



**EVIDENCE-BASED
FAMILY TREATMENT MODEL**

**SCIENTIFICALLY PROVEN TO RESTORE
AND STRENGTHEN FAMILIES**

Parenting with Love and Limits® (PLL) is an Alternative to Placement program that is brief, effective, and free to families.

The program teaches each youth and their family new skills, building on the strengths that each member already has. PLL will ultimately help caregivers establish both “Love and Limits” within their homes.

PLL is a proven practice* that has demonstrated effectiveness in reducing aggressive, rule-breaking, and oppositional/defiant behaviors, as well as improving family communication and overall family satisfaction. For families who complete PLL, there have been significant reductions in youths’ future involvement with the law.

HOW DOES PLL WORK?

The PLL program offers group and family coaching as well as case management services to strengthen families and restore peace within the home. PLL will work in partnership with any system your child is a part of, the combined effort leading to your child’s success.

GROUP

For six weeks, you and your teen meet with a small group of families to learn concrete skills, develop a support system, and resolve issues you all are facing.

FAMILY COACHING

The PLL Coach travels to your home to develop and reinforce skills learned in group.

CASE MANAGEMENT

The PLL Case Manager works with each youth and family to identify resources that are useful to your family. The PLL Case Manager assists families in connecting with some of the following community resources: YMCA, United Way, school resources such as tutoring and academic evaluations, mentors, employment opportunities, pro-social opportunities, drug and alcohol services, community service opportunities, and others.

Unlike traditional therapy, PLL has a set beginning, middle, and end. This is a brief program.

BENEFITS OF PLL

YOU WILL LEARN

- How to make more effective rules and consequences
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- How a teen uses things like substance abuse, disrespect, running away, or violence to commit acts of “parent abuse” to continually defeat parents
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- How to use Creative Consequences to stop behaviors of Extreme Disrespect, Running Away, Alcohol and Drug Use, Sexual Promiscuity, Threats or Acts of Violence, and Threats of Suicide
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- How and why button pushing creates conflict and confrontation between parents and teenagers
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- How to write a loophole-free contract to reestablish order in your household
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- How to establish a deeper level of nurturance between you and your child

OVERVIEW OF THE PLL PROGRAM

Timeframe	PLL Group	PLL Individual Family Coaching
Week 1	Group 1: Venting	No Coaching 1st week
Week 2	Group 2: Button Pushing	Coaching 1: Winning the Battle for Structure and putting the protective factors on the radar screen
Week 3	Group 3: Contracting	Coaching 2: Identifying Undercurrents, Feedback Loops and beginning to develop first Contract and if applicable Aftercare Plan
Week 4	Group 4: Putting the Contract Together as a Group	Coaching 3: Continuing to draft written plans
Week 5	Group 5: Creative Consequences	Coaching 4: Developing Countermoves around written plans
Week 6	Group 6: How to Start Liking Each Other Again - Restoring Closeness	Coaching 5: Further development of needed Countermoves and intensive dress rehearsals
Week 7	No Group	Coaching 6: Assessment of written plans and changes as needed
Week 8	No Group	Coaching 7 and Beyond: Continuing coaching until benchmarks are met

WHAT HAPPENS AFTER PLL?

PLL provides 30, 60 and 90 day call-backs after the family has completed the program to ensure the family is still on track. Additional support is provided if needed.

*PLL has been listed as an effective, evidence-based program by the Substance Abuse and Mental Health Services Administration (SAMHSA), the Office of Juvenile Justice and Delinquency Prevention (OJJDP), the California Clearinghouse for Child Welfare, the Florida Sourcebook of Delinquency Interventions, and others.