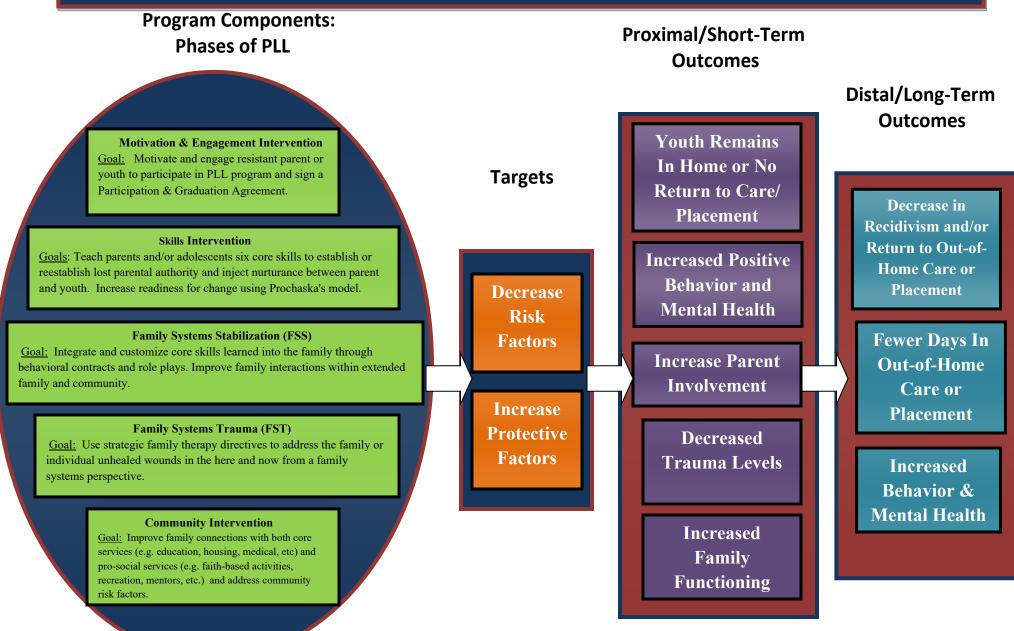
# Parenting with Love and Limits (PLL) System of Care Logic Model

Program Developed by Scott Sells, Ph.D.



PLL targets children ages 9-18 years old who exhibit moderate to severe emotional and behavioral problems and their parents/family.

### **Program Components**

PLL Alternative to Placement is delivered over 3-4 months. PLL Reentry/Reunification is delivered over 6-8 months. A PLL Therapist meets with the parents and/or youth for skills therapy and family therapy, in the home, through four phases. Families are seen weekly, but sessions can occur more often if needed.

### **Intervention Strategies**

Specific strategies, methods, and techniques are used to accomplish the program goals.

# **Targeted Risk & Protective Factors**

Risk factors, which increase the likelihood of negative outcomes (e.g., drug use, delinquency, school dropout, violent behavior, incarceration) are targeted for a decrease. Protective factors, which exert a positive influence and buffer against negative outcomes, are targeted for an increase.

### **Proximal Outcomes**

Outcomes impacted by the program immediately following program completion that have been demonstrated through research. Studies compared PLL to "usual services" or a range of alternatives, including individual, other family therapies, probation, social work services, and no treatment.

### **Distal Outcomes**

Outcomes impacted by the program months/years following program completion that have been demonstrated through research.

### **Motivation & Engagement**

Intervention: Goal: Motivate and engage resistant parent or youth to participate in PLL program and sign a Participation & Graduation Agreement.

Skills Intervention: Goals: Teach parents and/or adolescents six core skills to reestablish lost parental authority and inject nurturance between parent and youth.

Increase readiness for change using Prochaska's model.

### **Family Systems Stabilization:**

Goal: Integrate and customize core skills learned and incorporated through behavioral contracts and role plays. Improve family interactions within extended family and community.

Family Systems Trauma: Goal: Use structural and strategic family therapy directives to address the family or individual unhealed

wounds in the here and now from a family systems perspective.

**Community Intervention:** Goal: Improve family connections with

both core services (e.g. education, housing, medical, etc) and prosocial services (e.g. faith-based activities, recreation, mentors, etc. ) and address community risk

Solution-Focused Questions

Show actual PLL workbooks or video samples from PLL

Review Participation/ Graduation Agreement & obtain family signatures

Modeling expert use of each core skill through video clips

Role Plays/Dress Rehearsals

Inner/Outer Circle Performance Feedback

Transfer and customize skills in family therapy sessions

Behavioral Contracts, Playbooks, & Relapse Plans

Structural and Strategic Family Therapy Techniques

Role plays/Dress Rehearsals and Troubleshooting "What if?" Scenarios

Strategic Family Directives

Role Plays/Dress Rehearsals

Use of a Who What Where & How Written Trauma Playbook

Create CBAT (community-based action) Teams

Develop Playbook With Everyone's Roles Specified

### **Risk Factors:**

### Family

- Parent or Caregiver stuck in Prochaska's Precontemplative Stage of Readiness
- Poor nurturing relations between youth and family members
- Harsh or inconsistent discipline
- High family conflict
- Lack of family cohesion & support
- High unresolved PTSD & family trauma *Individual*
- Conduct/oppositional defiant
- Severe emotional problem
- Externalizing and Internalizing problems

### School or Employment

- High rates of truancy
- Behavior problems at school
- Academic failure

#### Community

- Lack of community support
- Family lacks food, clothing, shelter
- High community stress/ violence

### **Protective Factors:** Family

- Parent/caregiver moves into Prochaska' action readiness stage
- Nurturance, support, & cohesion increases along with consistent discipline
- Family conflict decreases
- Family trauma or wounds healed
- Significant decrease in PTSD symptoms, conduct or oppositional disorders

#### School or Employment

- Positive school-family relations *Community*
- Positive family-community relations *Therapy-Level*
- High therapeutic alliance

### Youth Remains In Home or Not Recommitted

- Less likely to be placed in outof-home placement
- If returning to community after residential or foster care less likely to be re-incarcerated or return back to foster care

### Increased behavior and Mental Health

- Significant improvement in both internalizing and externalizing problems
- Decrease in delinquent behavior

### **Increased Parent Involvement**

- Parent graduation rates at 75% or higher than alternative treatment
- Parent moves to higher levels of a readiness to change

### **Decreased Trauma Levels**

• Significant decrease in family and youth levels of trauma

### **Increased Family Functioning**

- Improved communication
- Increased family cohesion
- Less verbal aggression
- Less family conflict/interactional
- Improved family structure

### Decrease in Criminal Recidivism or Return to Foster Care

- Substantially lower rates of court referral/arrest after referral to PLL up to 12 months post discharge or reports of maltreatment
- Less likely to be reincarcerated or placed back into foster care 6-12 months post discharge or reunification.

## Fewer Days Residential or Foster Care

 Reduction in days spent in residential placement or foster care after referral to PLL

# Increased Behavior & Mental Health

 Fewer psychiatric and behavioral diagnoses 12 months post-treatment, compared to pre-treatment