

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

Program Developed by Scott Sells, Ph.D.

Program Components: Phases of PLL

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 establish or reestablish lost parental authority and inject nurturance between parent and youth. Increase readiness for change using Prochaska's model.

Family Systems Stabilization (FSS)

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

Family Systems Trauma (FST)

Goal: Use 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 pro-social services (e.g. faith-based activities, recreation, mentors, etc.) and address community risk factors.

Targets

Decrease
Risk
Factors

Increase
Protective
Factors

Proximal/Short-Term Outcomes

Youth Remains
In Home or No
Return to Care/
Placement

Increased Positive
Behavior and
Mental Health

Increase Parent
Involvement

Decreased
Trauma Levels

Increased
Family
Functioning

Distal/Long-Term Outcomes

Decrease in
Recidivism and/or
Return to Out-of-
Home Care or
Placement

Fewer Days In
Out-of-Home
Care or
Placement

Increased
Behavior &
Mental Health

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.

