually involves efforts to change thinking and behavioral patterns.

EBP - Evidence-Based Practices

EBP is the objective, balanced, and responsible use of current research and the best available data to guide policy and practice decisions.

EMDR - Eye Movement Desensitization and Reprocessing

EMDR therapy is a mental health treatment technique that involves moving your eyes a specific way while processing traumatic memories. The goal is to help clients heal from trauma or other distressing life experiences. The Haven has several therapists who are trained to provide EMDR.

FY - Fiscal Year

The Haven's fiscal year runs from October 1 to September 30.

IOP - Intensive Outpatient Program

The Haven's IOP is a 90-day program that includes 16-30 hours of weekly treatment services. These services include at least one hour of individual counselling and 12 hours of group counselling with a licensed, master's-level therapist, as well as at least 3 hours of recovery-based classes per week.

LCSW - Licensed Clinical Social Worker

This person has a master's degree in social work and is licensed by the state to perform the work.

LMSW - Licensed Master Social Worker

LMSW is a professional license that enables you to practice social work in most states.

LPC - Licensed Professional Counselor

This person has a master's degree in counseling and provides mental health services that focus on behavioral, emotional and mental issues in various healthcare settings.

MAT - Medication-Assisted Treatment

Use of medications to help people recover from opioid use disorder. Methadone, buprenorphine, and naltrexone are effective medications to treat opioid use disorder, but they remain highly underutilized. The Haven is one of the only facilities in Tucson that allows clients to be on MAT services.

NA – Narcotics Anonymous

NA is a peer-led fellowship for people who have substance use disorder. Just like AA, NA uses the 12-step model, and the goal is complete abstinence from all drugs.

PTSD - Posttraumatic Stress Disorder

PTSD is a mental health condition that some people develop after experiencing or witnessing a shocking, scary, or dangerous event. Symptoms may include flashbacks, nightmares and severe anxiety, as well as uncontrollable thoughts about the event. During fiscal year 2022, 49% of The Haven's clients had PTSD.

PWID - Persons Who Inject Drugs

Intravenous drug use is a method whereby a person will self-inject a liquified form of a drug into their veins. This is the most dangerous way to engage with drugs as the drug enters the blood directly and is not filtered by the lungs or liver as it is with smoking or oral ingestion. The Haven considers PWID a priority population.

RN - Registered Nurse

This person has a nursing degree and is licensed to work as a nurse.

RT – Residential Technician

The Haven's Residential Technicians manage the day-to-day activities in the residential program, including supervising clients and maintaining their daily schedule.

SAMHSA - Substance Abuse and Mental Health Services Administration

SAMHSA is an agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

SDOH - Social Determinants of Health

The social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. SDOH can be grouped into five domains: economic stability, education access and quality, healthcare access and quality, neighborhood and built environment, and social and community context.

STD - Sexually Transmitted Disease

People who have a substance use disorder can be more susceptible to STDs due to risky behaviors like injecting drugs, using contaminated equipment for injecting drugs, and having unsafe sex. The Haven helps clients by providing screening, prevention, and education.

SUD - Substance Use Disorder

SUD is a mental health disorder that affects a person's brain and behavior, leading to a person's inability to control their use of substances such as legal or illegal drugs, alcohol, or medications. Symptoms can range from moderate to severe, with addiction being the most severe form of SUDs.