



PLL Community-Based Alternatives to Foster Care

Quick Facts Sheet

- PLL is recognized as an evidence-based practice by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP)
- PLL is not a service provider but an evidence-based overlay treatment model that trains, supervises, and retools the local service provider to use PLL
- Overall goal is to stabilize the family in the community within 90 days to: (a) Prevent Foster Care Placement; and (b) Prevent Therapeutic Group Home Placement
- PLL is in 10 states and Europe: Texas, Idaho, Michigan, Wyoming, New Hampshire, New York, Alaska, Colorado, Virginia, Maine, & the Netherlands

Major Accomplishments

- ✓ Use of WebEx Video Conferencing in Rural Communities to Increase Parent Participation to 80% and Reduce No Shows to Less than 20%
- ✓ First Short Term 90-Day Program to Quickly Stabilize Families Using a Manualized Combination of Group, Family Therapy, & Family Trauma In One Complete System of Care
- ✓ First Program to Use Video Supervision of Therapists to Maintain High Treatment Fidelity Standards
- ✓ PLL Uses a state of the art Fidelity Dashboard to track outcomes & cost savings in real time- <http://www.gopll.com/videos/DashboardSampleJune2012.pdf>

Main Differences Between PLL and Other Models

	PLL	Other Models
√ Group + Family Therapy Together	Yes	No
√ Trauma Manualized Curriculum	Yes	No
√ Spanish Curriculum & Workbooks	Yes	No
√ Workbooks for Family	Yes	No
√ 5 Day <i>onsite</i> Training	Yes	No
√ Fidelity Dashboard	Yes	Maybe
√ Video Tape Supervision to Ensure High Quality	Yes	No

For more information go to www.gopll.com or contact John Burek @ 863-255-4654

PARTICIPATION AND GRADUATION AGREEMENT

In order to participate in and graduate from the Parenting with Love and Limits (PLL) program, I understand and agree to follow these requirements:

Week	PLL Group	PLL Individual Coaching
<i>Week #1</i>	Group 1 – Venting	No coaching 1st week
<i>Week #2</i>	Group 2 – Button Pushing + →	Coaching #1: Winning the Battle for Structure and putting all the protective factors on the radar screen
<i>Week #3</i>	Group 3 – Contracting + →	Coaching #2: Identifying Undercurrents, Feedback Loops and beginning to develop first Contract and if applicable, Aftercare Plan
<i>Week #4</i>	Group 4 - Putting the Contract Together As a Group + →	Coaching #3: Continuing to draft written plans
<i>Week #5</i>	Group 5 – Creative Consequences + → <i>(to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)</i>	Coaching #4: Developing Countermoves around written plans
<i>Week #6</i>	Group 6 - How to Start Liking Each Other Again- Restore Closeness	Coaching #5: Further development of needed Countermoves and intensive dress rehearsals
<i>Week #7</i>	No Group	Coaching #6: Assessment of written plans and changes made as needed
<i>Week #8 +</i>	No Group	Coaching #7: and on... continuing coaching until the following benchmarks are met: <ul style="list-style-type: none"> • For youth returning to the community – Finalize Aftercare Plan and insure CBAT Plan is ready to implement • Additional Coaching to troubleshoot unmet benchmarks (see below) and/or work on additional symptoms or seeds (i.e. unhealed wounds) • Develop Relapse Prevention Plan • Make 30/60/90 day callbacks and conduct tune up sessions as needed.

Key Benchmarks

- Attend 5 out of 6 group meetings with the exception of the 1st group.
- Attend the minimum required individual (family) coaching sessions and continue in coaching until the following benchmarks are met:
Minimum # of family sessions required ____ to Graduate PLL.

- In Home- Obeying Curfew and No Leaving Home Without Permission
- In School--Attend school and no ditching, and achieve passing grades
- Out of Trouble With the Law (if applicable)
- If applicable, remain Drug Free

- Following the PLL Written Plan 80% or greater as Reported by Parents
- Show evidence of participation in extracurricular activities, working, or doing community service

Parent/Guardian's Signature

Youth Signature

Therapist Signature