



Parenting with Love and Limits®

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Why the PLL Program Gets Parents Involved Where Others Fail

We know that this research statement is true:

Juveniles will return to future delinquent acts if their parents remain unresponsive in the areas of consistent limit setting, rebuilding emotional attachments, and improved communication (Williams and Chang, 2000, p. 159).

- A majority of the parents have deficits in core parenting skills, but they are highly resistant to getting actively involved in their child's treatment
- Without active parent involvement, youth will likely relapse.
- Other parent education programs are designed for normal acting out behaviors.
- *Parenting with Love and Limits*® is the first "Best Practice" model custom fit for youth with extreme behaviors (running away, extreme disrespect, chronic truancy, violence, drug or alcohol abuse, etc.). See our OJJDP "Model Program" listing at http://www.dsgonline.com/mpg2.5/TitleV_MPG_Table_Ind_Rec.asp?ID=463
- Parents today want a "drive-through breakthrough," so we combine parenting education and group therapy with individual family therapy, all within a 6-week period instead of the traditional four to six months of treatment time.
- There are more and more single parents who are isolated and burnt out. Meeting together with other parents offers support that one on one counseling cannot do on its own.

PLL's Unique Packaging Achieves High Parent Involvement

Length of stay reduced from 4 to 6 months per youth to only 6 weeks (on average).

Breakdown of treatment: 6 skills-building group sessions to fill in what is missing, + 3 individual family counseling sessions to practice these new skills and address underlying family problems, all completed over a six week period:

Overview of the Six Week PLL System of Care

Week #1 Understanding Why Your Teen Misbehaves.

- Why the teen creatively uses things like substance abuse, disrespect, running away, or violence to commit acts of "parent abuse" to continually defeat parents who try to regain control of their household.

Week #2 Button-Pushing + Individual Family Coaching Session

- Teaches adolescents and parents how and why button-pushing creates conflict and confrontation
- Shows both adolescents and parents how to identify the top three buttons that each pushes to escalate arguments

Week #3 Why Traditional Contracts Fail and The Art of Negotiation

- Teaches adolescents and parents why their current contracts fail
- Teaches adolescents how to design their own rewards
- Teaches both adolescents and parents the Art of Negotiation, or “It’s not what you say but how you say it”

Week #4 Writing New Contracts and the Use of Emotional Warm-ups + **Individual Family Coaching Session**

- Teaches parents how to write their first loophole free contracts
- Teaches parents through role plays to deliver the contracts without their buttons being pushed
- Teaches adolescents the button buster of “Being Unpredictable” to reduce conflict and enhance the relationship

Week #5 Pulling It All Together + **Individual Family Coaching Session**

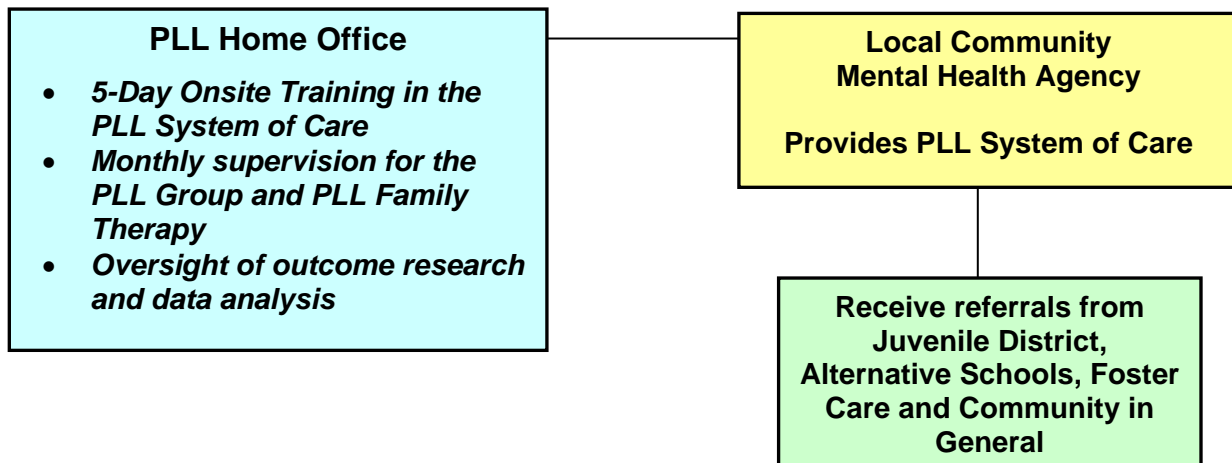
- Parents will learn creative consequences to stop behaviors like (a) Extreme Disrespect (b) Running Away, (c) Alcohol and Drug Use, (d) Sexual Promiscuity, (e) Threats or Acts of Violence; (f) Threats of Suicide.
- Teaches parents how to create a Positive Teen Report Certificate to catch their teen doing something right

Week #6 Restoring Lost Nurturance and Tenderness

- Educate adolescents and parents on Reactive Attachment Disorder and how noncompliance skyrockets
- Teaches how the fine line between love and dislike works and why there is a current lack of nurturance

Overview of Implementation

- We function as an outside technical consultant that partner with your local service provider to train and supervise the front line therapists on how to engage resistant parents much more effectively and efficiently.



