



# Parenting with Love and Limits®

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## Center of Excellence (COE) Program Overview

### Does your Juvenile Court or Service Provider have any of these gaps in service?

- Resistant parents who are not *actively* involved in their youth's rehabilitation?
- Use of treatment or diversion models that do not provide statistical proof of successful outcomes and reduction in recidivism rates?
- Probation/Intake Officers who lack immediate feedback from cases referred?
- Budgetary challenges that make it difficult to fund evidence-based programs?

If the answer is "yes," you should know that the *Parenting with Love and Limits*® (PLL) program has shown a drastic reduction of recidivism rates by dramatically increasing parental involvement on the front-end (1st and 2nd time offenders). *Parenting with Love and Limits*® has been shown to be effective and economically feasible when applied as both a diversion program and a prevention program.

*Parenting with Love and Limits*® is an evidence-based OJJDP Model Program. Please check the following web links for additional information on the model:

- <http://www.gopll.com/headline.asp>
- [http://www.dsgonline.com/mpg2.5/TitleV\\_MPG\\_Table\\_Ind\\_Rec.asp?ID=463](http://www.dsgonline.com/mpg2.5/TitleV_MPG_Table_Ind_Rec.asp?ID=463)

### Here are some key outcomes PLL has delivered:

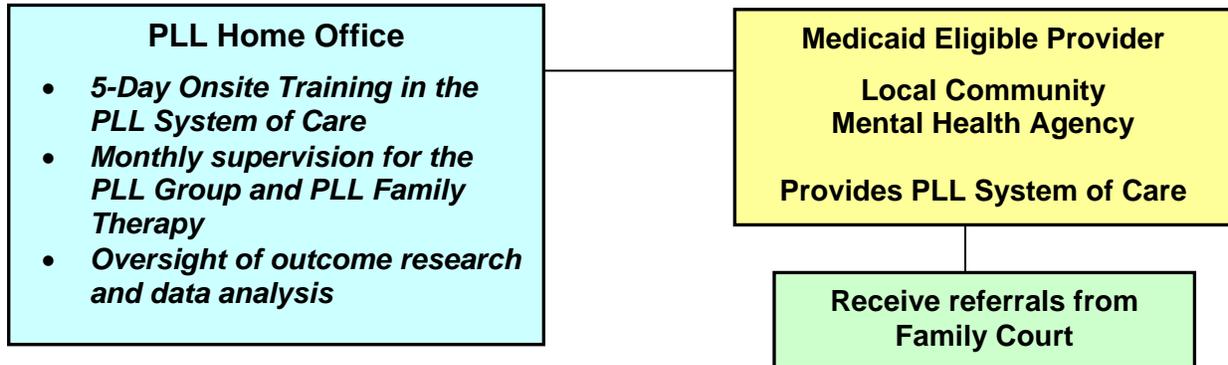
- Recidivism rates dropped to 16% compared to 55% of youth not in the PLL program (Smith, 2005).
- Parenting with Love and Limits demonstrated a 75% to 80% attendance rate by parents and a 71% to 78% attendance rate by youth (Smith, Sells, & Rodman, 2004).

### This document will answer these three questions:

- (1) How and why does *Parenting with Love and Limits*® get parents actively involved where other's fail, especially with regard to truancy issues?
- (2) How and why does *Parenting with Love and Limits*® "work best" when both the juvenile court and your local mental health agency work collaboratively together?
- (3) How is *Parenting with Love and Limits*® funded with no or little cost to the court utilizing a combination of Medicaid and Insurance reimbursement?

## I. Overview of Implementation

The illustration below shows how SFI works as a technical advisor to the juvenile court and the court's local mental health service provider, "retooling" part of the mental health agency to effectively deliver the *Parenting With Love and Limits*<sup>®</sup> (PLL) System of Care through onsite training, monthly phone supervision, and outcome studies.



