

# PARTICIPATION AND GRADUATION AGREEMENT

To participate and graduate the **Parenting with Love and Limits (PLL)** program, I understand and agree to follow these requirements:

- Attend at least 5 out of 6 group meetings with exception of first group.
- Attend a minimum of 12 individual (family) coaching sessions and continue on in coaching as needed.
- Successful completion will be determined by completing the below requirements and when the family and PLL team agree upon significant improvement in PLL goals which may include the following:
  - In Home- Obeying Curfew and No Leaving Home Without Permission*
  - Out of Trouble With the Law (No further violations)*
  - In School--Attend school and no ditching, and achieve passing grades*
  - Following the PLL Contract 80% or greater as Reported by Parents*
  - Employment – Seeking and/or maintaining employment (age appropriate youth only)*
  - If Applicable, Remains Drug Free*

Instead of the standard 11 or 12 months of residential treatment, by completing the requirements below with your child the odds dramatically increase that they will receive an “earned release” and be home safely in 6 months giving you enough time to rest and them enough time to change and appreciate all you have done for them over the years.

1 <sup>st</sup> and 2 <sup>nd</sup> Months	3 <sup>rd</sup> and 4 <sup>th</sup> Months	5 <sup>th</sup> and 6 <sup>th</sup> Months	7 <sup>th</sup> and 8 <sup>th</sup> or 9 <sup>th</sup> Months
Foundations	PLL Intensive + Benchmark Meeting	Transitional Phase	Aftercare
<p><b>Goals</b></p> <ul style="list-style-type: none"> <li>Your Youth learns anger management techniques</li> <li>Your Youth learns to manage own behavior</li> <li>Your Youth begins to explore life issues</li> <li>Respite and time to heal. We will work with the staff and your child to help ensure that they get used to their new surroundings and help them not get time added to their sentence.</li> </ul> <p><b>PLL - Foundations</b></p> <p><b>Weeks #1 - #8</b></p> <ul style="list-style-type: none"> <li>One or two home visits to conduct what is called a “Genogram” to get to know your hopes and dreams for your child and discover where your teen got off track.</li> </ul>	<p><b>Goals</b></p> <ul style="list-style-type: none"> <li>Learn and apply anger management techniques</li> <li>Learn and apply Life Skills necessary for successful Reintegration</li> <li>Both learn specific tools to prevent any return to old behaviors when your child returns home and increase closeness. Aftercare plan developed. Benchmark meeting to see if your child ready to return home.</li> </ul> <p><b>PLL –Intensive + Benchmark</b></p> <p><b>Weeks #9 - #14</b></p> <p>Group Work in the Community with Other Parents</p> <p><b>Weeks #9 - #14</b></p> <p>One on One Coaching with Youth in Residential to Develop an Aftercare Plan for Returns Home</p> <p><b>Day #120-Benchmark Meeting:</b> Meeting with Staff, PLL Counselor, Family. Is your child ready to come home and begin count down procedures?</p>	<p><b>Goals</b></p> <ul style="list-style-type: none"> <li>Resolve life issues (family, substance abuse, etc) contributing to thinking errors</li> <li>Learn and apply emotion management</li> <li>Dress Rehearsals; Get all transition pieces in place (job, school, activities, etc); and Finalize Aftercare Plan</li> </ul> <p><b>PLL –Transitions</b></p> <p><b>Weeks #15 - #22</b></p> <p>One on One Coaching - PLL Dress Rehearsals to practice delivery and execution of Aftercare Plan.</p> <p>Interfacing with Community and Mentors to Get Protective Factors in Place.</p> <p>Exit Staffing with Re-integration Worker</p>	<p><b>Goals</b></p> <ul style="list-style-type: none"> <li>Youth enrolled in education program</li> <li>Youth involved in occupational program</li> <li>Youth involved in pro-social activities</li> <li>Limited to no relapses with your child and Graduation from Program</li> </ul> <p><b>PLL –Aftercare</b></p> <ul style="list-style-type: none"> <li>➤ Meet for One on One Coaching 1x per week or 2x per month whatever is needed</li> <li>➤ Any unresolved issues resolved</li> <li>➤ Red Flags Checklists develop to prevent relapse.</li> <li>➤ 30, 60, and 90 Day Call Backs</li> </ul>

