

A person wearing a brown t-shirt and a watch, with their arms crossed, standing against a white background.

Parenting with Love and Limits[®] - PLL

AN EVIDENCE-BASED SYSTEM OF CARE
HELPING ORGANIZATIONS RESTORE FAMILIES[®]

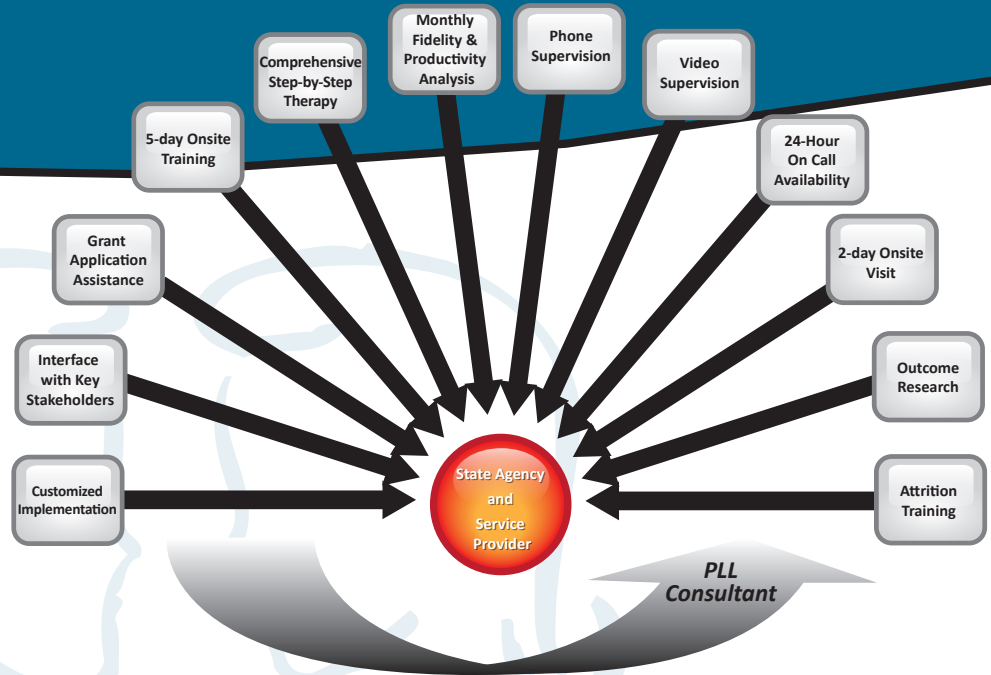
A person wearing brown jeans and black sneakers, standing against a white background.

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Parenting with Love
and Limits®

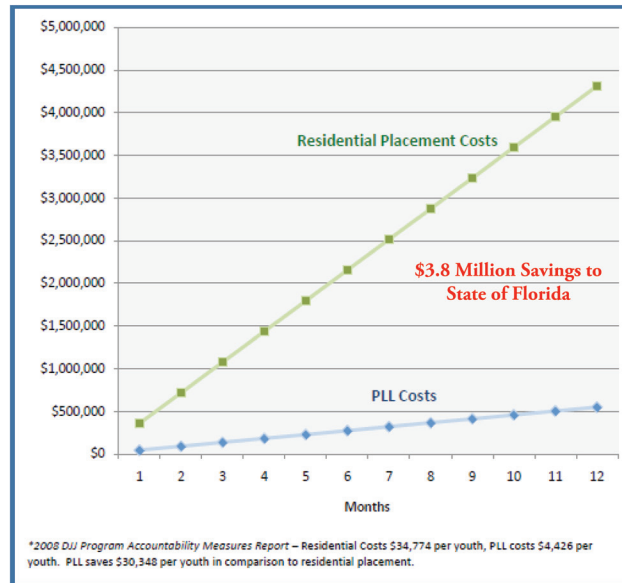
PLL System of Care



What Makes PLL Cost Effective?