The *Parenting with Love and Limits*<sup>®</sup> System of Care is broken down into two interwoven components:

### 1) *Parenting with Love and Limits*<sup>®</sup> (PLL) Group Program - Parents and Youth Together

PLL Group Therapy is a six-week program that includes caregivers, parents and their adolescents. Adolescents are 10-18 years old, with a diagnosis of conduct disorder or oppositional defiant disorder, along with other diagnoses of depression, ADHD or reactive attachment disorders.

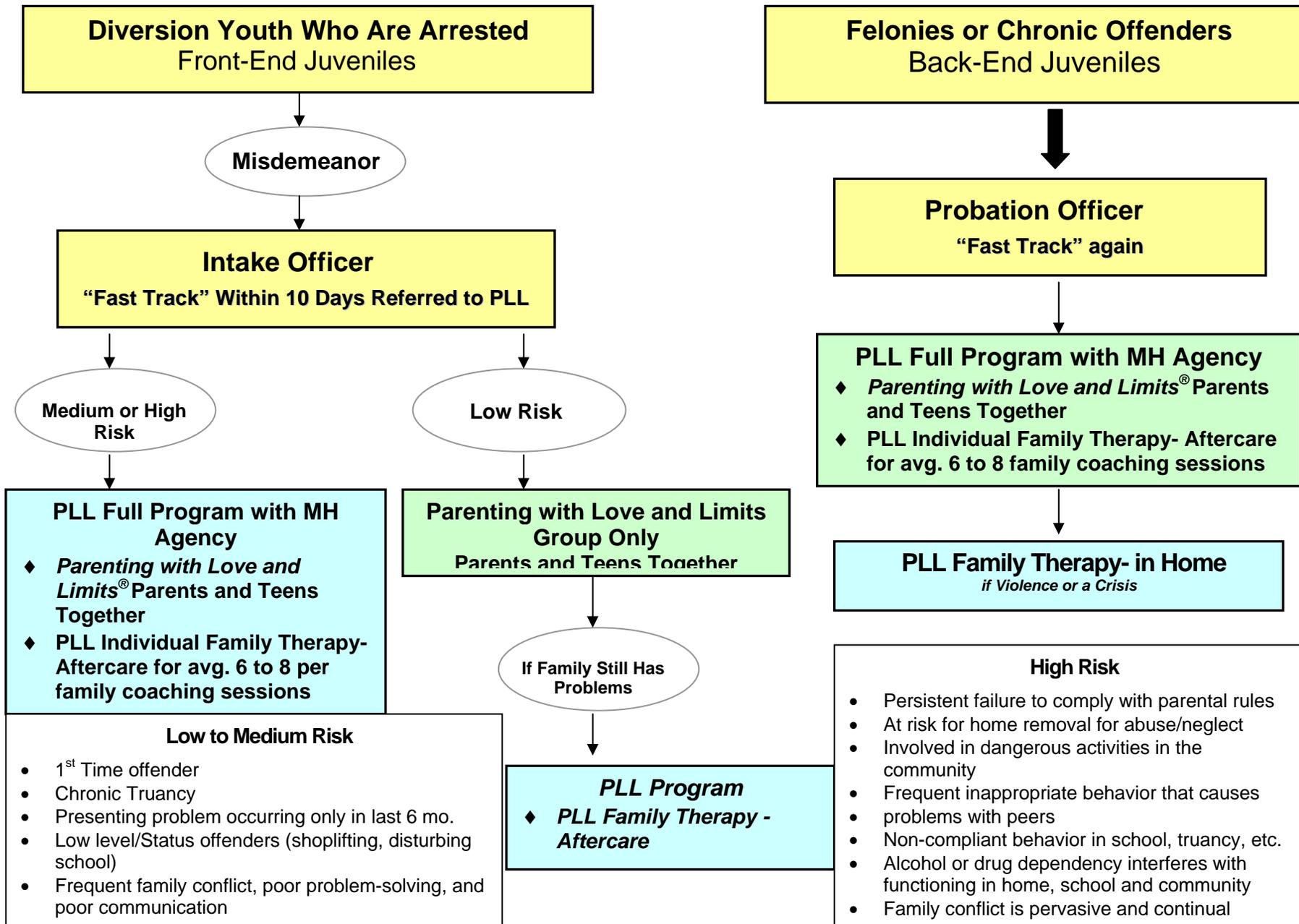
- Two group facilitators lead a small group of parents, caregivers, and their adolescents (no more than 8 families with no more than 20 people total in the group) in six classes, each two hours long. Two co-facilitators are needed because breakout groups are used in the program.
- Parents and teens meet together as a group during the first hour, but break into separate breakout groups during the second hour. The breakout groups are necessary so that both parents and teens can address issues that they cannot address collectively, such as venting their frustrations with one another or developing effective consequences.

