



Parenting with Love and Limits®

www.gopll.com

PLL (Parenting with Love and Limits®)

- The first evidence-based program of its kind to combine a 6-week parent education and group therapy program with 6 or more individual “coaching” (family therapy) sessions for adolescents and their parents.
- PLL is designed for youth between 10 and 18 with extreme emotional or behavioral problems (running away, extreme disrespect, chronic truancy, depression, drug or alcohol abuse, etc.).
- Custom-Designed to prevent youth from going into out-of-home or residential care, and safely lowers lengths of stay for youth already in, or scheduled to be committed to residential care by giving parents/caregivers specialized tools in group, then showing them how to use these tools through extensive role-plays during family coaching.

PLL is recognized as an evidence-based model by...

- [NREPP: SAMHSA's National Registry of Evidence-based Programs and Practices](#)
- [OJJDP Model Programs Guide - Exemplary Rating](#)
- [Promising Practices Network on Children, Families and Communities](#)
- [Find Youth Info.gov](#)
- [FFTA \(Foster Family Based Treatment Organization\) Resource Guide in Treatment Foster Care](#)

Please go to our web site at www.gopll.com to see our listings.

Week	PLL Group	PLL Individual Coaching
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 – Writing a Loophole Free Contract
Week #4	Group 4- Putting the Contract Together As a Group +	Coaching #3 – Present Typed Contract to Teenager with Role Plays to Practice
Week #5	Group 5 – Creative Consequences + (to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)	Coaching #4- Relapse Prevention: 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- Wound Work: Produce a Wound Workbook and Role Play
Week #7	No Group	Coaching #6- Relapse Prevention: Determine if Wounds <i>Staff Meeting with your family to assess progress and concrete next steps</i>
Week #8	No Group	Coaching #7- - Tune-Ups or more if needed

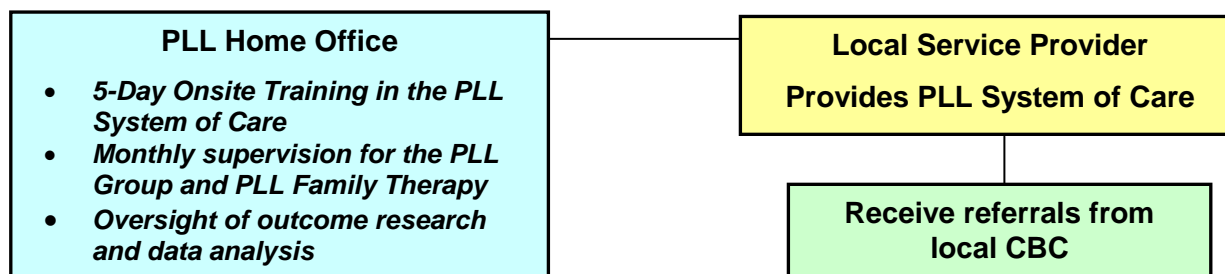
For More Information Please Contact John Burek at 863-255-4654 or E-mail jburek@gopll.com

How is PLL Different?

Main Differences Between PLL and Other Evidence-Based Models	
PLL (Parenting with Love and Limits)	Other Evidence-Based Models
<p>PLL Group + PLL Family Therapy Why Important: Reduce isolation, fill in missing skills, and quickly reduce parent resistance. The majority of juveniles come from single-parent homes. Single parents are isolated and overwhelmed, and need the support and help from other parents in a group setting – Especially re-entry parents.</p>	<p>Family Therapy Only Downside: Individual therapists have to do all the work themselves to get parents to buy in, instead of using a group as the Co-therapist.</p>
1 Full Time PLL Therapist = 36 Youth Per Year	For example, 1 Full Time MST Therapist = 13.5 youth Per Year
PLL Costs Include Research Data Collection and Analysis	Not Included
PLL addresses unhealed wounds or PTSD which is a central problem for deep-end juveniles	Does not emphasize that wound work is needed to make aftercare work
For Family Therapy, PLL Counselors will conduct home visits as needed	These Programs will also
Video-taped supervision to further ensure treatment fidelity	With exception of BSFT, no videotape supervision
<p>Both PLL Group and PLL Family Therapy have step-by-step manuals and DVD clips to illustrate steps. <i>Visual and experiential short DVD clips custom-designed to lower resistance.</i></p>	<p>No step-by-step manuals or DVD's for front-line therapists. <i>Therapists complain that there is a lack of micro-steps to go from point A to point B.</i></p>

How to Become a PLL Site

Our Center of Excellence Program provides the opportunity for local service providers to partner closely with us to deliver PLL in the most clinically sound and cost-effective way. We function as a technical consultant, working with the local service provider to train and supervise the front-line therapists, teaching them how to engage resistant parents and adolescents much more effectively and efficiently through the PLL System of Care.



Some of Our Current PLL Sites	
<ul style="list-style-type: none"> • Tampa, Florida (3 sites) • Bannock County, Idaho • The State of Idaho (7 Regions) • Lee County, Illinois • Champaign County, Illinois • South Bend, Indiana • Brevard County, Florida 	<ul style="list-style-type: none"> • Berrien County, Michigan (2 sites) • Park County, Montana • The Netherlands (5 sites) • Eastern Colorado (4 sites) • Harris County, Texas • The State of Alaska (3 sites) • Warsaw, Virginia