**\$545,000 Invested in
124 Youth**

\$3.8 Million Saved



In a recent study, PLL Services represented a considerable cost saving to the state of Florida. With annual residential placement costs at \$34,774 per youth, PLL services in comparison cost significantly less per youth at \$4,400. In 2008, PLL served 124 youth as an alternative to residential placement. Combined with reduced lengths of stay as compared to residential, cost saving to the state were in the millions of dollars.

1-800-735-9525

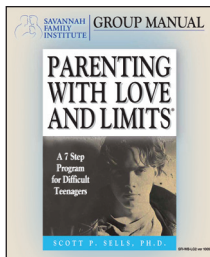
Parenting with Love and Limits® - PLL is a recognized evidence-based treatment model for adolescents, aged 10-17, with extreme emotional and behavioral problems.

Parenting with Love and Limits® - PLL is recognized as an evidence-based model by these research organizations:

- SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP)
- The Office of Juvenile Justice and Delinquency Prevention (OJJDP) - Exemplary Rating
- OJJDP Reentry Model Programs Guide (one of only four programs nationwide)
- The Center for Substance Abuse Prevention
- The Promising Practices Network
- The California Evidence Based Clearinghouse for Child Welfare
- Foster Family Based Treatment Association (FFTA)

PLL is the first program of its kind to combine parenting management group therapy, family therapy (coaching), and wound work (Trauma Informed Care) into one system of care to quickly engage resistant parents and their teenagers.

PLL Evidence Based Curriculum



PLL Group Manual

"The Group Manual's step-by-step strategies help parents troubleshoot problem areas. The use of dress rehearsals cements the transfer of parent skills outside of the group setting and sets the parents up for success."

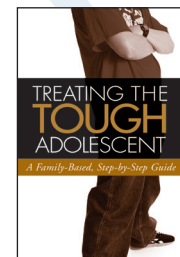
Jenny Black

Lena Pope Home, Fort Worth, TX

Treating the Tough Adolescent

"This book is a gem. Dr. Sells provides front-line clinicians with a step by step road map for doing effective family therapy with difficult adolescents."

Matthew D. Soloman, Author



Parenting Your Out-of-Control Teenager

"This book offers parents of challenging teens the tools they need to reestablish a proper hierarchy in the home and reconnect emotionally to maintain changes long after formal treatment has ended. Parents become hopeful and involved as they realize they are not alone in their struggles with their extreme teen."

Linda Hill, LCSW

Bay Area Youth Services, Tampa, FL



PLL Coaching Manual

"These materials comprise a well thought out model that links therapist and family materials together to greatly increase a successful outcome. They show the family what to do and how to do it with specific skills that translate to any behavior."

John Wells, Ph.D.

Family Empowerment Services, Benton Harbor, MI



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- ✓ Attend 5 out of 6 group meetings
- ✓ Attend the minimum individual (family) coaching sessions and continue with coaching until benchmarks are met
Successful completion will be determined when the family and PLL team agree upon significant improvement in PLL benchmarks which may include the following:
 - ✓ In Home - Obeying curfew and not leaving home without permission
 - ✓ In School - Attend school with no ditching, and achievement of passing grades
 - ✓ Evidence of participation in extra-curricular activities, outside employment, or community services
 - ✓ Out of Trouble With the Law (No further violations)
 - ✓ Following the PLL Contract 80% of time or greater as reported by parents
 - ✓ Drug Free, if applicable

WEEK	PLL GROUP	PLL INDIVIDUAL COACHING* ^{NG*}
Week #1	Group 1 — Venting	No coaching 1st week
Week #2	Group 2 — Button Pushing + →	Coaching #1 — Deciding on the Problem to Fix Fast
Week #3	Group 3 — Contracting + →	Coaching #2 — Identify Undercurrents, Feedback Loops, & develop a Loophole Free Contract
Week #4	Group 4 — Putting the Contract + → Together As a Group	Coaching #3 — Continued Drafting of Contract and Role Play Use of Contract
Week #5	Group 5 — Creative Consequences + → <i>(to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)</i>	Coaching #4 — Develop Countermoves around Contract: See if contract worked or tweak contract so it will work better
Week #6	Group 6 — How to Start Liking Each + → Other Again— Restore Closeness	Coaching #5 — Further Development of Countermoves & Intensive Dress Rehearsals
Week #7	No Group	Coaching #6 — Progress Assessment and Troubleshooting <i>Benchmark meeting with family to assess progress and concrete next steps</i>
Week #8	No Group	Coaching #7 —Finalize Aftercare and insure CBAT and (and beyond) Relapse Prevention plans in place