### 2) *Parenting with Love and Limits*<sup>®</sup> (PLL) - Family Therapy Aftercare Model

The PLL Family Therapy Model is a 15-Step program developed from a three-year process research study (Sells, 1998; Sells, Smith & Sprenkle, 1995).

- A continuum of care exists whereby parents and their adolescents receive new parenting skills and group support from PLL Group Therapy. Parents then move on to working with an individual family therapist who uses the PLL Family Therapy Model to resolve any underlying family issues that would prevent the successful implementation of these new parenting skills.
- Parents, caregivers, and their adolescent meet 1.5 hrs weekly for a family therapy session with an individual therapist. The typical number of sessions is six to eight.
- To assist in service delivery, each therapist uses the program in the same manner, through a published Parent Survival Kit, to address all 15-Steps (Sells, 2002).

## II. Referral Procedures for PLL Model



The flowchart template on the preceding page is used to redesign the interface between family court and the mental health service provider in a typical county. This example framework is unique and efficient in design. For example, to “fast track” children at the diversion level, intake officers have used this objective:

***Minors who have been charged with a first or second offense misdemeanor may elect, prior to a hearing on the offense, to attend the juvenile court approved Parenting With Love and Limits (PLL) parenting program with their parent(s) or legal custodian. Upon documented attendance by both the minor and their parent(s) or legal custodian of all required classes in the parenting program, the charge for the first or second offense misdemeanor may, at the judges discretion, be expunged from the minor’s record.***

### **Overview of the 6 Week Group Therapy Sessions**

#### **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

- 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

- 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

- 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

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

| Measures                         | Pretest                 |                | Posttest                |              | t-score |
|----------------------------------|-------------------------|----------------|-------------------------|--------------|---------|
|                                  | PLL Treatment<br>(n=24) |                | Control Group<br>(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** |

## **IV. Breakdown of PLL System Cost**

### ***Parenting with Love and Limits*<sup>®</sup> Annual Fees**

Each agency pays an annual fee to use the *Parenting With Love and Limits*<sup>®</sup> System of Care for children and teenagers referred to that agency. The annual fee is based upon the number of youth they are projected to serve over a 12 month period using the PLL Program. A typical agency, serving 96 - 128 youth per year, would pay \$28,000.00 per year in annual fees. This cost is offset by the income generated for the agency through group and individual family therapy.

### **Annual Fees Cover the Full PLL System of Care Package, including...**

1. A five-day certification training of the PLL-designated agency staff in the PLL System of Care.
2. A two-day booster training each year of renewal thereafter.
3. Phone supervision of your PLL trained staff to ensure PLL treatment fidelity and to continually increase individual therapist skill levels.
4. Outcome Research at each site to study relapse rates, recidivism levels, parent attendance, and whether individual families are getting better.

In addition, the agency will be required to purchase from SFI the following materials for each family served. The agency is responsible for pre-purchasing each kit prior to the families being served. It is up to the agency's own discretion whether they want to pass these costs on to the client.

### **PLL Materials**

**\$54.00 per family**

- 1 Parenting Your Out-of-Control Teenager Book
- 1 PLL Parent Workbook
- 1 PLL Teen Workbook
- 1 Parent Survival Kit Study Guide