

Common Terms

Aftercare Plan:

- Written Plan that provides an overview of the contracts that will be written as well as the plan for addressing Risks, Needs and Protective Factors of the youth when the youth returns to the community

Button Busters:

- Techniques for parents to use when their buttons are being pushed in order to maintain focus and control

Button Filters:

- Techniques for teens to use when their buttons are being pushed in order to maintain focus and control

Coaching:

- Individual family therapy provided to each family concurrent with the 6 PLL multi-family group sessions
- Coaching includes all components of the core four phases of family therapy along with the four phases of Wound Work if applicable

Coaching Supervision Handbook:

- A therapist self-report checklist of adherence to the PLL Family Therapy Manual.

Community Based Action Team (CBAT):

- A "Community Based Action Team" or "CBAT" is the strategic assembling of a group of community members both professional and nonprofessional. CBAT is led by the PLL case manager or designee, and periodically convenes, typically monthly, with the goal of development of strategies to proactively address the identified family's risk, protective factors and needs.

Classic Derailing Moves Cheat Sheet (Countermove Sheet):

- Written Backup Plans that answer the question: What will you do if...?"

Contract:

- A Written Plan that includes an ironclad rule, rewards, consequences, and parent and village roles
- Used to correct an inverted or upside down hierarchy

Ecomap:

- A diagram that identifies the people or systems involved with the family and the status of the relationship (Weak, Strong, Conflictual, Distant)
- The Ecomap is used by the PLL Case Manager and shared with CBAT members in order to utilize positive helpers to mitigate youth/family risks and utilize protective factors

Family Graduation Plan/Package:

- Complete documentary of the family's journey through the PLL program – including all written plans

Feedback Loops:

- A Negative Feedback Loop (Before Feedback Loop) is a Snapshot (frozen tableau) of a repetitive interaction between family members that has become a structure over time (their “normal” way of interacting)
- A Positive Feedback Loop (After Feedback Loops) is a Snapshot of a repetitive interaction between family members that can become a structure over time (their “new normal” way of interaction)

Genogram:

- A graphic representation of a family tree that displays detailed data on relationships among individuals, including generational patterns and psychological factors that punctuate family relationships

Group Protocol Fidelity Checklists:

- A clinician self-report checklist of adherence to the PLL Group Therapy Manual.

Interpersonal Process Recall Rating Scales (IPR):

- A likert scale used to evaluate the clinician's adherence to the PLL model as evidenced by video review of sessions

PLL Group:

- Multi-family groups that are conducted for a period of 6 straight weeks.
- Each group is two hours in duration and consists of parent and teen breakout sessions.

Internal Measures:

- Test Assessments that are administered to the youth and/or caregiver as a pre-test (at the start of the PLL program) and again as a post-test (at the conclusion of the PLL program)
- Standard Test Assessments used in the PLL program may include: Child Behavior Checklist (CBCL); FACES IV; the Readiness Scale & the UCLA-PTSD

Participation and Graduation Agreement:

- Document that outlines the beginning, middle and end of the PLL program and what the family is going to receive through PLL
- Family signatures indicate their understanding and agreement to full participation

Playbook:

- A Written Plan that clarifies roles and responsibilities of family and villagers by answering the questions of “who, what, when, where, and how”.
- Used to eliminate a particular unhealthy undercurrent that is keeping a family wound from healing

Positive Parent Reports:

- Technique for teens to use to inject nurturance back into their relationship with their parents

Positive Teen Reports:

- Technique for parents to use to inject nurturance back into their relationship with their teen

Process Undercurrent Worksheets:

- The list of longstanding patterns of interaction or circumstances (undercurrents) within the family that either maintain healthy family functioning or promote unhealthy family functioning

Red Flags Checklist:

- Written Plan that includes the warning signs for relapse, action steps to take and the date for the family’s first Call-Back

Risks, Protective Factors & Needs Document:

- Document completed by the PLL Case Manager and used during CBAT Meetings
- Document clearly identifies the Risks (Negative Influences in the youth/family), Protective Factors (Positive Conditions or Attributes that would mitigate or eliminate risks), and Needs (Interventions to target risk factors and utilize protective factors) of the youth/family

Seed Definition Worksheet:

- List and description of the four toxic seeds that maintain a family’s unhealthy functioning (Misuse of Power, Unhealed Wounds, Mental or Physical Impairment, Unmet Spiritual or Primal Needs)

Skills Seek Game:

- Game played with the family at the end of their treatment to review their new skills learned in the PLL program

Stages of Development:

- Four stages of PLL implementation that indicate how well the PLL team is performing on Clinical Performance Standards.
- Each new team begins in the Survival Stage and moves through each subsequent stage to finally reach the stage of Significant PLL Model Implementation
- Stages are: Survival, Stable, Success and Significance

Undercurrents:

- Longstanding patterns of interaction or circumstances within the family that either maintain healthy family functioning or promote unhealthy family functioning

Unpredictables:

- Actions that the Parent and Youth do for one another to begin to restore nurturance back into the relationship

Villager/Bus Picks:

- Extended family, friends, neighbors, mentors, co-workers, etc. who can play a role to help the family make positive changes in their family functioning (roles may include: supporter, active participant, provider of ideas, cheerleader, etc.)