Summary of Services Provided

Below is a breakdown summary of services that we provide:

✓ **ONE DAY On-Site Administrative Training**

The first day covers implementation issues for both administration and staff. It includes: (a) a 2-hour overview of best practices and the PLL clinical model; (b) how to use motivational interviewing to engage the resistant parent. We will use live phone calls; with your parents to demonstrate; (c) meeting with the key stakeholders from the referring agencies to create a delivery system flowchart. Additional time is spent in addressing site-specific implementation challenges (i.e. referral criteria, referral process, integration of services, working w/ referral agents). The identified PLL team of clinicians is trained in the PLL Outcome Research System, including use of PLL software and assessment protocols.

✓ **FOUR DAY On-Site CLINICAL TRAINING:**

This on-site training covers the core constructs, assessment, and intervention techniques of PLL that combine a 6 class parent/adolescent education group with 3 individual coaching or family therapy sessions within a 6 to 8 week average length of stay. Didactic materials include a Group Treatment Leader's Guide, Parent and Teen Workbooks, a paperback book entitled: *Parenting Your Out of Control Teenager (St Martin's Press, 2000)*, DVD of videotape examples, and a Parent Survival Kit workbook. The first two days will cover training for the parenting group with a live on-site demonstration of Dr. Sells conducting the first group. The last two days will cover training for the family therapy piece with another live on-site demonstration with a family.

✓ **ONGOING TELEPHONE CONSULTATION**

To ensure high quality assurance and clinical adherence to the PLL System of Care, each PLL team receives group telephone consultation two to three hours per month. Supervision focuses particularly on stuck cases and PLL model adherence. Team members will fax supervision forms to the PLL Home Office 24-hours prior to the scheduled supervision meeting for review.

✓ **ONGOING OUTCOME RESEARCH CONSULTATION AND ANALYSIS**

Outcome Research analysis and support. Agencies will send pre and post tests to the PLL Home Office for data analysis. The PLL Home Office will also track recidivism rates, attrition rates, demographics, and graduation rates. Agencies will also receive an end of the year PowerPoint display highlighting outcome results to present to key stakeholders in the community.

✓ **ONGOING CONSULTATION**

Sites may need ongoing consultation and implementation strategies to implement PLL in their local community. Examples include how to best market the program, expand their referral base, or best market key outcome results. Therefore, our PLL clinical manager is available as need to help answer questions outside of our monthly phone supervision.

Materials Needed to Run PLL

✓ **PARENT AND TEEN WORKBOOKS**

Parent/caregivers and their adolescents who attend the 6-week parenting group receive their own workbooks. (One parent and teen workbook per family) The workbooks contain such things as homework assignments, step-by-step instructions to write and implement ironclad behavioral contracts, and creative consequences to stop the extreme behaviors of disrespect, violence, alcohol and substance abuse, threats of suicide/self-mutilation, alcohol or drug use, and sexual promiscuity.

✓ **PARENT SURVIVAL KIT**

Parent/caregivers also receive a Parent Survival Kit which includes the paperback book entitled: *Parenting Your Out of Control Teenager (St Martin's Press, 2000)* plus the accompanying workbook. The book and workbook were written specifically for the parent. It is written on a 6th grade reading level for ease of understanding and comprehension. The Survival Kit is used by the parents to master key concepts.

Highlights of Some of the Research Results

For a Comprehensive Research Summary, Please Call Us

Increased Parental Involvement

- Research studies show that youth will return to past behavioral problems *if their parents remain unchanged* (Williams and Chang, 2000, p. 159).
- *Parenting with Love and Limits*® Group Therapy has demonstrated a 75% to 80% attendance rate by parents and a 71% to 78% attendance rate by youth.

Reduced Recidivism/Re-Offense Rates

- Recidivism rates dropped to only 16% (*versus* 55% of youth not participating in PLL) after a one-year period. Youth and parents maintain the changes they make in the parenting group.
- Only 6.5% (six adolescents out of 102) relapsed in their substance abuse or re-offended over a one year period (93.5% non-recidivism rate). PLL is also effective with substance abuse.
- Detention lengths of stay dropped to only 72 total days vs. 543 days for non-PLL youth.

Cost-Effectiveness to See More Kids with Much less Cost

- Group instead of traditional one-on-one counseling - See 8 families in 2 hours *versus* current output of only 2 youth in 2 hours.
- *Parenting with Love and Limits*® is 100% Medicaid Reimbursable.

CBCL Measures Child-Behavioral Checklist	PLL Treatment (n=24)		Control Group (n=24)		F-score
	Pretest	Posttest	Pretest	Posttest	
	Treatment Mean	Treatment Mean	Treatment Mean	Control Mean	
Aggressive Behaviors	67.43	58.14	70.83	71.67	32.79**
Attention Deficit Problems	65.57	56.57	66.17	69.75	21.95**
Anxiety/Depression	57.14	52.57	52.83	58.67	9.06**
Withdrawn/Depression	58.93	55.36	62.83	63.50	8.96**
Externalizing Problems	64.07	56.57	73.08	71.83	24.37**
Total Problems	62.93	55.43	66.75	69.67	26.49**

Measures	Pretest		Posttest		t-score
	PLL Treatment (n=24)		Control Group (n=24)		
	Pretest	Posttest	Pretest	Posttest	
	Treatment Mean	Treatment Mean	Treatment Mean	Control Mean	
Communication: Teen to Mom	57.67	68.75	63.29	46.58	-3.60**
Communication: Mom to Teen	58.07	78.64	63.72	57.40	-4.29**
Index of Parental Attitudes: Mom	73.21	46.47	71.35	76.60	-4.49**