

## Parenting with Love and Limits (PLL)

Date of Review: June 2008

Parenting with Love and Limits (PLL) combines group therapy and family therapy to treat children and adolescents aged 10-18 who have severe emotional and behavioral problems (e.g., conduct disorder, oppositional defiant disorder, attention deficit/hyperactivity disorder) and frequently co-occurring problems such as depression, alcohol or drug use, chronic truancy, destruction of property, domestic violence, or suicidal ideation. The program also has been used with teenagers with less extreme behaviors. PLL teaches families how to reestablish adult authority through consistent limits while reclaiming a loving relationship. It includes six multifamily sessions, conducted by two facilitators, that employ group discussions, videotapes, age-specific breakout sessions, and role-play. Individual families also receive intensive 1- to 2-hour therapy sessions in an outpatient or home-based setting to practice the skills learned in the group setting. Three or four family therapy sessions are recommended for low- to moderate-risk adolescents; up to 20 sessions may be recommended for those with more severe problems such as involvement with the juvenile or criminal justice system. PLL's integration of group sessions and family therapy is designed to help families apply skills and concepts to real-life situations and prevent relapse.

### Descriptive Information

<b>Topics</b>	Co-occurring disorders, Mental health treatment, Substance abuse treatment
<b>Areas of Interest</b>	Alcohol (e.g., underage, binge drinking), Criminal/juvenile justice, Violence prevention
<b>Outcomes</b>	Outcome 1: Conduct disorder behaviors Outcome 2: Readiness for change and parent-teen communication Outcome 3: Parental attitudes and behavior Outcome 4: Youth attitudes and behavior Outcome 5: Self-perception of substance abuse
<b>Study Populations</b>	Age: 6-12 (Childhood), 13-17 (Adolescent) Gender: Female, Male Race: Black or African American, Hispanic or Latino, White, Race/ethnicity unspecified (See Study Populations section below for percentages by study)
<b>Settings</b>	Home, Outpatient, Rural and/or frontier, Suburban, Urban
<b>Implementation History</b>	PLL has been widely used in the United States, Canada, and the Netherlands. As of 2008, 21 sites in the United States and 5 sites in the Netherlands have been licensed to implement the intervention.
<b>Replications</b>	No replications were identified by the applicant.
<b>Adaptations</b>	PLL materials have been translated into Dutch and Spanish.
<b>Adverse Effects</b>	No adverse effects, concerns, or unintended consequences were identified by the applicant.
<b>Public or Proprietary Domain</b>	Proprietary
<b>Costs</b>	In the United States, program costs typically range from \$1,000 to \$1,500 or more per youth served. This cost includes the following services: <ul style="list-style-type: none"> <li>• Five-day on-site clinical training</li> <li>• Weekly or biweekly quality assurance and clinical adherence telephone consultations (2 hours every 2 weeks for 48 weeks)</li> <li>• Outcome research and analysis that includes an independently conducted, published program evaluation on recidivism rates and the clinical effectiveness of PLL</li> <li>• One on-site visit to observe delivery of PLL for quality assurance purposes</li> <li>• Videotaped supervision of therapist to facilitate treatment fidelity</li> <li>• Ongoing consultations as needed to answer questions outside the weekly telephone consultations</li> </ul> Parent and teen workbooks must be purchased for each family. These include the book "Parenting Your Out-of-Control Teenager: 7 Steps To Reestablish Authority and Reclaim Love" and a Study Guide. The cost is \$54 per family. Additional information on program costs is available from the intervention developer.
<b>Institute of Medicine Category</b>	Indicated