**Successful completion of the Alternative to Commitment program to occur within a 3-4 month time frame, as opposed to, traditional treatment times of 5-7 months. For Reentry, successful completion of program to occur within 6 month timeframe. 3 months in residential and 3 months in community.*

PLL IS TRANSPORTABLE TO ANY LOCATION AND SETTING

PLL System of Care Sites in the United States and Europe

State of Alaska

- Anchorage Community Mental Health Services, Anchorage, AK
- Kodiak Area Native Association, Kodiak, AK
- Presbyterian Hospitality House, Fairbanks, AK
- Residential Youth Care, Ketchikan, AK
- Peninsula Community Health Service, Soldotna, AK
- Presbyterian Hospitality House, Wasilla, AK

State of Colorado

- Centennial Mental Health Center, Sterling, CO

State of Delaware

- VisionQuest, Wilmington, DE
- VisionQuest, Dover, DE

District of Columbia

- VisionQuest, Washington, DC

State of Idaho

- Idaho Department of Health and Welfare
 - Region 1, Coeur d'Alene, ID
 - Region 2, Lewiston, ID
 - Region 3, Caldwell, ID
 - Region 4, Boise, ID
 - Region 5, Twin Falls, ID
 - Region 6, Pocatello, ID
 - Region 7, Idaho Falls, ID

State of Illinois

- Champaign County Mental Health Board - Urbana, IL (2 sites)
- Lee County Probation - Sennissippi Centers - Dixon, IL
- Youth Service Bureau of Illinois Valley, Peru, IL

State of Maine

- NFI North, Sidney, ME
- NFI North, Lewiston, ME

State of Michigan

- Family Empowerment Services, Berrien County, MI

State of Missouri

- Jackson County Field Services, Kansas City, MO

State of New Hampshire

- NFI North, Jefferson, NH
- NFI North, Contoocook, NH

State of New York

- North American Family Institute, Westchester, NY

State of Pennsylvania

- VisionQuest, Allegheny, PA
- VisionQuest Academy, Franklin, PA

State of Rhode Island

- North American Family Institute, Cranston, RI

State of South Carolina

- Specialized Alternatives for Families and Youth, Greenville, SC

State of Texas

- Harris County Government - Houston, TX
- VisionQuest, Houston, TX

State of Virginia

- Middle Peninsula/Northern Neck Community Services Board
Warsaw, VA

State of Wyoming

- Southwest Counseling Services, Rock Springs, WY

The Netherlands

- The Center for Ambulatory Forensic Psychiatry de Waag
- de Waag Amsterdam
 - de Waag den Haag
 - de Waag Utrecht