### **PLL Intensive While Your Child is In Residential**

Week	PLL Group at Facility	PLL Individual Coaching with Parents and Youth in Facility & Community
PLL Parent and Teen Group:		One on One In Facility with Youth:
<b>Week #5</b>	Group 1 – Venting	<b>No coaching 1<sup>st</sup> week</b>
<b>Week #6</b>	Group 2 – Button Pushing + →	<b>Coaching #1:</b> Get “Battle Ready” for Your Child to Come Home Identify Wraparound Protective Factors
<b>Week #7</b>	Group 3 – Aftercare Plan + →	<b>Coaching #2:</b> Write a Loophole Free Aftercare Plan Begin Aftercare Plan Assign Helping Roles to Case Manager
<b>Week #8</b>	Group 4- Dress Rehearse the Delivery of the Aftercare Plan Together As a Group + →	<b>Coaching #3:</b> Present Typed Aftercare Plan to Youth
<b>Week #9</b>	Group 5 – Creative Consequences + → <i>(to stop disrespect, school problems, drug use, violence, not doing chores, running away etc.)</i>	<b>Coaching #4- If needed to further tweak Aftercare Plan</b>
<b>Week #10</b>	Group 6- How to Start Liking Each Other Again- Restore Closeness	<b>Coaching #4 or #5:</b> Family Conference Benchmark Meeting to See If Youth is Ready for Count Down Procedures and Entrance into the Transition Phase- <i>Present Aftercare Plan to Everyone</i>

### **PLL Transition: Getting Your Child Ready to Come Home Without Relapse**

Week	PLL Individual Coaching with Parents and Youth in Facility & Community	
In Community:		
<b>Week #11</b>	<b>No Group</b>	<b>Coaching #5:</b> Using Wraparound to Make Sure Protective Factors in Place- (How will your youth gain employment? Will there be drug testing at home? Will get a GED or Go Back to School? Are They Going into Independent Living?)
<b>Week #12</b>	<b>No Group</b>	<b>Coaching #6: Meeting with Youth to Begin to Execute Plan to Present to Family</b>
<b>Week #13</b>	<b>No Group</b>	<b>Coaching #7: Meeting with Youth to Begin to Execute Plan to Present to Family</b>
<b>Weeks #14- #16 or #17</b>	<b>No Group</b>	<b>Coaching #8-#9:</b> Youth presents protective factor plan to family for critique, PLL Coach conducts massive amounts of dress rehearsals though what is called a “countermove checklist” so that the family is ready to deliver the aftercare plan from Day #1

### **PLL Aftercare: Making Sure the Aftercare Plan Works Without Relapses First 90 Days**

First 3 Months	PLL Individual Coaching with Parents and Youth in Community	
In Community:		
<b>Month #1</b>	<b>No Group</b>	<b>Coaching:</b> Making Sure the Aftercare Plan is Sticking and Community Factors Like Looking for a Job or Attending School Working
<b>Month #2</b>	<b>No Group</b>	<b>Coaching:</b> Honeymoon period over risk increases for relapse and for youth to return back to old lifestyle. Relapse can occur. We are there to see you through the storm and hold firm
<b>Month #3</b>	<b>No Group</b>	<b>Coaching:</b> If graduation criteria met of in home, in school or work, and out of trouble with the law with clean drug tests graduation occurs
<b>Beyond Month #3</b>	<b>No Group</b>	<b>Tune-ups and Callbacks:</b> We will call you proactively on Day 30, Day 60, and Day 90 post graduation to make sure there are no relapses and positive changes in your youth are permanent. Can call us at anytime for a one or two meeting tune up to quickly get back on track.

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Youth's Signature

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
PLL Coaches' Signature

\_\_\_\_\_  
Date