Alternative to Placement (Child Welfare, Probation) & Residential Reentry

	PLL ALTERNATIVE TO PLACEMENT	PLL REENTRY
Target Population Served	<p>Low Risk Level</p> <p>Youth, ages 10 -18:</p> <ul style="list-style-type: none"> Charged with non-status offenses (e.g., felonies or high- risk misdemeanors such as: aggravated battery or assault, burglary, robbery, domestic battery, drug or alcohol abuse, etc.) Probation violators and repeat offenders, Victims of abuse or neglect, In the foster care system, or designated as high risk for home removal; Designated as SED (Severely Emotionally Disturbed); and/or Chronic offenders with a 6 month to 1 year history of therapy 	<p>Moderate to High Risk Level</p> <p>Youth, ages 10 -18:</p> <ul style="list-style-type: none"> Charged with non-status offenses (e.g., felonies or high- risk misdemeanors such as: aggravated battery or assault, burglary, robbery, domestic battery, drug or alcohol abuse, etc.) Probation violators and repeat offenders, Victims of abuse or neglect, In residential treatment or returning back to the community; In the foster care system, or designated as high risk for home removal; Designated as SED (Severely Emotionally Disturbed); and/or Chronic offenders with a 6 month to 1 year history of therapy Has a 'viable' home to return to with a primary caregiver
Average Length of Treatment	<ul style="list-style-type: none"> 6 to 10 family therapy coaching sessions on average Behavioral Contracting + Wound Work 6 group therapy sessions 3-4 Months 	<ul style="list-style-type: none"> 12 to 18 family therapy coaching sessions on average Behavioral Contracting + Wound Work 6 group therapy sessions Community Based Action Team (CBAT) 6-7 Months
Delivery of Supervision by PLL	<ul style="list-style-type: none"> One 1-hour phone supervision session per week, or two 2-hour sessions per month Video taped supervision using IPR (Interpersonal Process Recall) for both group and family therapy 24/7 availability to answer case questions outside of regular supervision hours 	<ul style="list-style-type: none"> One 1-hour phone supervision session per week, or two 2-hour sessions per month Video taped supervision using IPR (Interpersonal Process Recall) for both group and family therapy 24/7 availability to answer case questions outside of regular supervision hours
Onsite Visits	<ul style="list-style-type: none"> Annual (2-day) on-site visit – with live supervision and consultation (if needed) 	<ul style="list-style-type: none"> Annual (2-day) on-site visit – with live supervision and consultation (if needed)

PLL BREAKDOWN OF SERVICES

PLL Model	vs.	Other Evidence-Based Models
<p>PLL Group + PLL Family Coaching Therapy</p> <p>Why Important: Reduce Isolation, Fill in Missing Skills, and Quickly Reduce Parent Resistance. Majority of Juveniles from Single Parent Homes.</p>		<p>Family Therapy Only</p> <p>Downside- Individual Therapist Has to Do All the Work Themselves to Get Parent Buy In Instead of Using a Group as the Co-therapist.</p>
<p>PLL Costs Include Research Data Collection and Analy-</p>		<p>Other Models Do Not</p>
<p>PLL Addresses Unhealed Wounds or PTSD which is a Central Problem for Deep-End Juveniles.</p>		<p>Other Models Do Not</p>
<p>Both PLL Group and PLL Family Therapy Have Step-by-Step Manuals and DVD Clips to Illustrate Steps. Spanish Language Curriculum Also Available</p>		<p>Other Models Do Not</p>
<p>Videotape Supervision</p>		<p>Other Models Do Not</p>
<p>Fidelity Dashboard</p>		<p>Other Models Do Not</p>
<p>5 day On-Site Training</p>		<p>Other Models Do Not</p>



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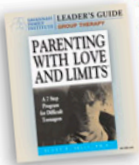


PARENTS. Having Trouble with your Teen? [Click Here.](#)

Parenting with Love and Limits® (PLL) is a recognized evidence-based Best Practice treatment model. It is the first program of its kind to combine parenting management groups and family therapy into one continuum of care to quickly engage resistant parents.

Parenting with Love and Limits® (PLL) is recognized as an evidence-based model by these research organizations:

- [NREPP: SAMHSA's National Registry of Evidence-based Programs and Practices](#)
- [OJJDP Reentry Model Programs Guide - One of Only 5 Programs in the Country](#)
- [OJJDP Model Programs Guide - Exemplary Rating](#)
- [The California Evidence-Based Clearinghouse for Child Welfare](#)



THE LEADER'S GUIDE FOR GROUP THERAPY

A 7 STEP PROGRAM

[Click Here to see sample pages and videos from Dr. Sells Leader's Guide for Group Therapy.](#)



THE SURVIVAL KIT STUDY GUIDE

[Click Here to see sample pages and videos from Dr. Sells Survival Kit Study Guide.](#)

FOR MORE INFORMATION:

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